

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

June 2012 | Issue No. 194

My first OKC Memorial Marathon and the story of Amy-Downs Petty

By Camille Herron

Who is Amy Downs-Petty? [As featured on www.camilleherron.com in Feb. 2012]

On my personal website, I talk quite frequently about the importance of relationships and how you never know how you or someone else can profoundly impact others!

I have another story to share—the story of OKC Memorial Bombing Survivor, Amy Downs-Petty.

How do I know Amy? Well, at the Jack Daniels Clinic I spoke at back in February, Amy was quizzing me after my talk. I had no idea who she was and what she'd been through. She got in touch with me on Facebook, and after a few message exchanges she shares that she's a survivor of the Murrah Federal Building bombing, has lost 200 pounds, and she's running her first marathon at the OKC Memorial Marathon! I was speechless. I don't know what you say to this. Each of us has our own stories of struggle and triumph, but man.... Amy's story takes the cake!

On the day of the OKC bombing, Amy fell three floors and was stuck under the rubble for six and a half hours. In her darkest moment, she vowed she would live a better and more fulfilling life. She earned her Bachelor's and Master's degrees and has worked the finish line of the OKC Memorial Marathon since it began. Inspired by what she saw, she decided she wanted to run the race and thus began the journey of losing 200 pounds! As quoted in an article after she ran a PR at the Little Rock Half Marathon (2:24, amazing!)

"We are all buried under the rubble at times," Amy says. "For me it was literally under the rubble. The key



Amy Petty, Mark Bravo, Camille Herron

is how you choose to respond."

Guys, when you're in your darkest moment.... don't give up. Never ever give up on yourself, life, and living a more fulfilling life. When I run the OKC Memorial Marathon in April, I'll be thinking about and running for Amy! She won't be there to see me finish.... but I'll be there to see HER finish! My heart goes out to everyone who was personally impacted by the OKC Memorial Bombing!

Post-OKC Memorial Marathon

I won the OKC Memorial Marathon, which was personally a rough race for me as I struggled with fueling and hydration issues, but it meant the world to my family, friends, and fans who have watched me

See OCMM, on page 6

Open Letter to the Landrunners

Dear Landrunners:

This is a letter of gratitude to all of you who support the racing chair project, OH!! WHAT A RIDE!!! I am writing on behalf of my granddaughter, Gracie, and our family. A few months ago, Jim Roblyer approached me to see if I could help find riders for the OH!! WHAT A RIDE!!! project. I agreed to help and mentioned to Jim I knew of one potential rider, Gracie. Gracie is seven years old and was born with cerebral palsy and cystic fibrosis. She has been growing up around our running family, but is unable to run or even walk (yet). Jim called back in March and said Gracie had been selected to ride the half marathon at the Oklahoma City Memorial Marathon. The excitement in our entire family began, but Gracie was more excited than anyone. She began to tell her teachers, fellow students, and anyone else who would listen, that she was going to compete in the OKC Marathon. She told her mom that she would need a sport-bra for the event. We all cracked up about her hang-up on the sport-bra since she is only seven, but mom found a running bra that would fit her.



Tim Thompson, Jennifer Henry, Kevin Lynes & Gracie

What an extraordinary morning was race day. Landrunners Bennie Meier and his wife Angela invited Gracie to meet with them inside St. Joseph's Cathedral one block downstream from the starting line. She got reacquainted with her Landrunner pushers, Jennifer Henry and Kevin Lynes, whom she met at the expo. Cara Rogers came about 6:15 to escort Gracie, Bennie and their entourage through the spectators, police guards and barricades down Harvey Street to the start. Cara allowed Gracie's mom, dad and me to come along to help keep her calm and comfortable until they were sent off on their 13.1 mile journey. The 168 seconds of silence was very emotional with Jennifer kneeling beside Gracie holding hands. Then the waiting was over and the chairs were off and wheeling. Our family scampered to our cars and began our chase around the course to cheer Gracie, Jennifer, Kevin and uncle Tim by. She had a big smile every time they passed us but the biggest grin came as they crossed the finish line and she knew that she had accomplished a half marathon. She is very proud of her shiny medallion just like all the other finishers received.

Thank you to Jim Roblyer, Jennifer Henry, Kevin Lynes, Cara Rogers, Thomas Hill, Bennie Meier, and all of you that support the racing chair project for allowing Gracie and our family this opportunity. While Gracie continues her therapy and struggle to gain the strength and coordination to walk, her family prays to see her return to the Oklahoma City Memorial Marathon to walk the 5K event unaided and cheer for the Landrunners racing chair rider and team.

Sincerely,
Gracie's Grandpa Arf

WILLIAMS ROUTE 66 MARATHON

PRESENTED BY BLUE CROSS AND BLUE SHIELD OF OKLAHOMA

11.17-18.2012/ TULSA, OK

AWARD WINNING
BLING!

Voted in the top 3
marathon finisher
medals in North
America the last
three years.

2009 2ND PLACE
by Marathon & Beyond



2010 3RD PLACE
by Marathon & Beyond



2011 1ST PLACE
by Marathon & Beyond

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of Oklahoma



Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
6/2	Warrior Dash	Morris, OK @ 9:00am
6/2	Downtown Dash 5K, 10K	NW 9th & Walker @ 8:00pm
6/6	National Running Day	TBA
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
6/16	Super Summer 8*	S&S, Lake Hefner @ 8:00am
6/16	Riley's Run 5K	Oakdale School, Edmond @ 8:00am
6/16	Jim Thorpe Games 5K	Remington Park @ 8:00am
6/23	Founder's Day 5K	Duncan, OK @ 8:00am
6/23	Blaze the Night 5K	7340 W Memorial Road @ 8:00pm
7/4	Stars & Stripes 5K	S&S, Lake Hefner @ 8:00am
7/7-8	Du Draper Twice Off / On Road	Lake Stanley Draper @ 7:00am

* Denotes Series Races

Landrunners In Action

<u>4/28 COUNTRY MUSIC MARATHON, TN</u>	
LINDIE SLATER	4:48:40
<u>5/5 SHIPROCK MARATHON, NM</u>	
BILL GOODIER	4:09:16
MARCIA RIGNAULT	6:45:03
<u>5/6 POTOMAC RIVER RUN MARATHON, MD</u>	
LARRY RUBENSTEIN	4:28:20
<u>5/12 SANTA BARBARA WINE COUNTRY 13.1, CA</u>	
MATTHEW WILCOXEN	1:37:51
MARY MIKKELSON	1:45:46
ANGELA MORRIS	1:47:29
CHUCK MIKKELSON	1:49:10

LINDIE SLATER	2:01:22
JENNIFER HENRY	2:07:41
BARBARA HANSEN	2:12:27
LEONARD HANSEN	2:26:57
ADI McCASLAND	2:28:04
SUZIE BOSTICK	2:29:33
<u>5/19 JOPLIN HALF MARATHON, MO</u>	
KARL KROKSTROM	1:57:07
<u>5/20 COLFAX HALF MARATHON, CO</u>	
WILLIAM HICKMAN	1:53:19

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

SAVE THE DATE

SATURDAY, SEPTEMBER 1, 2012



27TH Annual 5K Run

...

HOME OF THE 5K STATE RECORD

...

Norman, Oklahoma

...

Visit **BROOKHAVENRUN.COM**
for more information



10.07.12

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HOPE ★ COURAGE ★ CURE

BE A SUPERHERO IN THE BATTLE AGAINST CANCER!

USATF Certified Events

- Hulkin' Half Marathon**
- SuperTwins Half Marathon Relay**
- Superhero 5K**

Other Family Events

- Superhero Kids Marathon**
- Leah M. Fitch Spirit Walk**

All proceeds will be used to fund cancer research and clinical trials being conducted at the Cancer Centers of Southwest Oklahoma.

Check out this year's
**COOL FINISHER'S
MEDAL and TECH
SHIRT** on our website!



Altus • Lawton • Duncan
**CANCER
CENTERS**
of Southwest Oklahoma

OCMM continued

grow as an athlete and runner the past 17 years. It's hard to believe how far I've come, especially since I last watched my husband, Conor, win it in 2004 (back when just the thought of running 26.2 miles seemed exhausting!) I was incredibly inspired by the event, and look forward to coming back year after year to run it! Thank you to everyone for the kind messages and calls.

After doing interviews, downing at least eight to ten bottles of fluids, and eating a hamburger and fries we had to come back to see Amy Downs-Petty finish her first marathon! This race took on so much more meaning for me after hearing Amy's story and corresponding back and forth with her. She used to help at the finish line watching everyone else finish. Now, we got to watch her finish!

I sat there as the 5:00-6:30+ marathoners came in and boy, was it was emotional to watch! They pointed out to me that the first-time marathoners had special bibs. As one first timer crossed after another, you could see the expression on their face with how much it meant to them to complete a marathon. We watched as people's kids ran out there to run across with their parent; friends/fellow relay members ran out there to cross together; the guy with the pack who crossed and broke down on the ground; and older women/men first-timers came across, as if they'd just completed a lifetime "bucket list" achievement. Given the extreme conditions made it that much more difficult and meaningful to them and everyone! Witnessing all this really made me appreciate what our sport does for people at all levels.

Our friend and announcer, Mark Bravo, had gotten texts from Amy that she was coming within the next 30 minutes. Right around 6:30.... here comes Amy!!!! My gosh, what an uncanny sight seeing her cross at 6:30+.... as she had been buried under the rubble for 6 1/2 hours as well!!! Spooky. I got teary eyed seeing her cross and knowing how much this meant to her. Finally, the journey was complete.

What a weekend for Oklahoma! Thank you to everyone for making my first OKC Memorial Marathon a "Run to Remember."



**3rd Annual
Founder's Day
5K/1 Mile Benefit Run
June 23, 2012
FUQUA PARK
DUNCAN, OK**

**5k pre-registration \$20
after June 10th \$25
(5k fee includes t-shirt)**

**1 mile run \$10 (no t-shirt but
can be ordered for \$10 extra)**

REGISTER AND PAY ONLINE!

www.earlysignup.com/foundersday



Benefiting National
MS Society &
Bethel's mission
team

For more information:
jash@starcomm.net



www.facebook.com/foundersday5k

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 &
1M FUN RUN
JUNE 9, 2012
8:00 AM
CHOCTAW CREEK PARK

Register Online: www.signmeup.com/81504 (Choctaw Challenge).

Manual Registration: Tri-City Youth & Family Center, Inc., 14625 NE 23rd, 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-Shirt for first 200 runners, USATF Age Groups Male/Female, 3 Deep, Overall Male & Female, Raffle Prize. A smoke free event.

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of Oklahoma



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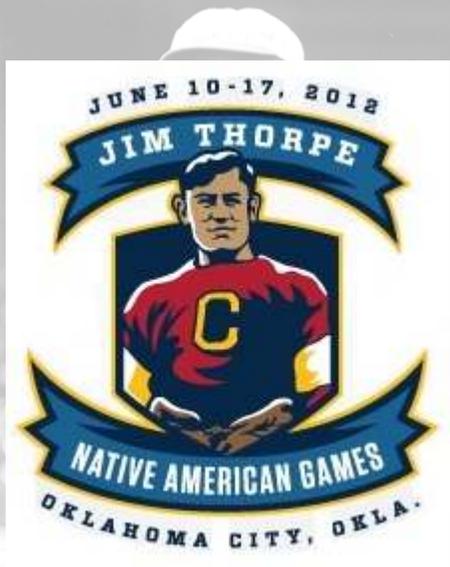
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Pelican's • Power, LLC • PureNutrition Choctaw • Red Raspberry Tea Room • Shape Fitness • State Farm Insurance-Greg McIlvoy
Sycamore Development, LLC • Tasty Burger • Quality Communications, Inc.-at&t • Queso's • Westminster Family Drug • Sheriff John Whetsel • Todd Young, CPA

Landrunner Finishers - Oklahoma City Memorial Marathon

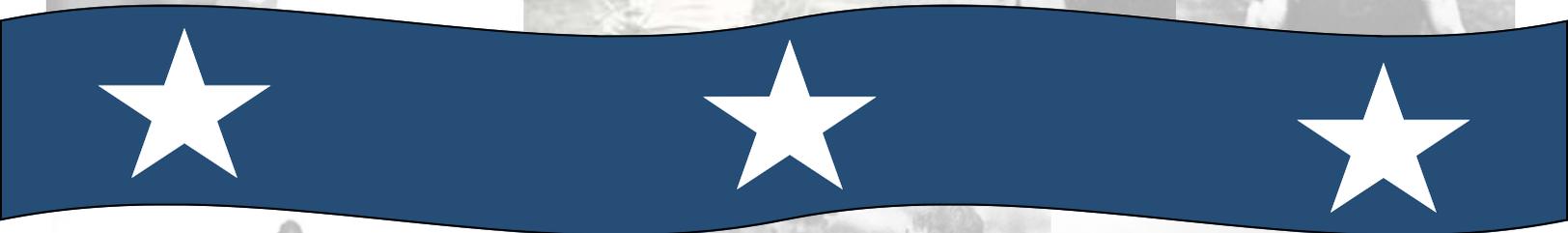
1. CAMILLE HERRON	2:45:13	79. JOHN DAUM	4:17:05	157. KATHLEEN WAITE	4:50:16
2. TREY CONE	2:57:20	80. NATHAN HOLLENBECK	4:17:11	158. SETH BEARDEN	4:50:46
3. JOHN GIGNAC	3:03:57	81. RICHARD SMITH	4:17:15	159. ROBERT CLEVELAND	4:51:02
4. SCOTT FOSTER	3:06:12	82. ANGELA MORRIS	4:17:26	160. BRETT SELBY	4:51:29
5. JONATHAN MORRIS	3:06:55	83. GUY COLBERT	4:17:27	161. JEFF PARDUHN	4:53:55
6. BRUCE LAYNE	3:08:23	84. JON CHENNAULT	4:17:31	162. SANDRA HANSON	4:54:32
7. NICK SEYMOUR	3:12:16	85. SHEILA SISEMORE	4:18:42	163. DARLENE SPRY	4:55:10
8. STEVEN CHERRY	3:17:51	86. AMY PANNELL	4:19:28	164. COURTNEY THOMAS	4:55:12
9. JOSEPH PARIZEK	3:20:59	87. TIMOTHY FRICKER	4:19:48	165. CHISHOLM DEUPREE	4:55:29
10. TONY JUNGELS	3:27:31	88. ROY SYMES	4:20:06	166. BRAD WALKER	4:59:10
11. KRISTOPHER BARLOW	3:29:14	89. GREG BROWN	4:20:25	167. LINQUE GILLET	4:59:30
12. WILL WARREN	3:35:32	90. BRYAN JONES	4:21:14	168. ERIC CAYOT	4:59:49
13. MARK VAN DUKER	3:36:21	91. PHILIP RODEBUSH	4:22:57	169. JEREMY MELTON	5:01:47
14. KELLY EMMERT	3:37:35	92. MATT WILSON	4:23:00	170. CHRISTINA HELMS	5:02:26
15. JOE WARFIELD	3:38:31	93. MIKE WELSH	4:23:06	171. REBECCA CUNNINGHAM	5:03:32
16. MATTHEW WILCOXEN	3:39:06	94. DAVID MANGUNO	4:23:20	172. PHILIP MOWERY	5:04:02
17. ROGER JACOBI	3:39:31	95. JACOB WETZ	4:23:24	173. RHONDA MELTON	5:06:29
18. ARNULFO GARCIA	3:39:50	96. TERRY HEPNER	4:23:55	174. JESSIKA OXFORD	5:06:58
19. GRACE GARCIA	3:39:50	97. ROHIT KESHAVA	4:24:13	175. CYNTHIA MITCHELL	5:09:24
20. JESSE MURRAY	3:40:09	98. JULIE VENATOR	4:24:48	176. JACOB BUSHONG	5:10:00
21. DAVID BALL	3:40:11	99. TROY SCOTT	4:25:16	177. JOHN COTNER	5:10:03
22. KEN BOYETT	3:40:11	100. WENDY GABRIELSON	4:25:26	178. KEN CARLYLE	5:10:08
23. FRANCISCO MEZA	3:40:29	101. SHANDY SELLS	4:25:59	179. JAMES SCHMEES	5:10:12
24. DREW CARTER	3:41:04	102. CAMI ROWE	4:27:14	180. SANDRA PACE	5:10:43
25. JARROD CORDOVA	3:43:20	103. JONATHAN JORDAN	4:27:17	181. JULIA ELLIS	5:11:18
26. JASON TILTON	3:44:07	104. ROB OWENS	4:28:26	182. ELLEN REEDER	5:11:26
27. STAN BERRY	3:44:56	105. JOHN TASSEY	4:28:54	183. KEVIN LYNES	5:12:15
28. MICHAEL KETCHERSIDE	3:46:01	106. HOLLIE STUART	4:29:17	184. DAVID WOODWARD	5:12:20
29. STEVE SPIELMAN	3:47:09	107. VINCENT HODGE	4:29:27	185. JAMIE HOYT	5:12:43
30. BILL GOODIER	3:47:42	108. STACY COLEMAN	4:29:34	186. MIKE SULLIVAN	5:14:14
31. JOSH THOMAS	3:48:11	109. LISA PETERSEN	4:29:57	187. OWEN GARRETSON	5:14:52
32. LAURA MAXWELL	3:48:40	110. PENNY VOSS	4:29:59	188. TIM LAMB	5:15:35
33. LANCE WEST	3:48:44	111. KEVIN WUDI	4:30:25	189. JEFF MARTENS	5:17:04
34. JAY HUSBANDS	3:49:05	112. KIRBY CRANE	4:30:39	190. TRACY WOODIE	5:17:05
35. KYLE SLOAN	3:49:58	113. MADELINE WILLIAMS	4:30:40	191. DONALD BRANCH	5:17:25
36. HEATHER WARREN	3:51:48	114. GLEN STANLEY	4:30:53	192. JOSEPH COLEMAN	5:17:28
37. CLAY CHAMBERS	3:53:42	115. FORREST CARLILE	4:31:41	193. KAREN CAROTHERS	5:18:02
38. DAVID DILLINGHAM	3:53:45	116. LAURA RUDNICKI	4:32:08	194. PAUL FRIESE	5:18:23
39. HILDA MARTIN	3:54:26	117. CARL ROWE	4:32:47	195. MARK BALLARD	5:18:55
40. CHARLES MCFARLAND	3:55:30	118. MICHELLE MILLER	4:33:01	196. CONNIE HEITZ	5:22:36
41. BRIAN JACOBSON	3:56:18	119. SHERRI KING	4:33:30	197. RICHARD CAROTHERS	5:22:58
42. MAURICE LEE III	3:57:08	120. JIMMY SCROGGINS	4:33:30	198. LISA CHAMBERS	5:24:58
43. MARK GANDY	3:58:20	121. JENNIFER COTTEN	4:33:49	199. JACINE ARIAS	5:26:04
44. JOSH LACAN	3:59:28	122. KEITH HUDSON	4:34:06	200. DANA BURCHFIELD	5:26:21
45. PASCAL DEMEYER	3:59:31	123. KARI BROWN	4:35:07	201. CHRIS LESLIE	5:26:35
46. BRAD STAHLMAN	4:00:25	124. SCOTT NELMARK	4:35:48	202. RALPH BRECKENRIDGE	5:27:43
47. JOHN BATTALIOU	4:00:27	125. DAVID TEAGUE	4:36:13	203. BERNADETTE WILE	5:27:51
48. STEPHEN ABERNATHY	4:01:39	126. CARLIE WELLINGTON	4:38:29	204. L. BLAS ARELLANO	5:28:05
49. MARK STOLLSTEIMER	4:02:09	127. JASON BARRETT	4:38:30	205. MINDEE COOK	5:28:14
50. JENNIFER WESTENHAVER	4:02:35	128. MEGAN FLANIKE	4:38:30	206. TIM BADE	5:28:15
51. ANUREET BAJAJ	4:03:20	129. NICHOLE LIPPS	4:38:37	207. JOHN HARGROVE	5:31:57
52. LINDSAY LONG	4:03:39	130. WILLIAM HICKMAN	4:38:52	208. RACHEL GAFFNER	5:32:24
53. KYLE GILLUM	4:03:57	131. TERRA BONNELL	4:38:56	209. JENNIFER FLETCHER	5:34:16
54. COLIN STOCKSEN	4:05:16	132. RICHARD RACK	4:39:01	210. MATTHEW McBEE	5:34:17
55. SUSAN PHILLIPS	4:05:18	133. JIM TINCHER	4:39:06	211. TERESA RODRIGUEZ	5:41:02
56. DEBBIE BROOKS	4:05:46	134. THOMAS HILL	4:39:22	212. SHAWNA SATTERWHITE	5:42:07
57. KYLE MILLAR	4:05:49	135. JENNIFER WALLEY	4:40:58	213. KATHRYN DOWNING	5:43:34
58. NOEL TUCKER	4:06:00	136. RICHARD CLAY	4:41:44	214. ALAN SPOONEMORE	5:44:34
59. JUSTIN CHAN	4:06:58	137. RIC WILLIAMS	4:42:25	215. DORA UWUDIA	5:45:17
60. DAVID SOOTER	4:07:33	138. RACHEL HECHT	4:42:42	216. ANN KIERL	5:47:39
61. KARL KROKSTROM	4:07:42	139. TOBIAS ACOSTA	4:42:53	217. DAVID BERNSTEIN	5:50:47
62. BRYAN SLOAN	4:07:45	140. JEFF WOLF	4:44:05	218. JUSTIN DANIELS	5:58:51
63. CREIGHTON GARY	4:09:46	141. ALISON WOLF	4:44:06	219. CYNTHIA ROBERTS	6:11:53
64. JAMES DRAIN	4:10:28	142. O'RYAN NEWTON	4:45:30	220. ERIN MORALES	6:13:57
65. JEFFREY WAGNER	4:10:37	143. ERIN OLDFIELD	4:46:03	221. TYSON SHIVERS	6:14:27
66. FRANKLIN MILLER	4:10:40	144. KEVIN BOWEN	4:46:57	222. JOHN LONGAN	6:16:38
67. LINDSEY HALL-WHIST	4:11:48	145. JOHN GONSHOR	4:47:43	223. BRIAN COLEMAN	6:19:19
68. ERIC LONDON	4:12:39	146. KALA SIGLER	4:48:09	224. JENNIFER MCCOY	6:20:32
69. SHARON HALEY	4:13:16	147. LESLIE QUINALTY	4:48:21	225. TRISTAND STUART	6:23:10
70. PATRICK MULQUEEN	4:13:31	148. STAN SWEENEY	4:48:46	226. AMY PETTY	6:23:17
71. SCOTT PARMAN	4:13:56	149. LEAH MCNAUGHTON	4:48:47	227. JIMMY ROBLER	6:31:28
72. PETE RICHARDSON	4:14:19	150. KORTNEY TIBBETTS	4:48:47	228. MICHAEL POTTER	6:35:44
73. CHERYL BALLARD	4:14:27	151. JENNIFER VERMEULEN	4:48:50	229. JEREMIAH GRANT	6:35:45
74. JENNY SAVOLD	4:14:47	152. MICHAEL VERMEULEN	4:48:50	230. SHERRY GIBSON	6:53:19
75. TERRA ROWE	4:14:48	153. BRET SHOLAR	4:48:54	231. JANET HAMLIN	7:28:04
76. RAMANA GUDAPATI	4:16:13	154. JANE PACE	4:48:55	232. GRAEME RIGNAULT	8:16:50
77. ELAINE WOOD	4:16:57	155. LIZZIE GILLUM	4:49:07	233. LAURA WARD	8:16:50
78. ERIC WOODWORTH	4:17:04	156. J.T. PETHERICK	4:49:27		



Jim Thorpe Native American Games

5K Run

1 mile fun run



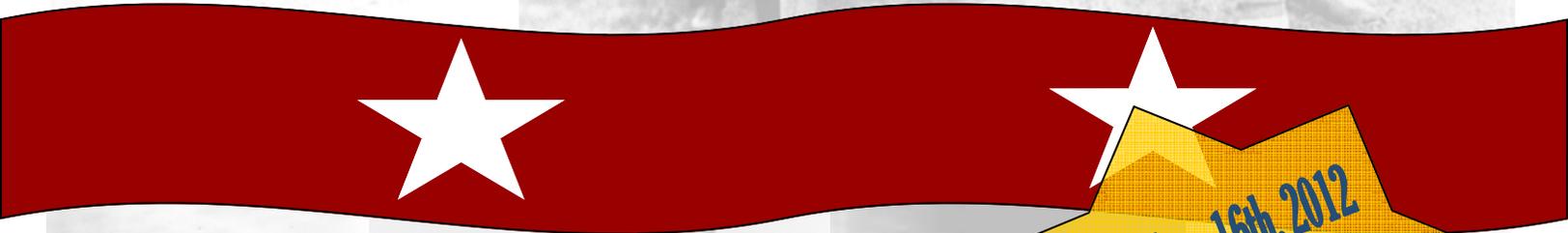
About this event:

Join us for this outstanding event celebrating the 100th anniversary of Jim Thorpe's record setting Olympic performance in Sweden!

5K Run: \$25.00

1 Mile Fun Run: \$20.00

- ⇒ Medals for the top three finishers in each 5-year age group!
- ⇒ Enjoy refreshments, special vendors and an art show at the finish line!
- ⇒ Special gifts for overall male and female finishers!



Register online!

FOR MORE INFORMATION:

Contact Jessica @

JimThorpeGames.com

405-620-0773

Saturday, June 16th, 2012
8:00 a.m.

Oklahoma City, Oklahoma
Remington Park



Landrunner Finishers – Oklahoma City Memorial Half Marathon

1. JAKOB WARTMAN	1:18:52	80. MARCIA WALKER	2:06:03	159. SUZIE BOSTICK	2:32:32
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7. DANIEL MOSEL	1:37:39	86. ANDREA PEMBERTON	2:08:04	165. GENE SLAVENS	2:34:45
8. STEPHEN APEL	1:39:43	87. BRENT MISTLER	2:08:29	166. AMANDA SLAVENS	2:34:46
9. CAMERON HAN	1:39:53	88. LYDIA ROTH	2:09:22	167. MARY STRAKA	2:36:19
10. JOSHUA HARLOW	1:40:24	89. KARI GROVE	2:09:26	168. LIZ BUSCHELMAN	2:36:45
11. BILL DYCUS	1:40:38	90. RENDON CHAMBERS	2:09:46	169. LUWAYNE BURNS	2:37:09
12. COLLIN HOLLOWAY	1:41:21	91. SHILPA ABBITT	2:10:06	170. CHANEL HENRY	2:37:23
13. CHRIS GEORGE	1:41:22	92. JILL SWISHER	2:10:07	171. ROXANNE HENRY	2:37:23
14. DENNY MEDICINEBIRD	1:41:33	93. RICHARD POTTER	2:10:13	172. LORI WITTROCK	2:37:23
15. DONALD STONG	1:44:06	94. JONATHAN HARPMAN	2:10:17	173. BARBARA HANSEN	2:37:43
16. RAUN ENGLISH	1:44:07	95. TOM LOVE	2:10:24	174. DEBRA MARSHALL	2:40:01
17. SCHAD MELDRUM	1:44:18	96. STEPHEN FERNSTROM	2:11:22	175. DAN HARTSBURG	2:41:04
18. BRANDON PURDEU	1:44:27	97. LEE ESTES	2:11:36	176. CHRISTY BATTERSON	2:41:24
19. MARY MIKKELSON	1:45:20	98. JUSTIN TERRELL	2:11:39	177. JESSICA KROESEN	2:41:24
20. BLAKE MIDDLETON	1:45:35	99. TOWMA EDWARDS	2:11:55	178. ANDREW RAPOPORT	2:41:43
21. ANN HARTMANN	1:47:19	100. CHRISTINA CHURCHILL	2:11:59	179. SHAWN MORRISON	2:41:44
22. IVAN WAYNE	1:47:21	101. ROBERT PULLEN	2:12:12	180. JEFF SULLIVAN	2:42:07
23. JANNA PRATT	1:47:51	102. DANIEL DAWSON	2:12:22	181. JONATHAN EDISON	2:42:49
24. PATTY BALENSEIFEN	1:48:05	103. ALYSSA TERRELL	2:13:06	182. KAREN GREER	2:43:12
25. JERRY ANDERSON	1:48:34	104. STEVEN KENDRICK	2:13:51	183. REEDA FRAMPTON	2:43:19
26. BILL McMANUS	1:49:40	105. CHARLES HENSLEY	2:14:37	184. ANDREA REED	2:43:22
27. CHRIS ROBINETT	1:49:41	106. RENEE CROWEL	2:15:00	185. EVELYN ROWLAND	2:43:25
28. BIJU KURIAN	1:49:54	107. DON WANZER	2:15:28	186. SHEILA MILLER	2:44:56
29. HUSTON STURGELL	1:50:12	108. KENDALL RICHARDSON	2:15:37	187. MACKENZIE GIBSON	2:45:08
30. RICK HADRAVA	1:50:13	109. RON GOTTSCHALK	2:15:40	188. ALBERT ASHWOOD	2:47:56
31. BOBBY MASON	1:50:51	110. SHARON MARION	2:15:47	189. CINDY ASHWOOD	2:47:56
32. KELLY MURPHY	1:52:04	111. JODI COLE	2:16:03	190. DAVID TEDFORD	2:50:00
33. RUTH LOFFI	1:52:08	112. COURTNEY MILLER	2:16:07	191. RICK HOWELL	2:51:34
34. PATRICK BELL	1:52:25	113. KAY AGNEW	2:16:33	192. BARBARA SOWAH	2:52:06
35. STACEY MORTON	1:52:51	114. LISA CORNETT	2:17:09	193. RAO MADHAVARAPU	2:52:37
36. STACY SUMMEY	1:53:05	115. JASON ACOCK	2:17:46	194. JANE SPEROPULOS	2:53:09
37. DARLENE HADJI	1:53:06	116. AMY GAFFNER	2:17:54	195. DEAN MANNING	2:53:36
38. STEVEN RACE	1:53:42	117. PHILIP CHURCHILL	2:18:29	196. CATHRYN CLINES	2:53:42
39. COURTNEY LEMMONS	1:53:56	118. ERIC WAGNER	2:19:09	197. MARK DELONG	2:54:16
40. ROGER LEMMONS	1:53:56	119. LORI ABOU HABIB	2:19:11	198. TRAVIS DILLON	2:55:19
41. CHUCK MIKKELSON	1:54:02	120. BRENDA NELSON	2:19:33	199. BETTY BELL	2:55:44
42. MARK MORGAN	1:54:41	121. REBECCA JOHNSON	2:19:40	200. KRIS HOWELL	2:56:45
43. BEN CHERRY	1:54:44	122. MELISSA HERNANDEZ	2:19:48	201. KIM ESTORGA	2:56:46
44. KIRK DEARDEN	1:56:16	123. SARAH EDWARDS	2:19:54	202. KARI GOINES	2:57:42
45. JAY MARTIN	1:56:24	124. JOSHUA WILLIAMS	2:20:26	203. COURTNEY FRENCH	2:57:45
46. MARIYA BURDINA	1:56:25	125. DARLETTE SLACK	2:20:36	204. GENA BARNHILL	2:57:49
47. SCOTT SABOLICH	1:56:26	126. DIANA MACAULAY	2:20:51	205. JUDSON TEMPLE	2:58:11
48. JEFFERY COOPER	1:56:27	127. JASON MACKINNON	2:21:28	206. AMY JORDAN	2:58:35
49. ANTOINETTE THOMPSON	1:56:33	128. ROY BANKHEAD	2:21:38	207. KATHLEEN COOK	3:00:50
50. GARY VENATOR	1:56:51	129. KRISTY BEAMISH	2:22:05	208. SILVER WOODY	3:00:54
51. JACOB BENEDICT	1:56:52	130. TIM JEFFCOAT	2:22:05	209. BRITTANY HAND	3:01:14
52. DAVE GREER	1:57:38	131. TORI DUPHORNE	2:22:49	210. BRENT MELTON	3:01:38
53. MIKE GIBSON	1:58:15	132. LEE HARWELL	2:23:13	211. TAMMY RUSSELL	3:01:57
54. STACIE MCHUGH	1:58:25	133. AMY WISNIEWSKI	2:23:42	212. ANGIE SHOLAR	3:03:06
55. MIKE CLARK	1:58:33	134. CURTIS REED	2:23:51	213. MONICA PARDUHN	3:03:08
56. STACY CROFFORD	1:58:51	135. DANA CAMPBELL-STERNLOF	2:24:15	214. CHRISTINA JOHNSON	3:03:26
57. HOLLY MISTLER	1:59:00	136. JI MCFARLAND	2:24:40	215. WOLFGANG RICKWALT	3:03:59
58. ALYSSA MORRIS	1:59:10	137. BRENDA MARES-EARNHARDT	2:25:27	216. SHERRI RECTOR	3:05:40
59. STEVE VAUGHAN	1:59:19	138. LAUREN FARRIS	2:25:37	217. JOSELENE CHANDLER	3:07:15
60. KIM FLOYD	1:59:20	139. JUDY STANFIELD	2:25:48	218. JEAN BROWN	3:09:00
61. SHELBY CARTER	1:59:39	140. ANNETTE THOMPSON	2:25:51	219. SUSAN POOLE	3:09:11
62. CRAIG QUINALTY	1:59:50	141. DAVID THOMPSON	2:25:57	220. BUDDY JONES	3:09:58
63. DOUGLAS CUNNINGHAM	2:00:22	142. KARL RYSTED	2:26:34	221. NELS BENTSON	3:12:16
64. JAMES SNYDER	2:00:44	143. SHELLY LLOYD	2:26:43	222. BENNY MEIER	3:12:16
65. TIM MURRAY	2:00:52	144. DWIGHT EDWARDS	2:27:17	223. LINDA LEKAWSKI	3:14:01
66. JILL HOBSON	2:00:56	145. JENNIFER HENRY	2:27:40	224. CINDY BELL	3:14:04
67. LISA WILKINSON	2:01:19	146. DAVID MCBRIDE	2:28:37	225. SCOTT RODDY	3:15:02
68. ANDY McILVAIN	2:01:42	147. KIM FRAKES	2:28:43	226. RONALD STAKEM	3:18:21
69. JULIE BUSHONG	2:02:37	148. JIMMY SMITH	2:29:10	227. DEBBI McCULLOCK	3:33:17
70. JIM TABOR	2:02:45	149. ROGER MUSICK	2:29:13	228. ANGELA MEIER	3:34:05
71. MATTHEW PENA	2:02:55	150. KELLY SANDERS	2:29:25	229. SUSAN AIRINGTON	3:34:11
72. VAN VAWTER	2:03:03	151. DEBBIE STONECIPHER	2:30:14	230. TODD HEITZ	3:34:51
73. JACKIE NORVELL	2:03:32	152. LANCE CARVER	2:30:23	231. STEPHANIE SHERWIN	3:35:56
74. MIKE MEDRANO	2:03:51	153. APRIL TEAGUE	2:30:35	232. RENEE PRICE	3:42:43
75. HOLLY GOLSEN	2:04:26	154. ANNIE FITCH	2:30:43	233. DONNA MOORE	3:43:11
76. LAURENCE RUBENSTEIN	2:04:42	155. BECKY TRIBBY	2:30:49	234. MELISSA HUNT	3:45:14
77. ABIGAIL GARCIA	2:04:58	156. SEAN CUMMINGS	2:31:09	235. MARGARET TRAVIS	3:52:55
78. GAILE LOVING	2:05:09	157. LESLIE HEATHMAN	2:31:43	236. EMILY CARTER	3:58:22
79. GRAYSON COOK	2:05:25	158. CASEY McDONOUGH	2:32:26		

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Marathoning in the Rain

By Camille Herron

I've experienced a few marathons in the rain, and many of you likely experienced the wrath of the OKC Memorial Marathon last year. Here's a few things I've learned from these experiences.

- If it's cold, make like a duck and lather yourself with vaseline, esp. your thighs, shoulders, armpits/under-arms, groin (men!), and feet/toes/heels. The rain will hit your thighs and arms the worst, and as you deplete your energy.... they'll turn to lead. These areas need to be kept as warm and dry as possible.

- Consider wearing arm warmers if it's cold. You can always take them off if you start to overheat. At Twin Cities '08, this was my one regret for not wearing, as my arms were like lead and hard to hold up after ~20 miles.

- Wear gloves. Stash a second pair in your shorts. I like the Mizuno gloves that "heat up". If your gloves get too wet and cold, you have a dry pair to change in to.

- If the conditions are esp. nasty, put hand warmers in your gloves.

- Wear a hat, esp. one with a long bill so you can tip your head down to block the rain from your eyes and face! For the ladies, make sure the hat is deep enough and tight enough to stay on your head, if it's windy too. Practice running with the hat too. A hat is absolutely the best piece of equipment for a rainy marathon! If there's sleet/ice/snow, you can even add a head warmer under the hat to cover your ears.

- Consider wearing short tights or boy cut shorts (Brooks has some excellent pairs). They'll cover more of your thighs (~keep them warm) and have less drag while wet (compared to regular shorts). I wore a water-resistant and antimicrobial pair of Brooks HVAC shorts at Twin Cities '08—they were great.

- Make sure your race shoes are broken in/molded to your feet and the sole is worn down some. Road flats tend to not have the best grip on wet concrete (esp. new shoes!), so it's important for them to be worn down a bit because you'll get better traction. I had waited for weeks to get new shoes and the right size leading up to Napa Valley in 2011 (didn't come in time), so I had to resort to wearing an ill-fitting, not-broken-in pair (~Pumas)—wrecked the body! I probably would have been better off wearing my extremely worn down pair of old Pumas.

- Spray your shoes with water-repellent or Scotchguard. I do this with my shoes in the winter. Inov-8's shoes are naturally very good at repelling water and airing out.

- Not only double-tie your shoes, but put the loose laces UNDER the front laces of the shoe. One of my friends had double-tied her shoes at TC '08, but they still came untied from getting wet and loose (and she had to stop to retie them). Can't remember where I picked up this trick, but it's a must-do for any marathon!

- Cut your toenails! I would imagine every long distance runner knows this or figures it out at some point. I've had too many blood blisters, side-of-toe-rubbing, and lost toe nails to know.... this is absolutely essential! Vaseline helps too.

- Don't wear ankle socks that are cut low to the heel counter (blister-heaven!), and most importantly.... don't go sockless! Crew-cut, synthetic socks are absolutely the way to go! It's really important to wear socks that fit your feet well and fit well with your race shoes. I find a lot of socks have a "tapered toe" and don't allow the toes to spread (again, increasing the likelihood of blisters). I'm a fan of Wrightsock's double layer socks and Inov-8's terry-cloth-feeling, square-in-the-toe socks.

- If you have the opportunity to do elite fluid bottles or carry your own bottles, use athletic tape (colored athletic tape) to mark your bottles and/or give you better grip. Gloves with grip would probably be a good idea too.

- Don't wear a cotton t-shirt or singlet – go synthetic! I wore my old cotton t-shirt at Napa Valley in 2011 (in the rain) last year (went on a Bill Rodger's, old-school kick). Well, that wasn't a great idea because the cotton stuck to me, and started getting cold in the second half when the wind picked up (mind you, cold rain and a direct headwind on a point-to-point marathon course is 'brutal'). As I mentioned, the biggest factor with the rain is staying warm! The rain keeps you cool, but as you deplete your energy it gets harder to keep the muscles warm. Cotton is great though when it's cool and dry.... but not so great when it's wet!

- As far as fueling, it's probably slightly more critical compared to warm conditions. However, if you manage to keep your body warm through clothing (and not be shivering or legs/arms turning to lead), there's probably not much variation compared to ideal conditions. Hydration probably isn't as critical as a warm marathon—drink as needed.

The best part of a rainy marathon.... crossing the finish line! One word to describe it: depleted.



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

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MUSCLE CRAMPS

By Tom Coniglione, MD

If you have ever had one, you know exactly what it is because cramps hurt. After the OKC Memorial Marathon we saw many runners with cramps. As usual, before runners leave the OKC MM medical tent, we try to educate them regarding what happened and how to prevent it next time.

When we talk about cramps, we often tell the story of a man we met at a Redman Triathlon. About 100 miles into the bike ride that man fell off his bike and was brought to the medical tent. He did not really fall, rather, his entire body cramped - every muscle. Because of the cramping he could not pedal or steer. Once he cramped he simply listed to the side and crashed on to the pavement.

More amazing was the statement made by the person who brought him to the tent: "Don't worry, they will give you some potassium and you will be OK." That statement made me think of a quotation: "...knowledge without compassion is an obscenity, just as compassion without knowledge is quackery."

CAUSES

There are many theories and some science to explain why endurance athletes develop cramps. There are two main scientific themes. One theme is that fatigued muscles are more likely to cramp. If you have ever had a cramp during a run you know the cramp started toward the end of a longer run, when your muscles fatigue. We've been listening to marathoners tell us this for almost three decades. Science would confirm the fact - fatigued muscles cramp.

The second common theme in the science of cramps is that salt loss through sweat contributes to the cramp. The best example of this is the roofer. During the first heat wave, some roofers suffer severe cramping. The roofer will tell you his clothes are full of salt when he works. It is the sudden abrupt loss of salt that causes some cramps.

The relationship of salt to cramps is most apparent to you who have had severe cramping. When you eat salt, you cramp less. At the Marathon we treat severe cramps with an IV containing salt. Within the first (10 minutes) 300ml of salt water in the vein the cramps stop.

Another concept to keep in mind is the size and strength of muscles. Large, strong, tight, bulky muscles are more prone to cramp than looser less bulky muscles. Running makes the hamstrings strong and tight. Stretching the hamstring muscle is important to keep it from cramping.

Muscles that cross two joints are more likely to cramp. That means the hamstring, calf and thigh/quad are the ones to cramp. It has to do with the muscle contracting while it is shortening that causes cramping.

Don't forget harder surfaces. The Route 66 Marathon course changes regularly. When there is concrete at the end of that marathon, there are more cramps.

TREATMENT

Potassium deficiency is not the cause of runner's cramps. Some muscle cramps resolve after a few seconds or minutes. If you get a cramp do two things. The first is to stretch the muscle. In the medical tent at times we have to stretch the muscle quite vigorously.

Another trick is to grasp the muscle above and below the cramp. Push the two ends of the muscle toward the cramp. Often, this maneuver will alleviate the cramp.

Secondly, think about salt. If the cause of the cramp is salt loss, salt replacement is essential. For the Memorial Marathon we use pretzels as a source of salt. I'm not recommending anyone drink pickle juice. However, as some athletes point out, it works.

RACE THE REAPER

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OKC Memorial Marathon Medical Report

By Tom Coniglione, MD

For the spectators, the weather for the Twelfth Annual Oklahoma City Memorial Marathon could have been better. Spectator-better would be warmer and drier. For the runners, the weather was close to ideal. The medical team was the most experienced ever assembled for the marathon. Support and organization were at their best. Because of favorable weather, an experienced team and fewer than usual runners needing assistance, the medical team had a quieter than usual day.

Of the half marathon participants, more women than men required medical care. In the marathon, more men than women needed assistance. Overall, an equal number of men and women needed help. The 50-50 split between men and women has been constant for several years.

The runners needing assistance were almost equally divided between the half and full marathon. As we see each year, very few relay or 5K runners needed assistance.

A total of 140 runners were treated. A small number (16) were treated and dismissed within 30 minutes. 30 runners required more than one hour before their condition was stabilized.

Most of the half marathoners arrived at the medical tent from 8-10 AM. Most of the marathoners arrived between 10 AM and 1 PM. At all races, after most of the runners have crossed the finish line, there is a tendency to take down the finish line and pack up supplies. Most of the medical team's work is done while everyone else is relaxing.

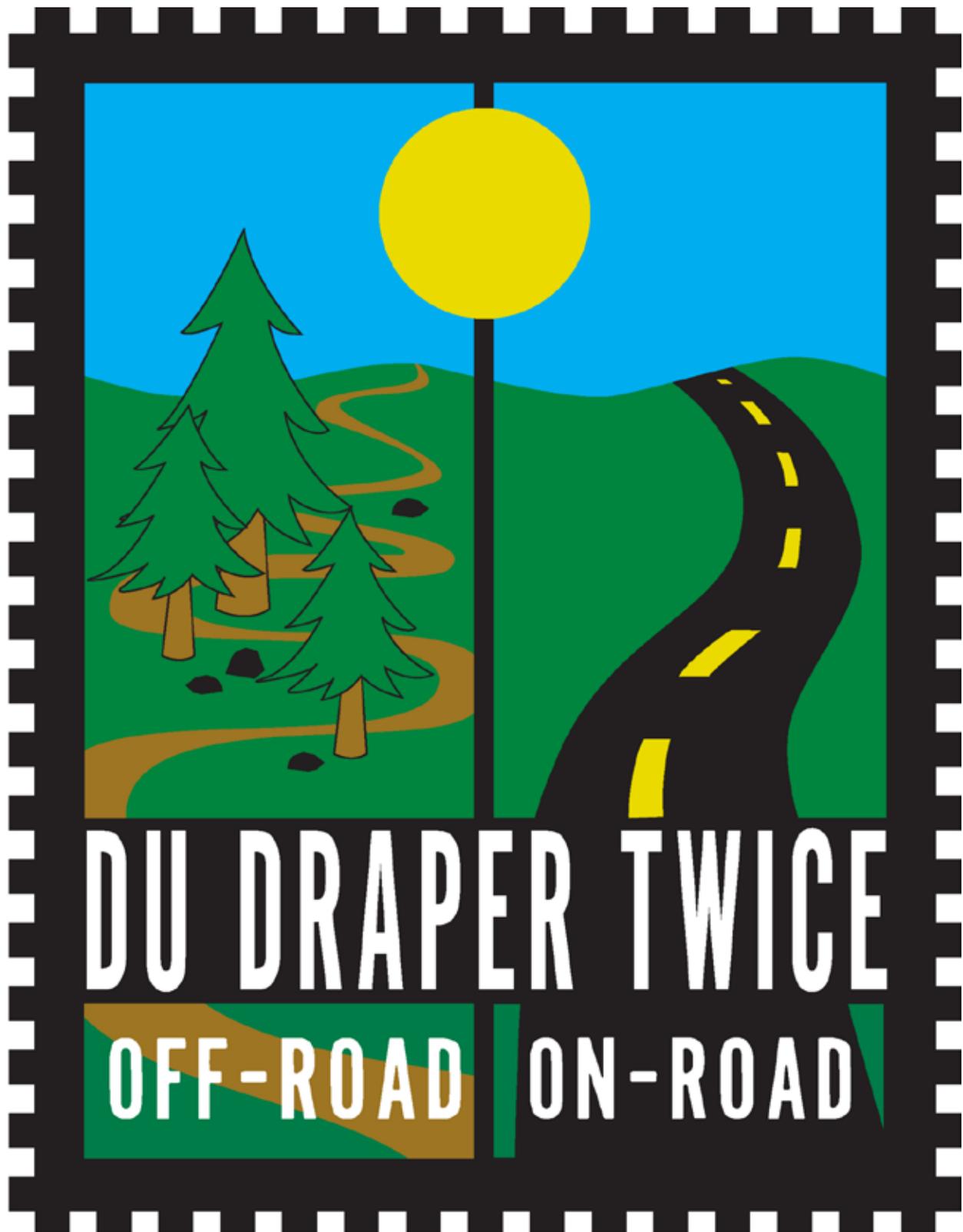
Even though some runners required considerable time and attention before they were well, no runner was ever seriously ill. Most runners had varying degrees of dehydration. Cramps were more common than in previous marathons. Blisters were common and treated with a technique designed to save the skin over the blister. We saw a variety of swollen knees, achy feet, painful ITBs and cranky Achilles tendons.

The "Ice House" located between the medical and food tents was again extremely popular. Many runners sat and chatted while wrapping ice around their achy body parts. Some lingered and took advantage of the chairs to rest a while.

Many runners commented on the visibility of the aid stations on the course. For those who needed assistance on the course, they found a well prepared, knowledgeable staff waiting for them. The EMTs on bikes were also visible; their presence was appreciated by the runners.

Planning, organizing, setting up and taking down the medical facilities is an enormous chore. Many medical professionals gave of their time and energy to make the Twelfth Annual OKC Memorial Marathon safe for all participants. This could not happen without them. Thank you.





Draper Off-Road (5K Trail Run-20K Mountain Bike-5K Trail Run): Saturday July 7th @ 7:00 a.m.

Draper On-Road (3K Run-24K Bike-3K Run): Sunday, July 8th @ 7:00 a.m.

REGISTRATION IS ON-LINE ONLY @ www.signmeup.com/79960

THERE WILL BE NO RACE DAY REGISTRATIONS.

Landrunners Warm the Hearts and Soles of OKC's Homeless

By Brian Jacobson

Spearheaded by the club's Special Project Committee, the Landrunners donated used running clothes, t-shirts and shoes to help students at Taft Middle School. After the kids sorted through the items they wanted, there were still about 14 boxes of clothing remaining. Upon learning that there is also a crucial need for everyday items for OKC's homeless population, the Landrunners teamed up with the Oklahoma City Homeless Alliance to deliver the rest of the shoes and t-shirts.

We delivered the boxes to the Alliance on April 28th for the bi-weekly luncheon and clothing give away sponsored by the 363 group of Oklahoma City. (The 363 group is based on the belief that there are 363 other days of the year that people go hungry

besides Christmas and Thanksgiving, when groups traditionally serve meals.) We gave away over 200 pairs of shoes and hundreds of t-shirts. Running shoes are hard to come by on the streets and the homeless clients were like kids in a candy store. I overheard a few clients speaking to one another saying, "These shoes will make me fast" and then challenging friends to a foot race!

Thank you Landrunners for your generosity! If you happen to see folks running the streets of Oklahoma City with a race shirt and a pair of slightly worn shoes who don't necessarily look like a runner, it might be your old pair of sneakers or shirt that inspired someone to start running and perhaps start a new life.

Recipes to Run By

By Adi McCasland

Avocado Egg Salad

12 large hard-boiled eggs
 1 cup cubed avocado
 4 Tbs plain, nonfat yogurt *Greek recommended
 3 tsp Dijon mustard
 1 Tbs thinly sliced scallion *green bit only
 1-2 tsp fresh dill
 Sea salt & fresh ground black pepper, to taste

- 1) Peel hard-boiled eggs, remove the yolks (setting them aside), and coarsely chop the egg whites.
- 2) Combine six of the egg yolks (discard or save the rest for another use) with the next five ingredients and mash with a fork, leaving some chunks.
- 3) Stir the egg whites into the mixture and season to taste with salt and pepper.

Serves about 8 hungry runners!

Yoga Poses

By Jennifer Henry

Supported backbend: On a yoga block or firm pillow lift hips and lay on prop as pictured. Keep feet firm and toes spread. Tuck tailbone slightly to protect lower back and engage abdominals. Do not let knees splay open. You could put another block or ball between knees and hold to facilitate this action.





Landrunners,

Thank you for donating \$1,000 to Team Taft. Your generosity helped the students achieve their goal of running with 27,000 people for a great cause. The students' dedication and training for the event was a life changing experience.

Ellen Cooper

Taft M.S.



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Pre-Reg \$30 5K, \$40 10K, \$10 Kid's Run with a Hero
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The Landrunner, the Official Newsletter of the Oklahoma City Running Club, is published monthly by the Oklahoma City Running Club



OKC Landrunners Trail Sweep Lake Hefner / Bluff Creek

When: Saturday, July 14th @ 9:00 a.m.

Where: 7300 N. Portland

Stars & Stripes Park - South Parking Lot
Bags and gloves will be provided by OKC Beautiful

Questions may be addressed to the...litter chair

Jim Roblyer: jfrobyler@yahoo.com