

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

December 2012

Issue No. 200

## OKC Landrunners' Distinguished Service Award

Jim Smith, the recipient of the 2012 OKC Landrunners' Distinguished Service Award, has provided unparalleled leadership to the OKC Running Club. He has served the club in virtually every capacity from incorporating the club, organizing races, assisting individual runners, and serving as an USATF official. Jim set the standard in Oklahoma for organizing our sport: he designed, measured, and got USATF certification for many race courses still used today. Jim literally wrote the book on how to successfully organize and operate a race. He developed a 17 page manual for race directors detailing every point in race management from beginning to end.

When the club was incorporated in 1984 Jim played a leadership role in serving as one of the three incorporators. He is truly one of the clubs founding fathers. In 1998 he was named one of only four people inducted into the newly formed Oklahoma Long Distance Running Wall of Fame and remains the only Landrunner so honored. In 2007 the OKC Running Club gave him the honorary title of Director Emeritus, making him one of only two Landrunners so honored.

The earliest roots of the OKC Running Club can be traced back to the early 1970's. Jim was an active runner and leader in the loosely organized running group at that time. By the 1980's Jim recognized the need for the club to be more formally organized and was in the leadership group that first incorporated the club in 1984. Jim's efforts in bringing a quality running experience to the running community continued through four decades until 2004 when he last served as the chairman of the OKC Running Club Race Committee. While this award has nothing to do with running performance or accomplishments, it is noteworthy that Jim at the same time was setting numerous state and national records. These accomplishments, brought further positive recognition to the club and enhanced its stature over this time period.



*OKC Landrunners' Distinguished Service Award Recipient:  
Jim Smith*

Jim Smith not only has a great passion for running, he also has a passion for helping individual runners. He is a detailed planner and a meticulous trainer. He readily shared his experience and knowledge with anyone who wanted his help. He has helped numerous individuals improve their running performance and always wanted to see everyone run to the best of their ability. Jim was generous in giving his time and expertise to less experienced runners. His willingness to share his knowledge and philosophy of running has been an inspiration to countless runners. Whether it was a detailed training plan, advice on where to stand at the starting line, or assistance in making a split time wrist band, Jim has been there for each and every runner who wanted his help. It never mattered to him if the runner was a beginner or competing at an elite level. Jim seemed to understand the reward of service and relished in helping others do their best.

# President's Letter

Congratulations to our new Board of Directors for 2013: Mark Ballard, Suzie Bostick, Mark Bravo, Marie Breshears, Tom Briggs, Justin Chan, Tom Coniglione, Doug Cunningham, Vaden Dean, Bill Goodier, Jennifer Henry, Brian Jacobson, Katie Kramer, Maurice Lee III, Gaile Loving, Kevin Lynes, Matt McBee, Adi McCasland, Chuck Mikkelson, Cara Nance, Jim Roblyer, Terra Rowe, Lindie Slater, and Bill Snipes. A special welcome to the newest member: Brian Jacobson. I am looking forward to another great year for our club!

A special congratulation goes out to Matt McBee for heading up our award winning Redman Run Course Aid Station. We took first place once again for our fourth year in a row. What a great event for Oklahoma City and great way for the Landrunners to give back to our community and to the world class athletes that we hosted this year. Redman will be donating \$500 to a charity in the Landrunners' name. I haven't heard what the theme for next year's aid station is yet, but I'm sure it will be a lot of fun.

Don't forget the Christmas Party at the Bentson's December 10. This is a wonderful evening to enjoy food, fun and friends. This will be the only time the majority of us will be in the same vicinity at the same time before the end of 2012.

Good luck to those running fall marathons and congratulations to those who ran the Tulsa Route 66 Marathon and Half. I can't wait to hear the stories at the Christmas party in December, especially of Jen Henry running 20 miles. 20? Doesn't she know the half was 13.1 and the marathon was 26.2? I also heard there was a pink spiderwoman. Did she get into the Guinness Book of World Records?

Lastly, I want to thank the Board for the past two years for enriching my life and the lives of others in our community through running. Your willingness to participate and your giving spirit are why this club is such an asset to this community and to this state. Thank you all so much.

Cara Nance  
OKC Running Club President

# NAUGHTY OR NICE

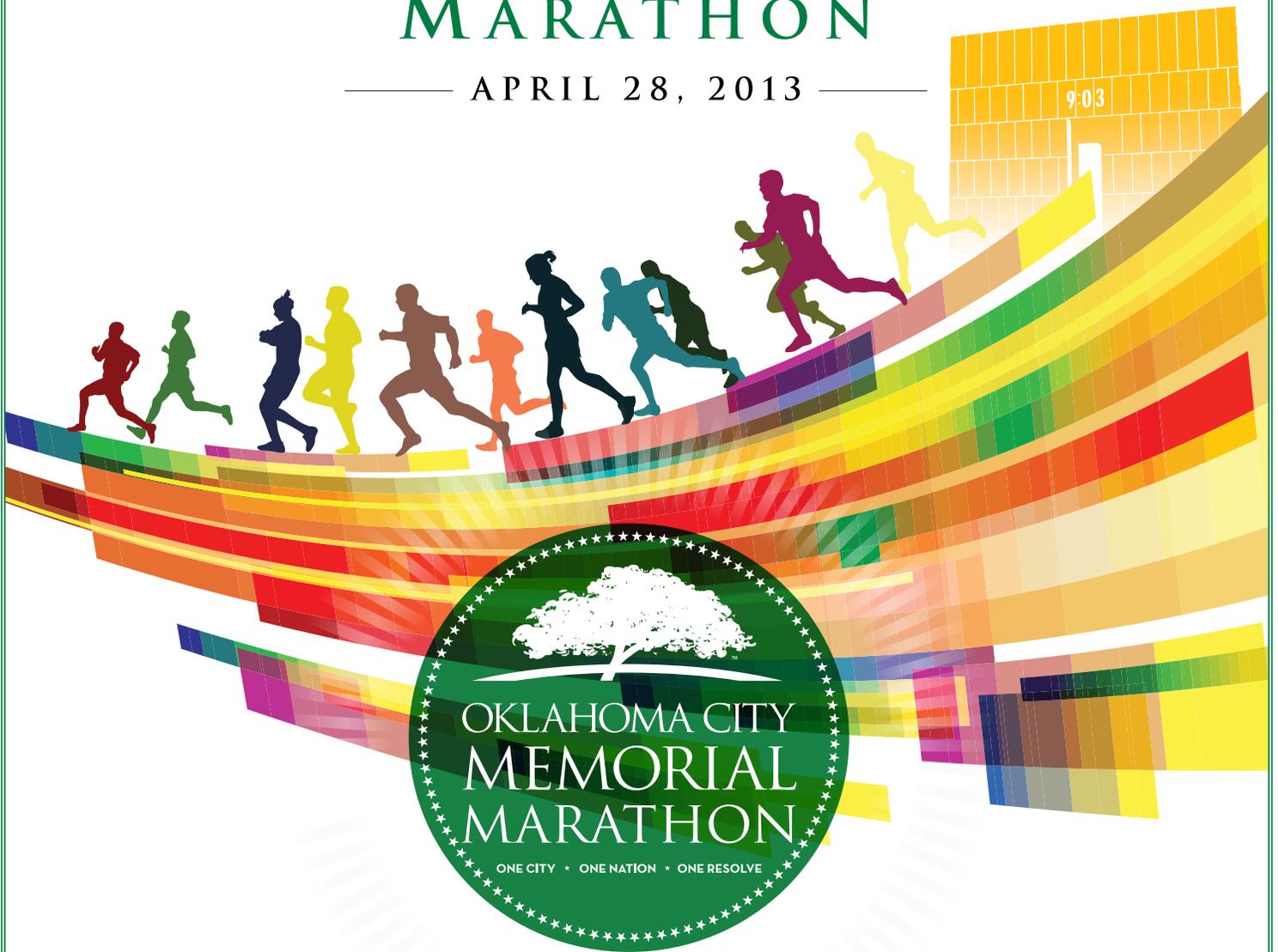
DG PRODUCTIONS PRESENTS



## STARS & STRIPES PARK OKC, OK. DECEMBER 15TH 2012

THE THIRTEENTH ANNUAL  
OKLAHOMA CITY MEMORIAL  
MARATHON

— APRIL 28, 2013 —



**RUN** TO **REMEMBER**



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# Landrunner Calendar of Events

## Date Event

12/1 Little Willie's Triple Dog Dare  
 12/1 Northcare Reindeer Run 5K & 10K\*  
 12/10 Landrunner Christmas Social-Potluck  
 12/15 Naughty or Nice 8K  
 12/15 Landrunner Trail Sweep  
 1/12 Forever Edmond 5K

\* Denotes Series Races

\$ Club members discount codes are listed on the Members only section @ okcrunning.org

## Location/Time

Leadership Square @ 8:00am  
 4436 NW 50th @ 9:30am  
 Bentson's, 2601 Warwick Dr @ 6:00pm  
 Lake Hefner, S&S @ 9:00am  
 Lake Hefner, S&S @ 9:00am  
 Hafer Park, Edmond @TBA

## Landrunners In Action

### 10/14 NIKE WOMEN'S MARATHON, CA

LACEY WRIGHT	4:34:45
CHRISTINA HELMS	4:40:41

### 10/20 PUMPKIN HOLLER TRAIL RUN, OK

NICK SEYMOUR	17:24:52 – 100M
BRIAN JACOBSON	14:49:45 – 100K
AMY PANNELL	16:22:36 – 100K
KATIE KRAMER	3:55:53 – 50K
DAVID SOOTER	5:22:37 – 50K
RICHARD SMITH	5:42:57 – 50K
DARLENE SPRY	8:32:49 – 50K
TOM LOVE	2:55:59 – 25K
RALPH BRECKENRIDGE	3:11:21 – 25K
MIKE SULLIVAN	3:28:54 – 25K
LAURA WARD	5:39:19 – 25K

### 10/20 PALO DURO TRAIL RUN, TX

DALLAS DALEY	2:01:32 – 20K
ELLEN REEDER	2:10:21 – 20K

### 10/21 DES MOINES MARATHON, IA

LARRY RUBENSTEIN	4:28:35
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### 10/27 DALLAS 13.1 MARATHON SERIES, TX

SCOTT FOSTER	1:26:18
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### 10/27 NO LIMITS HALF MARATHON, TX

KENNY DANNER	1:59:00
BRENDA MARES-EARNHARDT	2:28:27
KIM FRAKES	2:34:16
PAULA BROOME	2:48:03
MARY BOURQUE	3:01:26
ROBERT CLEVELAND	24:16 – 5K
JENNIFER CLEVELAND	58:02 – 5K

### 10/27 TULSA RUN 15K

KATHY MOFFITT	1:48:17
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### 10/28 MARINE CORPS MARATHON, DC

LESLIE BUFORD	3:33:24
GEORGE TAYLOR	3:37:15
LEZEL SAFI	4:08:23
MARGO VONSCHLAGETER	4:31:41
PHILIP RODEBUSH	4:35:52
ANNETTE THOMPSON	6:01:28
DAVID THOMPSON	6:01:28

### 10/29 DAY OF THE DEAD MARATHON, NM

BRIAN JACOBSON	4:33:10
AMY PANNELL	5:08:55

### 11/3 TURKEY & TATURS TRAIL RACE, OK

BRIAN JACOBSON	8:24:40 – 50K
ALICIA ALBA	8:24:40 – 50K

### 11/4 MANCHESTER CITY MARATHON, NH

LARRY RUBENSTEIN	4:45:55
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### 11/11 MALIBU MARATHON, CA

ANGELA MORRIS	4:13:13
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### 11/17 CHARLOTTE THUNDER ROAD, NC

BILL GOODIER	3:41:18
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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

# WUOLFKY

## LITTLE ROCK MARATHON

MARATHON - HALF MARATHON - 10K - 5K - KIDS MARATHON

# 03.03.13

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# OKC Landrunners' Impact Award

Bob Loving, the recipient of the 2012 OKC Landrunners' Impact Award, has been a member of the OKC Running Club since 2002, and has served on the Board of Directors for seven years as Club Secretary.

Bob received this award for his enduring positive attitude and generous unselfish spirit. Bob makes runners feel like royalty by providing absolutely any kind of support needed during training runs. His genuine desire to encourage and coach runners during long training runs serves as an inspiration to us all. Always with a smile on his face, he cannot help but offer positive emotional energy to provide that much needed boost to run further and faster. Much like the postman, the Landrunners can always count on Bob to be there during the training runs, offering safety and security, patrolling the course to ensure that every runner is okay.

If a runner was unable to complete a run due to exhaustion or injury, Bob always offered a ride back to the starting area without hesitation. The concern and dedication he has for everyone to finish their run safely is truly an act of compassion and generosity. Earlier this year, Landrunner Mathew McBee was the recipient of Bob's kind actions on one of the training runs, and remembers the day well: "We left Nichols Hills Plaza and were scheduled for a LONG run, don't remember the mileage. I developed PAIN in the IT band and Bob was nice enough to let me stay in his WARM truck and then brought me back to the plaza. I've seen Bob bring back other runners too -- I'm sure that he has brought back a LOT of Landrunners who had medical issues. I was extremely happy that he was there to take me back to my car, otherwise it would have been a LONG PAINFUL walk." Stories similar to this have been echoed from a multitude of other runners over the years, all of whom are genuinely appreciative of Bob's help.

When not rescuing injured runners, Bob is also known as the keeper of the water coolers. Between runs he rinses and stores them in a clean environment. For training runs, Bob is up and about well before the arrival of any runner, filling the water coolers and placing them at the water stops. After the runs, he picks up all the coolers, rinses them and starts the process over again the following week. He never asks for help and assistance is rarely offered. During training runs Bob is out on the course filling cups, picking up trash and greeting all the runners as they stop. Water is so essential to safe running and Bob's support is invaluable. For all that he does for the runners of our club, Bob never asks for thanks, and so it is in recognition of his steady and tireless effort, coupled with a high degree of generosity and unselfish desire to help others, that the very first 2012 OKC Landrunners' Impact Award goes to Bob Loving.



*OKC Landrunners' Impact Award Recipient:  
Bob Loving*

**LANDRUNNERS**  
OKLAHOMA CITY RUNNING CLUB  
WWW.OKCRUNNING.ORG

## Marathon Training

for the

## OKC Memorial Marathon

starts

## Saturday, January 5, 2013

Check the club's website or Facebook page  
for more details.

February 22<sup>ND</sup> through the 24<sup>TH</sup> 2013

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# 35<sup>TH</sup> ANNIVERSARY

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[cowntownmarathon.org](http://cowntownmarathon.org)

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ULTRA, MARATHON, HALF MARATHON, 10K, ADULTS 5K, COOK CHILDREN'S 5K

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UNT Health Science Center, The Center for Cancer and Blood Disorders  
MillerCoors, NBC 5, Star-Telegram, RadioShack, HCA North Texas, Chase

## Marine Corps Marathon Honors Military, Provides Action-Packed Run

By Leslie Buford

Looking for a fall marathon offering good weather, an added incentive to run faster, and four scores of patriotism rolled into one action packed weekend? The Marine Corps Marathon provides just the ticket for runners wanting to experience our nation's capital at its finest.

This year's edition of the Marine Corps Marathon was held October 28, 2012 in beautiful Washington, D.C. With the presidential election only a week and a half away, the town was already buzzing with political intrigue when we arrived on the Thursday before the race. Soon after we arrived, however, talk turned to a more pressing development as Hurricane Sandy began barreling up the coast and targeting a vast area from Baltimore to Boston for landfall.

Luckily for us, our weather-loving Oklahoma friends and family wanted to ensure we had the latest in weather information and we were constantly barraged with texts and calls to tell us about the impending superstorm. Other runners must have also been getting these weather warnings as marathon staffers were quick to provide updates on their planning and preparation for the race in the face of the impending storm.

The Marine Corps Marathon prides itself on not only being run and staffed by our fine military men and women, but also in being named one of the best marathons for first timers. In fact, their most famous "first time marathoner" happens to be Oprah Winfrey, who ran the race back in 2004. Marathoners are challenged at the Expo to "Beat Oprah" and can take a photo in front of a banner with a photo of Miss Winfrey finishing the race and her official race time. It was definitely added incentive for those of us with a slight competitive streak.

Washington D.C. in the fall is absolutely glorious and it seemed almost surreal that forecasts were predicting ultimate disaster was only few days away. With temperatures in the low 70's, brilliant blue skies, and the golds and reds of fall leaves, it was the perfect time to explore the city. Combined with the plentitude of historical monuments, the National Mall, and the Smithsonian, it is a great destination if you would like to do more than sit in your hotel room and strategize your race day plans. The best part is the majority of attractions are free, which also helps if you overspend at the expo.

Race day dawned cool and overcast as the first bands of the hurricane made its way ashore on that Sunday. Runners were directed to the vast parking lots surrounding the Pentagon to wait for the race start. Word to the wise

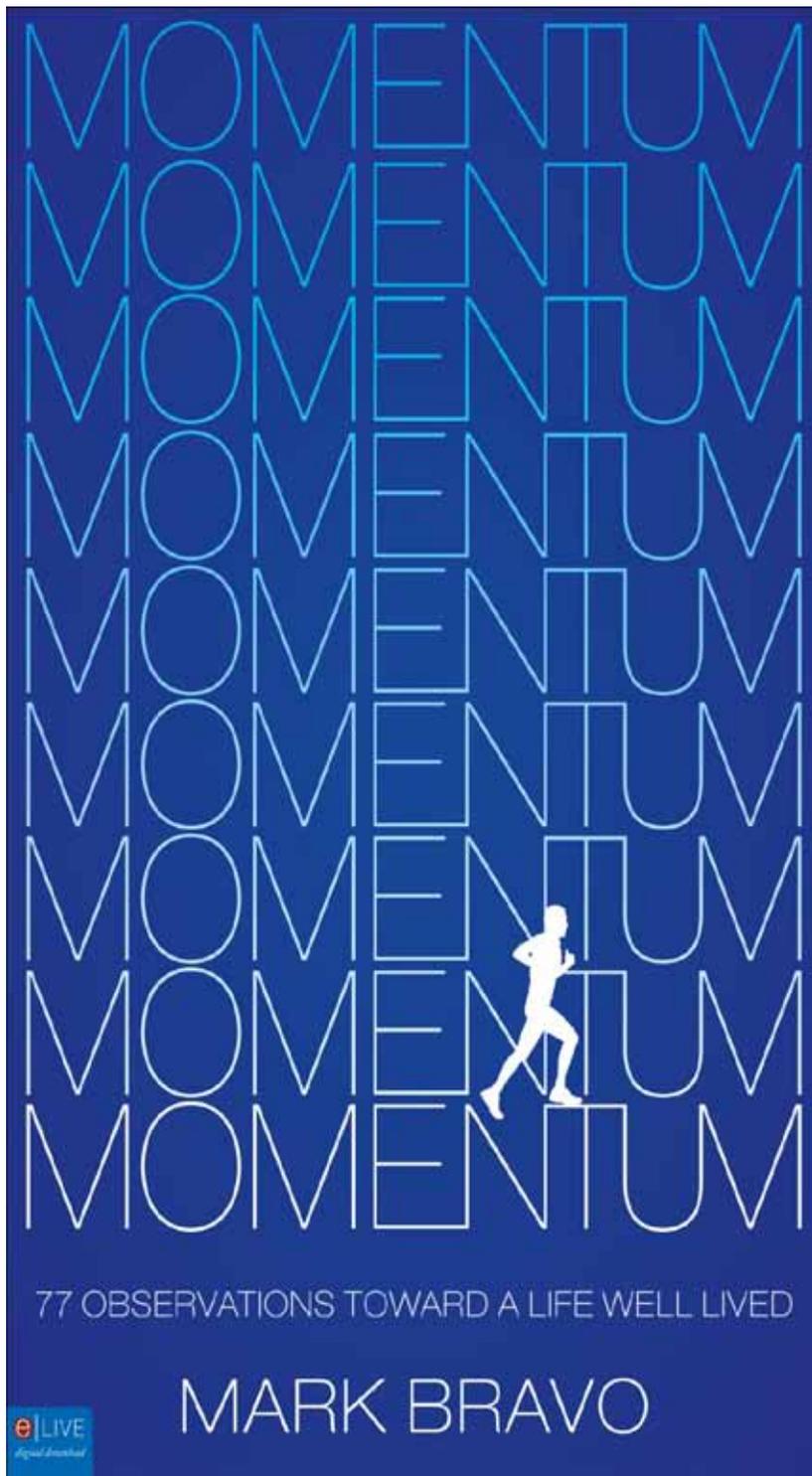


*Leslie Buford & Marine*

if you plan to run the race in the future: definitely bring a mat, blanket, or air mattress to sit on while in the Runner's Village. You will definitely be sitting on cold asphalt while you await the calls to line up for the race start. However, there are a plentitude of porta-potties and the gear check area is quick and easy.

As the light grew increasingly stronger, we made our way to the starting line just past the Pentagon building. The Marines were in full force offering words of encouragement and blasting upbeat music. The weather was perfect as the skies remained overcast and a slight breeze blew. Another word to the wise: Marine Corps uses the honor system for runners to calculate their finish times. Although I went to the corral for my expected finish time, I somehow ended up behind the four hour marathoners and spent the first eight miles bobbing-and-weaving through other runners. Looking for the specific pace groups for your expected finish time will hopefully be a more accurate way than just getting into the corral

**See Marines, on page 12**



**GREAT HOLIDAY GIFT: Be inspired, gain MOMENTUM, share it!**

*“I felt like I played in a very rough football game, with no hitting about the waste” Alan Page, NFL player on running a marathon*

*“We are only said to be alive in those moments when our hearts are conscious of our treasures” Thornton Wilder*

*“The one who moves a mountain is the one who carries away the small stones”*

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# Spiderwoman Gets Her Kicks on Route 66

By Camille Herron

This past weekend at the Route 66 Marathon, I won my seventh marathon (and seventh win under 2:50, as I try to go for the “Most Wins Under 2:50” record, which is 24). I also set a new Superhero Costume World Record, finishing in 2:48:51 and smashing the old record by 20-plus minutes! I’ll break it down into what it takes to set a Guinness World Record; the lead up to the run; and race day as **Spiderwoman**.

## Setting a Guinness World Record

I first learned about the costume world record from battling it out with Spiderman at the Napa Valley Marathon in 2011. I then learned that my Marathonguide.com teammate, Michael Wardian, broke the “Superhero Costume World Record” the following day, also dressed as Spiderman (2:34). I inquired with him and MG.com teammate, Leah Thorvilson, who’d run a 10K dressed as Spiderwoman, on what I should do or wear. Leah told me where to order a suit online, so I ordered a **pink Spiderwoman suit**. I submitted paperwork to Guinness beforehand, which takes four to six weeks to process. Then I’ll have to submit ‘proof’ in photos and articles.

I wanted to get the record in a legitimate head-to-toe costume. Jill Christie ran her 3:08:55 as Supergirl, wearing a halter top with an S, cape, and regular running shorts—lame!

## Days Leading Up

The days leading up to a marathon can be a little hectic. Since I was running in a costume, it involved a little more race planning than usual. I did two test runs in my costume and was able to make adjustments and get comfortable with it. I was instantly claustrophobic the first time I put on the suit, which zipped up and had no holes for the eyes, nose, or mouth-- I felt better once I cut out holes.

I debated on wearing adult diapers, since I’ve had gastrointestinal issues this year. I ended up wearing racing briefs (more to come on this). I also purchased some ‘web fluid’... yes, they actually make a special canister for Spidey-- I planned to grab this from my friend Amy in the last mile.

It finally sunk in what I was about to do when I started pinning my number on my Spidey suit!!! I couldn’t stop laughing about it!

## Race Day

I woke up my usual two hours before and started getting ready. I had a few logistical problems within a 30 minute span—I lost my VIP pass and had to get my friend Amy (staying elsewhere) to drive over with hers; I forgot to bring a banana, so I had to settle with eating dates; and then, I put on my costume, my watch over the costume, used the restroom and realized I needed to take everything off so I could **put my contacts in my eyes!**



*Photo by Gena Barnhill*

Looking at starting line photos, with Pink Spidey and a bunch of serious men... It almost looks like I was photoshopped into the pictures!

The gun went off, and I tried to focus on staying relaxed. Right off the bat, the first few miles were 20 plus seconds slower than what I’d expect under normal circumstances. I knew I might be 10-15 minutes slower than PR pace, so I didn’t worry about time at all and focused on staying smooth and being as comfortable as I could be in the suit.

I don’t think spectators knew what to think of seeing a pink Spidey! It probably provided a unique element of entertainment. Most people thought I was a MAN, as in **SpiderMAN** (I’m, eh, not well-endowed!) The kids cheered... loved their reactions! I heard lots of “Go Spiderman!”, “Go Spidey!”, and “Go Spider dude.” A minority of spectators figured out or knew I was a woman and cheered on “Spiderwoman.” Probably the other fellow runners thought “Who’s this joker up here” in a costume... not knowing I was WOMAN! When I was still up there and passing some of the men in the first half, I think they realized Spidey meant serious business!

**As far as the costume**, it definitely felt like the resistance of the fabric hindered my performance/gait. I felt awkward,

**See Spiderwoman, on page 14**



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## Marines continued

indicated to avoid running with too fast or too slow runners.

Speaking of the first eight miles, the scenery does not get any more beautiful as the course weaves through the Virginia countryside and along the Potomac. Trees engulf the roadside and provide plenty of beauty to take your mind off the task at hand. This section is also the “hilly” section of the course, although there is really only one hill at mile seven that could potentially give flatlanders a hard time. Once that hill peaks at mile eight, runners face a long downhill stretch into quaint Georgetown. This is the first time there is a significant crowd cheering the runners on, and they do a great job lining the streets and asking for “high fives.”

Runners wind their way from Georgetown onto the western edges of the National Mall. It is here at mile ten that the marathon has the first of many food stops with Dunkin Donuts Munchkins. Delicious! The course veers left and then right as runners amble up the south side of the Mall, which provides views of the Jefferson Memorial, Lincoln Memorial, and the reflecting pool.

Around mile 12 Hurricane Sandy definitely made us aware she was on her way: winds increased dramatically and a few drops of rain began to fall. Since this is a more isolated stretch of the course, it made runners dig deep and look forward to the turn at mile 15 leading us back to the comforting confines of the crowds gathered on the Mall and at the Capitol.

Miles 16 to 20 certainly draw the biggest crowds of the day for the runners. The streets were heavy with bystanders waving signs and cheering on the pack. Most signs let us know that we were indeed crazy to run with a hurricane coming or that we needed to run fast to avoid the aforementioned hurricane. It was a good reminder that marathoners are a little like superheroes taking on a task so many others find impossible.

After enjoying the noise and raucous crowds for the past four or so miles, the turn toward the finish can be lonely and somewhat disheartening. Beginning at mile 20, runners take the on ramp to Route 110 back to Arlington National Cemetery. For two very quiet, very long, and seemingly endless miles the course runs over this stretch of highway. There are no bands, no water stops, and no bystanders cheering runners on: it is every man for himself in the long road to the finish. As such, it is a relief as Crystal City and the next water stop suddenly appear at the next turn in the course.

Crystal City brings great crowd support, endless rounds of “Gangnam Style” on the loudspeakers, and

wounded veterans watching the action. It is very difficult to complain about pain and giving in to the urge to walk when soldiers that would gladly run if given the chance are on the sidelines cheering you on. As the course loops back to the Pentagon, soldiers encourage runners to finish strong. The Runners Village and Start Line that were so prevalent just a few hours before are already torn down and packed away for next year’s race. Those Marines are certainly efficient!

After a brief quiet stretch on the backside of the Pentagon, runners are back to where they started the morning as the course runs past the starting area. This time, however, runners veer left onto the grounds of Arlington National Cemetery then face a short, steep uphill to the finish line at the base of the iconic statue of Iwo Jima.

As I received my medal and word of thanks from the Marine draping it around my neck I am struck by two things: how young the soldier is, and that I should be thanking them, not only for coordinating a fantastic race, but also for their service to our country. So I do. As the winds continued to increase and the temperature dropped, I took my time getting my gear and just drinking in the atmosphere. The Marine Corps Marathon definitely provided a great dose of patriotism for this runner.



# BUILD A BASE FOR MARATHON TRAINING

By Tom Coniglione, MD

The goal of marathon training is simple: get to the finish line without an injury.

Marathon training starts soon. All runners planning to participate in marathon training are encouraged to have a running “base” established before training starts. What is a “base” and why do we need it?

“The loftier the building the deeper must be the foundation.” When building a house, the roof cannot be placed before the frame is complete. The frame for the house cannot be constructed without the foundation. Before you can make the foundation you have to test the soil, excavate and use strong materials that will support the structure.

To equate buildings and roofs to running, training is the foundation for the race, or the roof. For running, training is designed to develop the strength, endurance and flexibility to prepare for the race or the race.

TERMS TO LEARN
Strength, endurance, flexibility
Base
Overload
Adaptation
10% rule
Core muscles

**STRENGTH and ENDURANCE:** Training involves strengthening muscles. To strengthen a muscle we have to gradually or progressively overload that muscle. Increasing mileage provides progressive **overload** on running muscles. As we run and increase our miles, we are increasing our endurance; practically speaking, strength and endurance training go together. That is marathon training.

We avoid abruptly overloading muscles. Abruptly overloading a muscle is likely to cause injury. The guiding principle is gradual and progressive muscle strengthening.

The Landrunner training program involves progressively increasing mileage over a period of about four months. Progressively increasing mileage strengthens muscles.

With training, the heart and lungs adapt to the overload much faster than muscles, bones and tendons. This is why, as training progresses, we may feel good and want to go faster or further but we resist that temptation.

The slower adaptation of muscles, bones and tendons to training is the reason we see injuries of these structures later into the training program. Most of the injuries we see occur after 12-16 weeks of training. The training program is 16 weeks; that means the serious injuries happen **AFTER** putting in all the hard work.

So what is the “base” we need before starting marathon training? The science and research on this point are limited. However, by convention, we accept 20-25 miles per week for three to six months as an acceptable “base” prior to starting a training program. We achieve the 20-25 miles per week gradually by following the 10 percent rule: increase mileage by 10 percent per week. The “base” should include a long run of six to eight miles.

While building to the base of 20-25 miles, we can do a few things we would not ordinarily attempt during the training program. For example, shoes: periodically, you consider changing shoes. The time to experiment with new shoes is **BEFORE** training starts – during the base-building period. The same goes for socks – experiment while building the base before training starts.

Thus far, all “base-building” has related to mileage. With increased mileage, endurance increases also. What about speed? The one thing to remember is to increase distance **OR** speed but not both at the same time.

Other than mileage, during the base-building period we have to deal with flexibility and core strength. Why core strength? The “core” is more than the abdominal “6-pack” muscles. The core also consists of the hip and buttock muscles. Strong core muscles provide support for the back and legs. Strong core enables the legs and back to take the repetitive impact of running. A strong core is essential to injury prevention.



Why flexibility? Distance running makes muscles tight. Tighter structures are injured more readily than looser ones. As we progress through training, muscles will get tighter. It would be wise to enter the marathon training program flexible.

Should we stretch before or after running? Should stretching be dynamic or static? Stay tuned and we will deal with those questions later.

### Spiderwoman continued

like I couldn't really crank the pace down and lift my legs. I had to really **concentrate** on keeping the pace going and not letting my awkward gait distract me. I started to warm up and feel stuffy as the race went on, but the breeze from the south helped cool me off. Judging by all the sweat, fluid, and grime stains on the suit, which took two WASHES and Shout to get out -- I sweated like a pig, even in the cool conditions! I also chafed badly under my arms (forgot to put vaseline there.) I had cut out holes for the mouth, nose, and eyes, so I breathed as best as I could and took my gels and fluids around my usual points. I'd compare the whole experience to running a marathon at high altitude in the heat.

It hit me around 15 miles-- I HAD TO GO! As in... number two... my worst fear! I tried to hold it in, but started to feel very uncomfortable. Having learned my lesson at Grandma's Marathon, I moved my briefs over to the side, in the suit, and let it flow. Felt better after that, even though things were not pretty!

Having a comfortable time cushion on the first half and knowing the second half was tougher with the hills and turns; I focused on 'maintaining' on the second half. My favorite part was running through the Tulsa University campus, where I went to college!

Once I was on 21st Street, I knew it was smooth sailing after that! I looked for my friend Amy, who planned to hand me the can of 'web fluid' to shoot the last mile! However, once I grabbed it... the top cap flew off- Wardrobe malfunction! I had to figure out how to shoot it without the cap.

As with every marathon, it was a relief to finally cross the finish line! I did it, nabbing the win, course record, and World Record! Spiderwoman got her kicks on Route 66! Thank you to everyone for all the support and a highly memorable race experience!!! I'm already starting to think about what I want to race as next.

Camille Herron, a native Oklahoman, is a 2-time Olympic Marathon Trials qualifier with a personal best time of 2:37:14; 7-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)



## Yoga Poses

By Jennifer Henry

**Half split** - Flexing both feet, lean back using arms to support while stretching out front leg. Try to keep long in the spine as you reach the chest forward.

Pull toes back to stretch the calf. If this hurts the back knee put a towel behind the knee. Stretches - hamstring, calf, low back, feet.



# Nothing Stopping Her

By Tim Farley, Reprinted courtesy *Edmond Life & Leisure*

Avid runner and sixth-degree black belt Becky Faaborg didn't let cancer interrupt her life.

Less than 30 days after being diagnosed with ovarian cancer, Faaborg headed to Wichita, Kan., where she ran her first half-marathon in October 2011. Ten days later, she underwent surgery to remove the Stage 3 cancer from her body. "I had cancer in me, that's all," she said.

Shortly before Christmas that same year, Faaborg began an 18-week chemotherapy regiment that ended on April 26, 2012. Now, she said, there is no evidence of the disease that claims the lives of more than 14,000 American women each year.

In May of this year, the 59-year-old Edmond woman began prepping for her sixth-degree black belt test, which had been one of her goals during the entire experience. "The first couple of weeks back were nothing more than getting my strength back, and I did," she said. "When I got through with chemo, they said, 'don't push it.' I didn't let chemo stop me."

During the 18-weeks of treatment, Faaborg occasionally found her way to The Trails YMCA where she has taught Taekwon-Do the last six years. She couldn't lead the classes like she did before the surgery, but still was able to instruct students from a sitting position. While she was out of commission, Faaborg relied on other instructors to teach her classes.

She made good use of her down time, however. Knowing she wasn't physically able to train on the moves and patterns she would need to know for her sixth-degree black belt test, Faaborg began going over them in her mind – time and time again. "One pattern had 72 moves and I had to keep it sharp," she said. As her physical strength returned, Faaborg began walking through the patterns and moves she would have to demonstrate. By June, she was training harder and began going through the moves every day at full speed.

On July 14, 2012, Faaborg tested for her black belt and passed – 11 weeks and two days since her last chemotherapy treatment. "I did everything the other three men I tested with," she said. "I wasn't able to jump and jump kick as high as I used to, but I made

it. Now, I look back and wonder how did I do that. I felt proud of myself and humbled I was able to do it. It was God's gifts and help from other people that got me there."

Faaborg believes her physical fitness routine of running and martial arts helped her survive the cancer ordeal and the subsequent chemotherapy treatments. "Definitely, that was a determining factor. Now, I do wogging, which is a combination of walking and jogging," she said. "Having goals really helped me get through the chemo."

Faaborg, a registered nurse at Deaconess Surgery Center, has worked diligently to maintain her physical and mental well-being since her mother died of heart disease and her father passed away due to Alzheimer's. "Then cancer bites me in the butt," she said.

Faaborg said she intends to participate again in the Prairie Fire half-marathon in October — the same event she ran in last year. This time, she said, she'll continue her wogging routine, and nothing — including cancer — will keep her from crossing the finish line.

**Update since article appeared** – Becky completed the Prairie Fire half marathon on October 14 in a time of 3:07:27. As Becky puts it, she wogged the half marathon with her daughter, Jessica Hukill, and other Landrunners, several of whom were wearing Team Becky shirts in support. In her words, it was "Priceless!"

On Saturday, November 10, Becky "wogged" in the last Landrunner fall training run. She commented "As the finish neared, I became a bit teary, having completed the fall training, from beginning to finish! The Landrunners running group offers a great opportunity to meet and greet other runners, walkers, and woggers. My running friends have been very supportive, are an inspiration to me, and are totally awesome. Through the physical and mental fatigue of chemotherapy, I knew my runner friends were pulling for me, and continue to do so!"

Becky said her first run with the Landrunners was several years ago when she didn't know anyone. Now, she says, "I see friends and familiar faces at every event. Thank You Landrunners, You ROCK!"

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## OKC Landrunners Trail Sweep Lake Hefner / Bluff Creek

**When:** Saturday, Dec. 15<sup>th</sup> @ 9:00 a.m.

**Where:** 7300 N. Portland

Stars & Stripes Park - South Parking Lot  
Bags and gloves will be provided by OKC Beautiful  
Volunteers will receive breakfast after the sweep  
Questions may be addressed to the...litter chair

Jim Roblyer: [jfroblyer@yahoo.com](mailto:jfroblyer@yahoo.com)