

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

April 2013

Issue No. 204

Do You Know Gina Marlar?

During a semester of college a few years ago we were given an assignment to set five personal and five professional goals that we wanted to accomplish within the next ten years. One of my personal goals was to run a full marathon before my 25th birthday. At the time it was one of those things that you say you want to do because it would be cool, but you really have no intentions of actually doing. Now here I am, a few months shy of turning 25 and preparing to run my first marathon on April 28 in Oklahoma City. It has taken me longer to get here than I originally planned, but the journey has taught me so much about myself.

In 2009, I got married and a month later my husband, Matt, left for basic training in the Air Force. After he graduated basic military training I packed up everything and left school, family, and friends behind to be closer to him while he went to tech school at Keesler Air Force Base in Biloxi, MS. For six months Matt spent long hours in classes and he was only allowed to stay at our apartment on the weekends. I didn't have a job, wasn't in school, and didn't know anyone so I started going to the gym on base every day and running along the boulevard that was parallel with the beach.

Matt and I had talked about doing a 5K together for a long time. We even trained for one the summer before he left for the Air Force, but I tripped on some stairs and broke my big toe the night before, giving me my first and only DNS for a race. When we found out there would be free beer at the finish



Gina Marlar

line of the St. Paddy's Day 5K in Biloxi we decided to sign up and try this again! It was hot and humid and I wanted to walk at one point, but Matt pushed me to keep running because he knew I had a finish time in mind. We finished strong and I was hooked. After that, I just wanted to run all the time. I ran on the treadmill at the gym... I ran along the beach...

See Gina, on page 8

President's Letter

"There are two things in life to aim for; first to have a goal, and second to enjoy achieving it. The wisest of people remember the first and concentrate on the second." Anonymous

April brings a slew of running and racing opportunities. If in doubt, just check out the events tab on the club website. For many runners, we are continually in the process of training for "the" race event. Whether it is training for a 5k race or your first Memorial Marathon, "it" is the "event" you are preparing for.

A practice I have found to be beneficial before entering an event is to set three goals for myself. This practice helps me to put the race in perspective. In the first eight years of my running career the order of the goals would have been: to have a good race, meaning I set a personal record (PR) on the course; to beat at least one of my training buddies; and to complete the race without an injury.

The last seven years of running the order of the goals have change. Now I run to enjoy the fact that I am still running. This is my good race! Completing the race without a new injury has moved up to second. The third goal brings out the competitive spirit, as I still love to have a good time, even though it is not always reflected on the timing clock.

I challenge you to take the opportunity before your next "event" and set realistic running goals. As the quote above implies, the joy is in the process of achieving them.

Tuesday, March 19, the Landrunners sponsored the Riversport Run in the Boathouse district. If you were not there, you missed an opportunity to run with about 80 of your fellow Landrunners. Many runners hung around afterwards for the hamburger and hotdog supper. A shout out of thanks to Brian Jacobson for organizing the event and all those who brought beverages, veggies, and other goodies to share. I was reminded that in 2006 we had averaged around 80 runners for a weekend training run. Amazing how the club and training runs have grown since then. Keep an eye on the club's Facebook page, training emails, or website for posting of future Landrunner sponsored events on the river.

There will not be a formal membership meeting during the month of April. However, Thursday, April 25th, the Landrunners will host a special presentation to help kick-off the Oklahoma Memorial Marathon weekend. This celebrity event will be held at the Devon Boathouse, from 6:30 – 7:30 pm. Please plan on joining us for the evening.

Two final shout outs to all who helped organize, volunteered, or contributed to the success of the Panera Beacon Run on March 2nd and to all who entered the race. Your participation in our race supports the many club activities, training runs, and furthers the club's mission to *"Support health and fitness for all ages through recreational running."*

See you out running,

Gaile Loving, OKC Running Club President

Fight Human Trafficking!



April 13, 2013

Windsurfer Park, Lake Hefner
5k, 10k, and 2k Fun Run or Walk

All proceeds go directly to the Beautiful Dream Society,
an anti-trafficking organization working in
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Pre Register Today at www.beautifuldream.tv

email Whitney at whitney@beautifuldream.tv
with questions

OK River Run
&
Dog Jog

5K SANCTIONED RUN & 3K DOG JOG

Monday, May 27

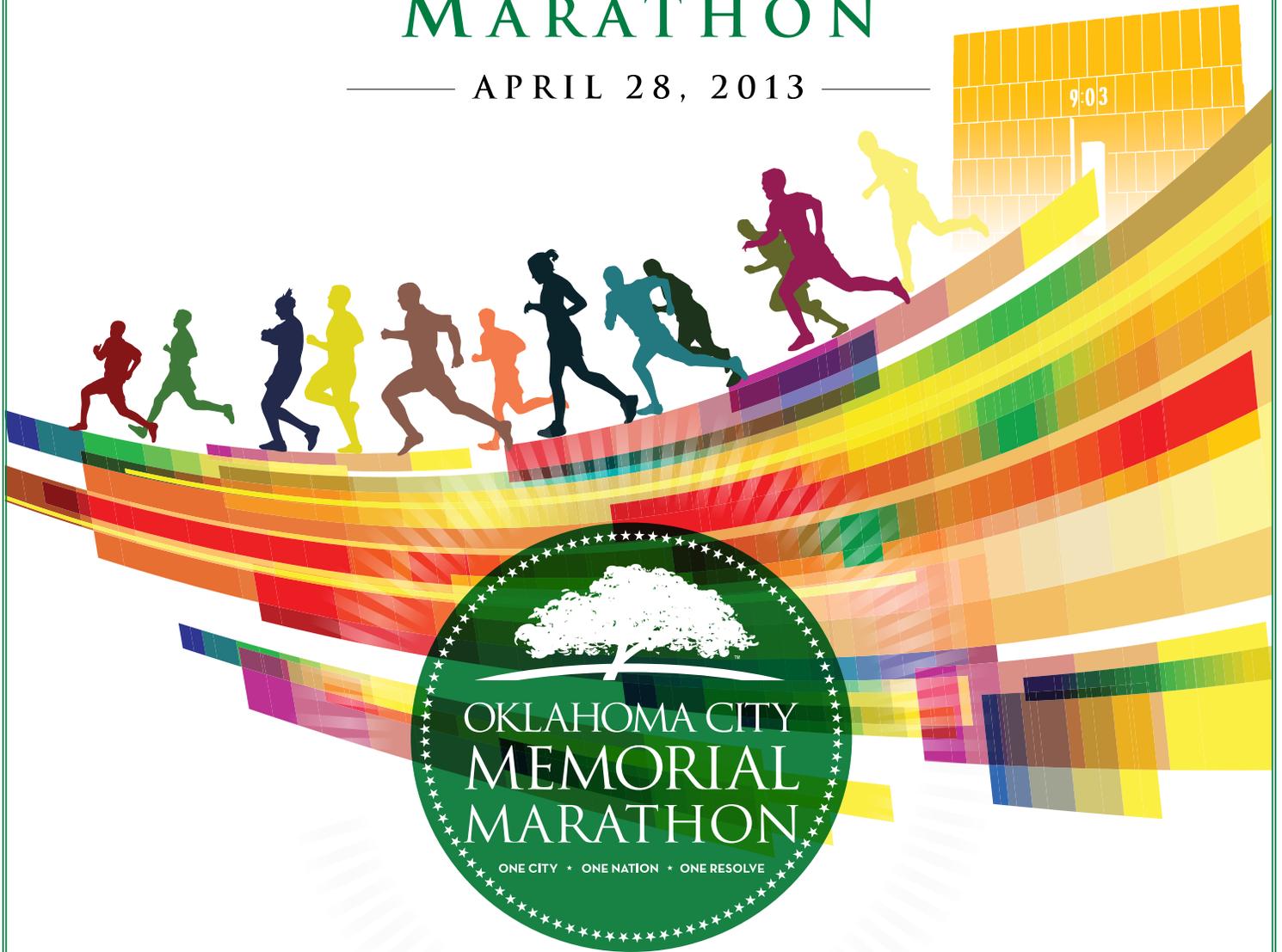
Oklahoma River Trails
Wiley Post Park
2201 S. Robinson
Oklahoma City, OK 73109

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Email: DogJog@newleashinc.org

THE THIRTEENTH ANNUAL
OKLAHOMA CITY MEMORIAL
MARATHON

— APRIL 28, 2013 —



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Teleflora.



OKCMARATHON.COM

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
4/6-7	Redbud Classic	NW 63rd & Penn
4/6	Conquer the Gauntlet	Edmond's Mitch Park @ 8:00am
4/13	Run for the Dream 5k, 10k	Windsurfer Park, Lake Hefner @ 8:30am
4/13	Tiger Up Tiger Trot 5K	Edmond's Hafer Park @ 9:00am
4/20	YWCA 2 Minute 5K*\$	Lake Hefner, S&S @ 8:45am
4/20	Ultimate Mud Warrior	3501 NE 10th @ 9:00am
4/25	Special Marathon Club Meeting	OCU Devon Boathouse @ 6:30pm
4/27	Tatur's Little Doubler	OK River Trails @ 8:00am
4/28	OKC Memorial Marathon*	NW 5th & Harvey @ 6:30am
5/4	Oklahoma Autism Piece Walk 5K*\$	Bricktown Ball Park @ 8:30am
5/4	A Walk in the Park 5K	Lake Hefner, S&S @ 9:00am
5/10	Tot Trot 5K	OCU McGraw Pavilion @ 6:00pm
5/11	Dirtathlon	3501 NE 10th @ 9:00am
5/18	Gusher Gallop 5K	East Wharf, Lake Hefner @ 8:00am
5/18	See Spot Run 5K, 10K*\$	Guthrie @ 9:00am
5/20	Club Meeting	8 NW 42th @ 6:30pm
5/27	OK River Run & Dog Jog	Wiley Post Park @ 8:00am

* Denotes Series Races

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

Landrunners In Action

2/16 CROSS TIMBERS TRAIL RACE, TX

DALLAS DALEY 13:24:00 – 50 MILES

2/24 COWTOWN MARATHON, TX

CHASTITY TEETER	3:44:28
ANU BAJAJ	4:03:58
CHRIS MAYFIELD	4:04:15
JENNIFER STONG	4:32:33
DALLAS DALEY	4:46:19
SHERYL MORSMAN	5:40:49
DORMAN MORSMAN	5:43:07
BARBARA SOWAH	6:47:44
MARK VAN DUKER	4:55:36 – ULTRA
KENNY DANNER	5:51:51 – ULTRA

2/24 COWTOWN HALF MARATHON, TX

JOSEPH PARIZEK	1:29:32
GEORGE TAYLOR	1:32:50
BRANDON ALBA	1:34:50
DEREK HOLLAND	1:37:30
FRANK SHERMAN	1:38:03
VI LE	1:49:12
BENNIE SCHUCHART	1:54:28
KURT WEST	1:55:25
KATY BRADLEY	1:55:41
RACHEL HECHT	1:56:16

MARY HAMMER	1:56:41
AMANDA BUMGARNER	1:56:47
MARK WALKER	1:58:00
TERRY HEPNER	1:58:32
ALICIA ABLA	2:00:05
ANNA SHERMAN	2:00:31
HOLLY MCHARGUE	2:00:39
THOMAS MEZA	2:02:00
MICHAEL DILLINGER	2:02:19
LAINIE DILLINGER	2:02:19
MIKE MEDRANO	2:04:11
ELIZABETH HEPNER	2:05:02
ROBIN COLLINS	2:11:40
RUSSELL COLLINS	2:11:40
BRENDA MARES-EARNHARDT	2:15:51
MATT KINMAN	2:22:30
ALEXANDER TRAN	2:25:29
TRISTAND STUART	2:26:48
ANNETTE THOMPSON	2:33:35
DAVID THOMPSON	2:35:39
ROBIN VOREL	2:37:04
CALISTA YOUSEY	2:43:11

See LIA, on page 6

JOIN US at the
2013

PIECE WALK & 5K



Food, Fun & Resource Fair
funding, helping & increasing
autism awareness!

The PieceWalk & 5K is the largest autism event in Oklahoma.



May 4, 2013

5k - 9am

Walk - 8:30am

Bricktown Ballpark

www.pieciwalk.org

 **Autism**
OKLAHOMA.ORG



LIA continued**2/24 ROCK'N'ROLL NEW ORLEANS MARATHON, LA**

KATIE KRAMER	3:05:03
DAVID BALL	3:17:47
MARLON ONCO	3:40:49
BILL GOODIER	3:40:52
MAURICE LEE III	3:43:50
MATTHEW WILCOXEN	3:47:13
JUSTIN CHAN	4:08:50
JENNY SAVOLD	4:20:19
GLEN STANLEY	4:20:21
AMY PANNELL	4:24:29
STAN SWEENEY	4:31:03
ADI McCASLAND	4:38:25
ANGELA MORRIS	4:39:35
DAVID BACH	4:47:27
OMI GONZALEZ	4:51:11
GAILE LOVING	5:03:50
JAMES McQUILLAR	5:05:49
DARLENE SPRY	5:32:28
RALPH BRECKENRIDGE JR	6:46:33
IVAN WAYNE	1:47:30 – HALF
SUSAN PHILLIPS	1:48:36 – HALF
MARK BALLARD	1:56:49 – HALF
MARK VAUGHAN	2:09:20 – HALF
SHEILA MILLER	2:21:00 – HALF
KELLY HENSLEY	2:27:22 – HALF
GENA BARNHILL	2:35:57 – HALF
JENESA VAUGHAN	2:36:10 – HALF
CHRISTINA JOHNSON	2:55:28 – HALF
CATHY CLINES	2:57:51 – HALF

3/3 LITTLE ROCK MARATHON, AR

CAMERON HAN	3:28:45
SCOTT SMITH	3:44:54
JOSEPH WARFIELD	3:52:46
SHELLEY FEHRENBACH	4:13:54
CHAD TOLLE	4:28:03
VINCENT HODGE	4:31:04
JONATHAN PILLOW	1:12:21 – HALF
JODI COLE	1:50:44 – HALF
NELLITA SLUSHER	1:51:38 – HALF
CINDY HEILIG	2:06:08 – HALF
JENNIFER BAILEY	2:09:35 – HALF

3/3 A2A MARATHON, OK

MARLON ONCO	3:36:35
CHASTITY TEETER	3:55:17
CLINT TURNER	4:14:42
MATTHEW WILCOXEN	4:24:42
AMY PANNELL	4:31:44
REBECCA CUNNINGHAM	4:39:57
HOLLIE STUART	4:49:03
CYNTHIA MITCHELL	5:05:03
DANIEL JACKSON	5:07:13

3/3 A2A HALF MARATHON, OK

JOESPH PARIZEK	1:33:37
STEVE BUSSJAEGER	1:52:55
JEFFERY COOPER	1:59:29
ALICIA ALBA	2:05:54
ANU BAJAJ	2:06:06
TAMMY CRAWFORD	2:06:28
BENNIE SCHUCHART	2:10:29
CHRIS RUSLER	2:10:59
TOM CONIGLIONE	2:13:11
MIKE SULLIVAN	2:24:28
MARK WILCOXEN	2:25:32
CLAUDIA ABRAMSON	2:26:22
JEFF SULLIVAN	2:40:23
MARIO ABRAMSON	2:52:11
KIM ESTORGA	2:55:48
KRIS HOWELL	2:55:34
WHITNEY VILLANUEVA	3:12:21
RICK HOWELL	3:23:36

3/9 RED ROCK CANYON RUN, NV

DALE WEISER	4:50:51
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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

Join the YWCA OKC for the Fifth Annual 2 Minute 5K & Kiddie K



Saturday, April 20
Stars and Stripes Park

Register online at www.ywcaokc.org

8 am registration, 8:45 am Kiddie K start, 9:15 am 5K start
Stars and Stripes Park, 3701 S. Lake Hefner Drive, OKC 73116

5K • Kiddie K (1K) • Community Fair • Family-Friendly Activities • Prizes for Top Fundraisers

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Saturday April 27, 2013

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13.1 26.2

OKC

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Memorial Marathon**

www.tatur.org



Gina continued

I even ran through the scary neighborhoods behind our apartment.

Soon we moved to OKC and Matt took me to Red Coyote to get fitted for my first real pair of running shoes as a Christmas gift! When I had a few more 5Ks and a couple of 10Ks under my belt, I set my sights on the 2011 Route 66 Half Marathon in Tulsa. I found the Landrunners' website and started going to the training runs every weekend. I didn't know anyone or anything about running longer distances, but I would show up and pretend like I knew what I was doing. I finished the half and beat my goal time by almost eight minutes.

The following spring I ran the half at OKC while also doing the first leg of the relay for my company's team. I finished with a new PR but I was 19 seconds away from the goal I had in mind. So naturally I signed up for the next half marathon I could find which was the Joplin Memorial Run in Missouri. It was at the starting line of this small race that I officially met my first Landrunner friend, Karl Krokstrom. I beat my goal and ran my current PR of 1:47:43, but something happened around mile 6 or 7 and I ran most of the race in a lot of pain. An MRI confirmed that I had developed a stress fracture in the right side of my pelvis and it extended out toward my hip. I started talking to a fellow Air Force wife on Facebook, Erin Morales, who also happened to be a Landrunner. We were both dealing with injuries and trying to get referrals from the doctors on base. Erin invited me to the Tuesday night Riversport Runs and introduced me to Brian Jacobson and many others. I officially became a member of the Landrunners shortly after and my life has not been the same since!

After swimming and biking my way through last summer while my stress fracture healed, I picked up the training runs in the fall with all my new running buddies. Every time I ran I was scared of another stress fracture, but when I finished the half at Route 66 with no pain and just 30 seconds slower than my Joplin time, I was overjoyed! The

next day I signed up for the 2013 Oklahoma City Memorial Marathon.

Completing my first 20-mile training run was the most amazing feeling and I can only imagine how awesome it will be to finish the marathon on April 28th. I couldn't have done it without the Landrunners, who were all there to celebrate this huge achievement with me. When we first moved here and I began to learn more about the history of Oklahoma City, I knew that I wanted my first marathon to eventually be the Memorial. There is something special about this community and I love being part of it.

Over the past few years running has become my escape in addition to my hobby. I have discovered that I am capable of so much more than I ever thought possible. Running shoes and clothes now take over my house, my car, and the laundry room. There is extra money built into the monthly budget for races and new shoes. I don't mind the blisters or calluses on my feet or that all my non-runner friends think I'm weird. Now I plan my social life around training runs and look for races that will coincide with vacations or trips to visit family. After every long run on the weekends, I call my dad who was an avid runner in his younger days, and we chat about my progress. He offers advice from his experiences and I often remind him that someday soon I will be fast enough to beat his best times.

FOURTH ANNUAL

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5K Run
& 1 Mile Walk

6:00PM MAY 10

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- \$30.00 for Pre-registered Individuals
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- \$50.00 for Pre-registered Couples
- \$100.00 for Pre-registered Families

TEAM FEES (10 People)

- \$125 for Student Teams
- \$250 for Adult Teams

REGISTER BY APRIL 25TH to get a t-shirt. Entry fee includes a meal, t-shirt and registration in either the 5K or the Walk. The course is USAF certified and electronically timed.

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JUNE 29, 2013 www.ultimatemudwarrior.com

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March 16, 2013 www.5k3way.com



What this town really needs is a good off road Triathlon! Hey! We've Got It! Swim Distances of .5 & 1k; Ride 7.5 & 15k; Run 5k! Options Include Dual Event Registration, Relays, Long Distance, and Sprint Distance! Something for Everyone!

May 11, 2013 www.dirtathlon.com

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The Mindset of an Elite Marathoner

By Camille Herron

As I was contemplating what to write about this month, I thought about the top five things I get asked as an elite marathoner. One of these top questions is, "What's going through your head?" This is always a great question because lots of things do go through my head!

Classic Example

The Grandma's Marathon is one of those races you peak for, being a great course and environment to go for a personal record (PR). Last June at Grandma's, one of my friends and I had hoped to pace together and go for new PRs. However, we BOTH had GI distress that made it extremely challenging -- between her stopping for the Porta-John multiple times and me hobbling with a bum hamstring and diarrhea, we basically toggled back and forth the whole race, gritting our teeth and persevering to finish solidly in sixth and seventh place in 2:40+.

We talked afterwards on how in the hell did we just do that?! I said it's because I'm **level-headed**, not letting myself get too flustered by anything - I've dealt with so much adversity before that I think it helps me cope better than most people. I even felt like I got a 'second wind' at one point, despite being in so much physical misery. My friend's husband said it was our **stubbornness**, determined not to give up when we'd worked so hard for that one race. I definitely thought about all the hard work and trying to 'will' myself through the painful limp. And, there is also the point about pain -- elites can tolerate more pain than most people. I think I tried to dissociate my mind away from the **pain**, thinking about catching people, maintaining turnover, maintaining form, and pushing my legs past my hard breathing (something I always tell myself).

Staying level-headed/Coping

This race illustrates the sort of drama all marathoners deal with. I have yet to run a perfect marathon, as every marathon has its peaks and valleys. As I mentioned, the ability to cope, because you've experienced adversity before, helps you get through the 'valleys.' You also have to not let yourself get too carried away with the 'peaks' (especially at the beginning when you feel fresh and the pace easy). You stay even-keel, calm, and keep moving forward.

Last year, I wrote about Amy Downs-Petty, who survived the Murrah building bombing, lost 200 pounds,

and then ran in and finished the marathon only a few weeks after suffering a knee injury in a bike accident (which she eventually got surgery). Amy 'willed' herself to the finish, knowing she'd overcome so much more. We can definitely learn from our past experiences, to make the appropriate judgment call under any situation.

Stubbornness and Hard Work

I also mentioned stubbornness and thinking about all the hard work. There's a great quote by NYC Marathon Champ, Juma Ikangaa, "*The will to win means nothing without the will to prepare.*" Make no mistake, every elite works hard, and maybe even rests harder. One thing I tell myself at the start of every marathon is, "***It's just another Sunday long run.***" This makes me comfortable and relaxed, knowing I've practiced this so many times in training. I think about the long progression runs I've done and how I felt during those -- feeling easy at the beginning and having to push harder to maintain the pace as fatigue sets in.

I get a lot of motivation from watching Rocky movies and knowing I've prepared in all kinds of conditions and situations: I even do the "wrestler's shakedown" on the starting line! I have my usual warm-up routine (10 minutes of easy jogging, drills, strides). This helps me mentally "flip the switch" to race mode - that sense of calm and fluidity. Maybe you have a certain routine, or even listening to music (I prefer not listening to music), that helps you flip the mind into race mode.

I think about what Jack Daniels said at the OCU clinic last year, "*Run the first two-thirds with your head and the last one-third with your heart.*" If you want to run close to even splits (or negative splits), this is what it takes- heart! I break the race up into parts - 20 miles and

See Elite, on page 12

Camille Herron, a native Oklahoman, is a 2-time Olympic Marathon Trials qualifier with a personal best time of 2:37:14; 8-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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RUNNING BUDDIES

By Shannon Varenhorst

Sometimes when you're running long distances, you can get bored. Maybe there's nothing to look at or you are sick of just cars passing by and that's why I suggest running with a special friend or group. The Landrunners' series training group on the weekends has people of all levels and you will make new friends. The schedule is on the website, okcrunning.org. People take turns bringing treats to share and you can snack after running and socialize.

While it is fun running with groups, some prefer being alone. You could rescue a dog friend to keep you company. They're great for running because they enjoy exercise outdoors and can help you speed up your pace. Be sure to share your water!

You could also find one of your friends and run with them. Find a friend with a similar pace for best compatibility. In addition, being accountable to one another assists you in maintaining a steady workout schedule and gives you something to look forward to. You can also enter races together. When you choose a running partner you should talk before starting and set some ground rules. Decide on training goals, a schedule and basic etiquette such as whether or not to listen to music while running or if it's ok to invite other friends. You should also take turns choosing the route.

When you run with a buddy, time passes quicker and you don't think about your legs being tired. You become more focused and less distracted. It's also safer to run with others so that traffic can see you better. Blinking lights are a necessity when the sun starts going down and reflective clothing is helpful too. During the week there are several local running groups who meet in the evenings at various locations such as running stores and downtown.

My favorite running buddy is my Daddy. When we first started together he had to slow down for me a lot, but now we can challenge each other. If you have children of any age, take them on a run with you. You can run slower with them a short distance then drop them at home and continue your longer and faster run alone. Pretty soon they will be able to keep up with you. Running together gives us time to talk and share a common interest. Going to races together is a fun and healthy family activity for the runners and the rest of your family too!

Shannon Varenhorst

Follow me on Twitter @shannontris

Elite continued

10K. I like to use the first five to ten miles to warmup, find my groove, and get into 'cruise control.' I think of the last 10K as being like mile repeats, checking one mile off, two off, etc., and how I feel doing mile repeats (quick turnover, good form, lift the knees, use the arms, relax the legs). If you've practiced fartleks, you know what it feels like to 'shift gears'- sometimes speeding up can make you feel more comfortable and get a second wind.

Pain

Lastly, there's pain! I'll be honest—I tell myself at some point in the first few miles, "*This is gonna hurt!*" and I'm OK with that! I accept pain... and push harder! One of the most pivotal moments in my career was when I started training with a heart rate monitor in 2009. I found out that I had not been pushing myself hard enough to reach my aerobic threshold (which corresponds to marathon pace, 85-90 percent of HR max). My legs could actually go FASTER and go beyond my heavy breathing (I have always breathed heavy) - the whole marathon, I sound like I'm going to cough up a

lung (versus the man next to me who seems relatively comfortable). I learned to accept a higher level of pain, and that acceptance is what propelled me to my break out performance at Twin Cities in 2009 (2:38). This level of pain tolerance likely holds true for most elites- I read how 2:25 marathoner Kim Smith slobbers all over her face and sounds like a train wreck compared to the guys around her, but she doesn't care.

I read a book a few years ago on studies in the 1970's on the psychology of elites versus non-elites. Elites focused more internally, whereas non-elites focused more externally. I mentioned dissociating the mind away from the pain and focusing on other aspects. Personally, I like to focus on my effort and how I feel, think about my training, turnover, maintaining form, and then also competing—it's a chess match with people! I don't let it scare me if I'm running beside or ahead of people with much faster PRs—I know and focus on the correct effort I'm capable of maintaining (because I practiced with the heartrate monitor). A lot of people like to use their watch/Garmin as 'motivation,' but I prefer to focus internally and getting the most out of my body on that day.

2013

IN MEMORY OF CHRIS COWDEN & BENEFITTING FREE TO LIVE



May 18, 2013

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Massage Therapy for Runners

By Robin Duncan

What Can a Good Massage Do for You?

Running Season is upon us, and your muscles are sore, so what can massage do for you? It can help you more than just help you relax! Like many runners you may discover massage can actually enhance your running experience: increase body awareness, help correct body mechanics, help prevent injuries, speed recovery, reduce down time, and give you that competitive edge.

If you've ever had a good massage after a hard run, you know it can work like magic to relieve post-workout pain. Massage flushes lactic acid from overloaded muscles, reduces soreness and stiffness, and generally speeds recovery.

Many top competitive runners incorporate massage as a regular part of their training program to help prepare for and recover from strenuous workouts and to enhance overall performance. Regular massage keeps muscles free of knots and hyper contracted bands, which, if ignored, could lead to injury.

For mid-pack runners, massage provides a psychological boost and contributes to the ease and enjoyment of running by helping to increase flexibility and reduce recovery time from minor injuries.

When should a runner get a massage?

1. Between hard workouts, as a regular part of the training schedule. Every runner knows that quick recovery from hard workouts is essential for consistent, uninterrupted training. If you've pushed hard and wind up with overloaded, sore, stiff, and contracted muscles, massage may be just what you need to keep you on track and on your training schedule.

2. The day before a race. Many competitive runners find a good massage will enhance performance and prevent injury as well as contribute to psychological readiness. The skilled hands of a massage therapist can discover and clear out any restricting tightness from the muscles to facilitate optimal coordination and freedom of movement and relieve unnecessary tension.

3. Immediately after a race. Those runners on the tables after races are speeding their recovery after pushing to the limit. Massage assists the muscles in getting rid of lactic acid build-up and reduces soreness that can result from overload.

4. When an injury occurs. No runner likes to lose training time. Massage can dramatically speed healing and reduce down time. How? Simply by supporting the body's own healing process. Injured muscle tissue is often contracted and ischemic, that is, lacking blood. Massage increases circulation so the blood can carry away irritating waste products that accumulate in injured tissue and bring in nutrients for rebuilding.

5. When an old injury is slowing you down. Even after an injury is well healed, it may continue to be a weak link or the place where stress and pain show up first. Deep massage will break down scar tissue and adhesions and ensure the good circulation necessary for rebuilding and maintaining healthy tissue.

If that is not enough proof, the *New York Times* did an amazing article that was printed Feb. 6, 2012 on "*How Massage Heals Sore Muscles by Nicholas Bakalar*", which is copied below that is full of scientific proof of what massage can do for you!

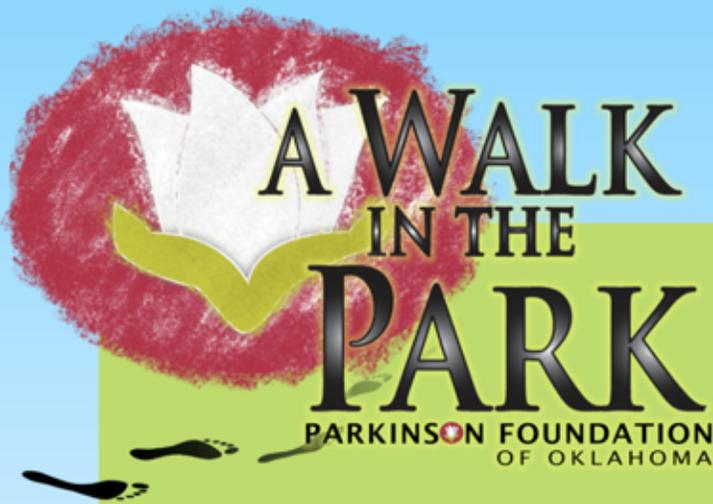
A massage after vigorous exercise unquestionably feels good, and it seems to reduce pain and help muscles recover. Many people — both athletes and health professionals — have long contended it eases inflammation, improves blood flow and reduces muscle tightness. But until now no one has understood why massage has this apparently beneficial effect.

Now researchers have found what happens to muscles when a masseur goes to work on them.

*Their experiment required having people exercise to exhaustion and undergo five incisions in their legs in order to obtain muscle tissue for analysis. Despite the hurdles, the scientists still managed to find 11 brave young male volunteers. The study was published in the Feb. 1 issue of *Science Translational Medicine*.*

On a first visit, they biopsied one leg of each subject at rest. At a second session, they had them vigorously exercise on a stationary bicycle for more than an hour until they could go no further. Then they massaged one thigh of each subject for 10 minutes, leaving the other to recover on its own. Immediately after the massage, they biopsied the thigh muscle in each leg again. After allowing another two-and-a-half hours of rest, they did a third biopsy to track the process of muscle injury and repair.

See Massage, on page 16



*Join us at Stars & Stripes Park
at Lake Hefner in Oklahoma City for*

A Walk in the Park

Saturday, May 4th at 9:00am
Registration begins at 8:00am
Sanctioned 5K Run and 1 mile fun run/walk

For the past two years, the Parkinson Foundation of Oklahoma has been hosting the Walk in the Park for Parkinson's at Stars & Stripes Park at Lake Hefner. Over 15,000 men and women are afflicted with Parkinson's Disease in Oklahoma. The foundation exists to provide services, programs, education, referrals and advocacy to all Parkinson families in our state. We invite you to participate in the fight against Parkinson's by signing up to participate in the 2013 Walk in the Park for Parkinson's Disease!

For more information about the Walk in the Park for Parkinson's Disease, contact Laura Lane, Event Coordinator, at 405.921.7535 or lauraslane1@gmail.com

Start or join a team today at

walkinthepark2013.kintera.org

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Enjoy Your Time in the Van

By Karl Rysted

I'm grateful to run in long distance relays as part of a team several times. Hood to Coast is the most famous of that type of event, but we haven't done that one. Most have been Ragnar Relays, but once we did a smaller one in central Oregon, the Cascade Lakes Relay.

The pattern is the same: run, eat, run, sleep (maybe), eat, run, not necessarily in that order, and your team will probably cover about 200 miles. You do run three times unless you're short one of the 12-team members or you have an "ultra" team of 6. If you have a regular sized team, you will be in two vans. Your van could be on duty in the middle of the night so sleep is a big maybe. There's a long time between your runs, especially when you consider the time when your van is off duty.

So it's common to have a variety of unpleasant physical and emotional responses: you can get stiff

because you have very little warm up or cool down, tired and cranky during the night, and maybe that little habit of your teammate that seemed funny at first is getting pretty annoying. You just want to get out of the van and run. After all, that's why you flew across the country, right?

Running can just be a fun hobby, or we can let it teach us things about the rest of our lives. If you've ever been unemployed, or underemployed, you know that same feeling. You just want to get back to work full-time. You know that time is coming, just like your next relay leg, but it's hard to wait. Or you fell in love once and it didn't work out. Now you know love is coming your way again but it's hard to wait. So just relax and enjoy your time with your friends in the van.

Massage continued

Vigorous exercise causes tiny tears in muscle fibers, leading to an immune reaction — inflammation — as the body gets to work repairing the injured cells. So the researchers screened the tissue from the massaged and unmassaged legs to compare their repair processes, and find out what difference massage would make.

They found that massage reduced the production of compounds called cytokines, which play a critical role in inflammation. Massage also stimulated mitochondria, the tiny powerhouses inside cells that convert glucose into the energy essential for cell function and repair. "The bottom line is that there appears to be a suppression of pathways in inflammation and an increase in mitochondrial biogenesis," helping the muscle adapt to the demands of increased exercise, said the senior author, Dr. Mark A. Tarnopolsky.

Dr. Tarnopolsky, a professor of pediatrics and medicine at McMaster University in Hamilton, Ontario, said that massage works quite differently from NSAIDs and other anti-inflammatory drugs, which reduce inflammation and pain but may actually retard healing.

Many people, for instance, pop an aspirin or Aleve at the first sign of muscle soreness. "There's some theoretical concern that there is a maladaptive response in the long run if you're constantly suppressing inflammation with drugs," he said. "With massage, you can have your cake and eat it too—massage can suppress inflammation and actually enhance cell recovery."

So if you want a safe natural way to heal after your hard work outs, a sports massage is a highly effective. When you contact a massage therapist, don't hesitate to inquire about his or her training, certification, and experience. You will want to work with someone who has experience with athletes. Look for a professional massage therapist who is a skilled observer of body mechanics, has a thorough knowledge of anatomy and is practiced in the methods of deep and specific muscle manipulation. Many will be able to give you names of other athletes they have worked with.

Robin Duncan is a professional massage therapist who has working runners since 2003, she is currently working at Revel 8 Salon and Spa in Midtown in Oklahoma City.

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Breakfast will be provided after the races and there a possible appearance by Rumble, the Oklahoma City Thunder Mascot

You can register online at www.signmeup.com/90433.

LIKE us on Facebook for a chance to win a great doorprize.
<http://www.facebook.com/2013SpeGusherGallop>

Running the OKC Memorial Marathon – It's not smoke and mirrors

By Dana Campbell-Sternlof

I have registered to run the 2013 Oklahoma City Memorial Marathon on Sunday, April 28, 2013. I am extremely excited to run in this year's Oklahoma City Memorial Marathon. I was not sure that I could fully commit to the training that it would take to run the 26.2 mile race as I am working full time and going back to college. I also have a family that keeps me really busy in the spring. Recently, I read about visualization. I learned how to dive deeper and use the four keys to an effective visualization. I have listed my four keys to visualization of a marathon:

- **Relax.** I want to experience a positive impact during my relaxation exercise. I will choose to breathe and relax. Now that I have completed my online registration and paid for my marathon, I know that I am committed and I will relax.

- **Use Present Tense.** I am running at a steady pace along the beautiful and very scenic course in Oklahoma City, Oklahoma. I am running with strong legs as I tackle each mile along the marathon course. I am running with a strong heart and a bright big smile, as my tired legs cross the marathon finish line. I raise my arms and I flash another big smile.

- **Use all five senses.** I see the starting line banner and I feel the goose bumps on my legs and arms because it is a chilly morning in Oklahoma City. I hear the loud boom from a gun in the distance that starts the marathon and I smell the gun powder in the early morning air. I start to run at a steady pace along the downtown Oklahoma streets. I'm gracious and thankful to see a volunteer at mile 3. I gently grab a cup of fresh water from the volunteer. They are cheering and yelling out encouraging words for the runner. I clutch onto a small handful of pretzels and I taste the salt from the pretzels. I touch a small child's hand as she gives me a high five as I run through the streets.

- **Use the feelings.** My emotions are very high as I plan to run this marathon because the last time that I ran a marathon it was very tough and my marathon time was not my best running time. My dad was happy when I would call him right after my marathons! My dad was my best friend and biggest

cheerleader. A bonus for me is when dad would call me the night before my marathons to wish me a good run. My dad was so instrumental to my running career. He was the first one to buy me a good running watch and running shoes. Dad enjoyed hearing about the running successes and he also loved to hear about the funny running stories. My personal feelings will be extremely happy as I cross the OKC Memorial Marathon finish line. I will feel the warm tears fall on my face and I will look up to say thank you. I know that I will be strong enough to wave up to the sky and whisper "I love you, Dad!"

I'm comfortable settings goals and achieving my goals. However, I had never learned how to use the visualization until I read about committing to your goals and dreams. I've learned how to overcome obstacles when my dad passed away. I was a race director for a local 5k and I was not sure if I wanted to continue as race director. I did though, because I would never quit. I think that I was angry and I wanted to quit everything that I loved. I had even wanted to quit running. I found that my passion to run was not only to honor my dad but to take care of my health. I found that it was a true intention of a purpose to promise God that I would follow Him regardless of how angry I was at the time. Now I feel like it was a blessing from God that he kept me healthy and running. Only a year later I have run in over thirty 5k road races, two half marathons, and one marathon. It was this commitment when I had a clear vision of my purpose to run. My purpose to run was more than setting and achieving goals. It was to show others the love of running and to share that passion with other runners.

Find a passion! Try using the four keys to visualization that I've used and I believe the next time you sign up for a race you will get more out of your run. I know that you will find these keys helpful in your visualization exercises. I hope that you will share your passion too!

Gotta run,

Dana Campbell-Sternlof



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