

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

July 2013 | Issue No. 207

Landrunners and the OKC Police Association Scholarship Recipients

The Landrunners recently partnered with the Oklahoma City Police Association to award five academic student scholarships to graduating high school seniors.

This is the third year the Landrunners made a \$2,000 donation to the OKC Police Association's Ken Nash Scholarship fund, on behalf of the larger club membership and Judy Weichert, a local runner whose murder case remains unsolved. The Ken Nash Scholarship award is based upon a student's academic performance and honors seniors who earned a 4.0 or higher GPA. By combining funds from the Landrunners and the Police Association, each recipient received a \$1,400 scholarship award.

2013 award recipients were: Ronna Bradbeary, Kyle Foreman, Sydney Hutson, Justin Neal, and Ilyssa Owen. These academically talented students plan on attending both in-state and out-of-state colleges, including: University of Central Oklahoma (UCO), John Hopkins University, and Oklahoma State University (OSU).

This is one example among many of how the running club attempts to carry out its mission to "promote health and fitness for all through recreational running." You might be familiar with some of our other endeavors; such as:

- promoting running events, which raise funds for a variety of charitable organizations through the series races,
- the Lake Hefner projects which includes quarterly trash sweeps of the running trails at the lake and



Kyle Foreman, Ilyssa Owen, President Gaile Loving and Justin Neal

Bluff Creek, and assisting the Friends of Lake Hefner with watering of young trees on the east side of the lake,

- collecting slightly used running gear and shoes to support school running programs,
- covering partial cost of student entry fees into the OKC Memorial Marathon, and
- "OH!! WHAT A RIDE!!!" Landrunner wheelchair program, which provides the opportunity for a physically disabled individual to participate in a running event. Several Landrunners have given up their own running to have the opportunity to push the wheelchair rider.

You might say that we are a club of runners who believe in giving back to the city and organizations that make our community a better place to live and run.

The President is at the river...

Over the course of the last two years, the Landrunners have made frequent use of the OKC Boathouse District facilities and river trails. That would include marathon training runs, weekly evening runs, Tuesday evening corporate night and most recently, we celebrated National Running Day at the Boathouse area.

You may have noticed the ongoing construction occurring on the north side of the river trail or the many other projects in progress in the area. Melanie Borger, Director of Athletic Programs for the OKC Boathouse Foundation, has agreed to bring us up to date with the development of the Boathouse District, including the latest news on the river trails. Additionally, the Boathouse District will be hosting many athletic events this year, including the RIVERSPORT Challenge and the Regatta 5K run. Melanie will present the information at the club membership meeting July 15 at the Kimray Conference Center at 6:30 pm.

In case you have not visited the RIVERSPORT webpage lately, please do so. Look for the familiar Landrunner logo, as we have become partners with the Boathouse District, helping to support the RIVERSPORT Run and Walk free program. <http://riversportokc.org/run-cycle/novice>

The Landrunners hope to build upon the current training program with a free **“WALKER TO LANDRUNNER” 5k Training program**. While the 5k program is open to walkers and runners of various abilities, the focus will be on helping individuals who would like to run a 5k. Experienced runners Jennifer Henry and Matthew McBee will lead the training program once a week beginning in August, on Tuesday evenings at 6 pm at the Boathouse area. They will give directions for the planned walk/run for the evening, along with the training program particulars. Participants may come early and receive a 15-minute pre-training/coaching session. Mark Bravo, Athletic Coach/Trainer and Dr. Tom Coniglione will be two of the featured speakers over the course of the 10-week training program. Both are well known within the OKC running community and will be on hand to help participants work through the physical challenges associated with moving to a running program. Please help us to spread the good news. Additional details will be available in August on the Landrunner web page, the club Facebook page or in the club newsletter.

Route 66 Volunteers needed: Time to pay it back... did you participate in the Landrunner spring marathon training program? If so, you enjoyed having water stops set up by a variety of volunteers and groups. The OKC Tri club was one group that readily stepped up to help with a 12-mile training run on the river trails. They are now looking for SUPER VOLUNTEERS to help with their aid stations. The Rt. 66 Sprint and Triathlon is scheduled for July 13 and 14 in El Reno. With a two-day event, SUPER VOLUNTEERS are needed to support and work aid/water stations, either one day or both. **Let's help those that help us! For more information and to VOLUNTEER** contact Holly Black directly: holly.black@chk.com

See you out running... at the river

Gaile Loving, OKC Running Club President

HALF MARATHON

QUARTER MARATHON

5K

KIDS

SPIRIT WALK



USATF CERTIFIED

Hulkin' Half Marathon

Quick Silver Quarter Marathon

NEW

Not ready to tackle the Hulkin' Half? This 6.55 mile run might just be the race for you!

DOWNTOWN LAWTON, OKLAHOMA • ELMER THOMAS PARK

Superhero 5K



FAMILY EVENTS

Superhero Kids Marathon

Leah M. Fitch Spirit Walk

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

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
7/4	Fireball Classic 5K & 10K	Ada, OK @ 7:00am
7/4	Stars & Stripes Forever 5K *\$	Stars & Stripes Park @ 7:00am
7/6	Titan Challenge	Sparks, OK @ 9:00am
7/15	Club Meeting	Kimray 8 NW 42nd @ 6:30pm
7/19	Sizzlin Summer Series	Wheeler Park @ 8:00pm
8/19	Club Meeting – Yoga for Runners	Kimray 8 NW 42nd @ 6:30pm
8/24	Moore War Run 5K	Moore High School @ 7:30am
8/24	Red Hot Kettle Run 5K & 10K*\$	Wheeler Park @ 8:00am
8/31	Brookhaven 5K*	Norman @ 8:00am

* Denotes Series Races

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

Landrunners In Action

4/14 HOG EYE HALF MARATHON, AR

JULI HALL 2:37:02

5/18 COLFAX MARATHON, CO

SHELLEY FEHRENBACH 4:16:40
REBECCA CUNNINGHAM 4:27:06
CYNTHIA MITCHELL 5:30:15

5/20 PINE TREE MARATHON, ME

LARRY RUBENSTEIN 5:03:44

5/25 RED DIRT RUN OF HONOR, ENID

GENA BARNHILL 2:25:48

5/26 COEUR D'ALENE HALF MARATHON, ID

JULI HALL 3:26:17

6/1 HOSPITAL HILL RUN ½ MARATHON, KC

JEFFERY COOPER 1:54:42
MARGO VON SCHLAGETER 2:20:04
JIM ROBLYER 2:54:21

6/1 THELMA & LOUISE HALF MARATHON, UT

DEBRA CHRONISTER 2:05:39
STACEEE HOYE 2:11:59

6/2 SAN DIEGO RnR HALF MARATHON, CA

ROGER LEMMONS 1:27:19
COURTNEY LEMMONS 1:46:38
KRISTIN MOLLOY 1:50:17
STEPHEN TAYLOR 2:31:48
BETH TAYLOR 2:44:21
ERIC RICKWALT 3:02:10
VIVIANA GONZALEZ 3:29:30

6/8 MARATHON TO MARATHON, IA

BILL GOODIER 3:34:01
SHEILA MILLER 2:11:41 - HALF

6/9 SWAN LAKE MARATHON, SD

BILL GOODIER 4:54:39
SHEILA MILLER 2:38:50 – HALF

6/16 VANCOUVER USA MARATHON, WA

NELS BENTSON 5:21:23
DONNA BENTSON 44:13 – 5K

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



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OKLAHOMA**

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19-20
2013**



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My First Marathon

By Brandon Payne

When I was a kid, I played almost every team sport I could: football, basketball, and (my favorite) baseball; I loved them all. By the time I got to high school, I narrowed that list down to baseball with tennis in the fall to help me keep me in shape. After high school, I pretty much quit playing sports. Oh sure, I'd run a mile, sometimes two, here or there, and I did play intramural basketball my freshman year of college, but overall no serious training or activities. This pattern continued for a while and eventually I had put on more weight than I wanted. I had plateaued though, so while I wasn't gaining any more weight, I wasn't losing any either. In May of 2010, I graduated from Kansas State University and moved to Oklahoma City with my fiancé. This was the first time in my life I had spent extensive time in Oklahoma City.

Prior to getting married in July of 2010, my soon-to-be wife (born and bred in Oklahoma) took me to the Oklahoma City Memorial, and for the first time I really understood exactly how the bombing impacted everyone in Oklahoma. Having lived in Texas and Kansas my whole life, I knew of the bombing but only from a distance. Going through the Museum and experiencing the Memorial first hand, the emotion I felt hit me hard. Fast forward to just over a year ago. My wife and I, happily married for almost two years, got stuck in traffic in late April one Sunday morning. Finally, we realized it was traffic from the Memorial Marathon, and the memories from that Museum tour came rushing back. I decided right then to run the Oklahoma City Memorial Marathon. An added bonus of running the marathon meant I could run to get in shape.

I started training in November 2012 but quickly fell off the wagon. I was totally unprepared for running in the cold weather and kept telling myself I've got plenty of time. I started to pick it back up in early February and my main goal was to run the

training run the Landrunners' put on every Saturday or Sunday. I kept up with this routine for all of February and the beginning of March, until a 12 mile training run at Mitch Park in Edmond. I had already planned on walking a mile and running a mile as I felt that was the best way for me to achieve my goal of finishing the OKC Memorial Marathon. Everything was going great. I was making great time and I was sticking to my plan of walking one and running one. Then I hit mile 10. After starting to run again I soon felt a sharp pain in my left foot. At first I thought it was a foot cramp so I stopped and stretched my foot and started running again. The pain got even worse though and I was forced to walk the last two miles in pretty intense pain. When I got home I pulled my shoes and socks off to reveal a baseball size bruise on the outside of my left foot. That injury sidelined me for the rest of March.

Beginning in April, I found some better running shoes and decided to test my foot. I was leery as to how it would hold up over an extended run. I knew I had to give it a nice test before the marathon, because I didn't want to be out in the middle of the course and have to give up just because of a bruised foot. So I decided I would run the last 20 mile training run that the Landrunners' were sponsoring. With some directional help from my beautiful wife, I managed to finish the run in just over five hours. After that I knew I could do this; I could run and complete all 26.2 miles.

The day of the marathon was exhilarating. Coming so quickly after the Boston Marathon bombings, this race had a bigger meaning than normal. Not only was this race for Oklahoma, but it was for the nation united behind both Boston (with our red socks) and Oklahoma (with our green laces). I knew I was part of something bigger than just a simple race. Once out on the course, I felt

See Marathon, on page 8

**We think
you said
it best.
Thank you.**

**BEST
MARATHON**
2012

**BEST
HALF MARATHON**
2010, 2011, 2012

**BEST
POST-RACE PARTY**
2010, 2011, 2012

**BEST
FINISHER AWARDS**
2010, 2011, 2012

**BEST
PARTICIPANT GIVEAWAYS**
2010, 2011, 2012

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ULTRA



Marathon continued

great: I was moving well and making good time. About mile nine, I felt a twinge in my knee. I walked it off and was able to keep moving with no noticeable problems. However, over the next five miles the sun and the temperature took its toll and I was no longer walking one mile and running one mile. I was walking closer to two miles and running about half a mile, and then from there it was just walking. My knee (which I had earlier ignored) would become extremely painful any time I changed my pace so I knew I would be walking the rest of the way.

Mile 20 passed and my father, in town to cheer me on, decided to walk with me for a bit. After about a mile I told him I could make it the rest of the way and he went on ahead to the finish line. I kept up a solid pace until Mile 25. My wife joined me for the last 1.2 miles for moral support and once I saw the finish line in sight I knew I wanted to run to the end. Ignoring my screaming knee, I pushed

myself as fast as I could go. I could hear my friends and family cheering for me as I crossed the finish line. Yes! I had done it, and with that my knee was done. I collapsed into a chair and was quickly taken to the medical tent to have my knee checked out by a doctor.

The knee was diagnosed with a ton of swelling basically making it painful to move or stretch out. That pain went away after about a week, but the thrill of finishing my first marathon has stuck with me. At first I never wanted to run a marathon again, since basically my knee just wanted to give up, but after seeing my name in the paper and putting my 26.2 sticker on our Jeep, I know I want to run as many as I can possibly run. Nothing is crazier than putting yourself through the pain of running 26.2 miles, but there isn't a better feeling in the world than knowing you challenged yourself and your body to push past limits and survive. I can't wait to get back out there and run it again next year.

Yoga Poses

By Jennifer Henry

Standing Figure Four Pose - Cross one leg over the other above the knee and keep your foot flexed. Begin to bend slightly forward at the hip while sitting lower to feel

the stretch in the outer hip of the lifted leg. Arm variations are as shown, hands at chest, or may raise arms over head for a shoulder stretch. Stretches hips, ankles, groin.



Mark your calander ✓

ONE OF OKLAHOMA'S PREMIER RUNNING EVENTS



August 31, 2013

Brookhaven Village

Norman, OK

5K Race and 1 Mile Fun Run

1mile at 7:30 am • 5K Wheelchair at 7:55am • 5K at 8:00 am

OKC Running Club "series race"

28th Annual - One of Oklahoma's oldest road races

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5K will be capped at 2,000 entries

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Heat Training

By Camille Herron

As we enter the summer, everyone is “heating up.” What many may not realize is that the physiological adaptations to the heat (and humidity) are performance enhancing. This can be a huge advantage going into the cooler racing season in the fall. Of course, we hope for a cool race day in October, but as we all know, this hasn’t always been the case! Thus, it’s best to always prepare for a hot day, and if it’s cool.... that’s a bonus!

You may ask: what can I do to better prepare for, say, a steamy Chicago Marathon? Well, rather than trying to avoid the heat and humidity (by running early or late, or shedding the clothes), we should **embrace it!** You can further enhance the adaptations to the heat by doing what’s called “**heat training.**”

I first learned about heat training while living and training in Colorado and seeing fellow runners and international athletes (Africans and Japanese) training in full track suits in July. Have you ever seen a shirtless African training in the summer? Neither have I! They are training with their shirt on, and many layers on top of that, for a reason. Of course, Colorado is both cooler and has lower humidity than Oklahoma, making it a necessity to wear extra layers to prepare for sea level heat and humidity. In Oklahoma, simply training with your shirt on during the mid-day could suffice.

Heat training confers performance benefits for when it’s either hot or cold, humid or dry. A research study at the University of Oregon confirmed heat training as being possibly more performance enhancing, and more practical, than even high altitude training. This study found a seven percent average increase in cycling performance - that’s HUGE! As applied to running performance, if you’re a 2:40 marathoner, seven percent means a time drop of 11.2 minutes (ok, that sounds too good to be true, so maybe that would be at the upper end). For someone who’s close to qualifying for Boston, this could give you the edge!

Heat training works by up-regulating your blood plasma and thus increasing blood volume. Your blood plasma is basically the “hydration” of your blood (and has growth factors and immune cells). Of



course it also helps the body learn to control body temperature, increases both your sweat rate and blood flow to the skin. It also up-regulates your heat shock proteins to deal with the added ‘stress’ of the heat, which play a critical role as ‘molecular chaperones’ (handling body proteins to prevent ‘denaturation’).

Understanding Dew Point

Heat training is something you can do year-round to prepare for the conditions of wherever you’re racing. I judge the conditions and how it will feel relative to Oklahoma City by looking at **dew point**, which takes into account the relative humidity. The higher the humidity, the closer the dew point is to the actual air temperature. 90 degrees with a dew point of 75 is going to feel worse than 110 degrees with a dew point of 60. Sun exposure matters too, as the sun is an added stress.

See Heat, 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; 10-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





**5th
Annual**

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Running Together to Heal the Community We Love

5k Run/Walk

August 24, 2013

7:30 am, Saturday
Startline at Moore High School

Early Registration by August 14:
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Heat continued

As an example, during the wintertime/spring, if you plan to run in a Southern race, where the conditions may be warmer (or cool but higher humidity than Oklahoma), you can prepare by training during the warmest part of the day, training with extra layers on (don't shed them, even if you start sweating), or doing some of your training on a treadmill (with or without layers on). By wearing extra layers, you create your own "humidity" and improve your heat tolerance.

If you're racing during the summer or early fall, especially where the dewpoint/humidity is higher than Oklahoma (Midwest such as Chicago, East Coast, Florida, Houston, and even Tulsa has a slightly higher dewpoint than OKC), you can prepare by doing some of your runs during the warmest part of the day and even going as far as doing some of your easy runs with extra layers on. Here's a good chart that explains what to expect depending on dew point:

Dewpoint <55°F: Go for it!

Dewpoint in the 60s...it'll be tough for racing, training runs OK

Dewpoint in the low 70s...hard training will be tough

Dewpoint in the upper 70s...anything other than a recovery run will be a struggle

Dewpoint in the 80s...even a recovery run is tough

How to Approach Heat Training

Since moving back to sunny Oklahoma, I've scaled back my heat training (having worn a full

track suit in the past, especially in Colorado). Now, I'll wear a shortsleeve shirt and white hat through the summer and do my shorter runs during midday, from 12-3 p.m. As the temperature starts to cool off slightly in September, I'll put on extra layers (long sleeve shirt, jacket, capris/tights, gloves) for my easy runs and shed the layers for workouts.

Wearing extra layers is a significant "stress." If you want to give it a try, it's something you have to build up to and apply appropriately. It's very uncomfortable at first, as you feel tempted to remove the layers. However, once your body up-regulates your plasma and sweat rate, which I find takes about week to 10 days, then you start to actually feel cooler because of the sweat (versus if you didn't have the layers). I've even gotten to where I'll shiver if the temperature dips below 80 -- that's the magic of it!

Training with extra layers does have some special considerations—fluid replacement (huge factor), greater mineral and electrolyte needs (especially sodium, to help retain water), and getting enough Vitamin D from the sun, since the layers cover up the skin.

If all of this sounds too extreme (especially for heavy sweaters), you can at least try training with a shortsleeve shirt on (never going shirtless), and doing some of your runs during midday. Certainly, the bright sun is also a stress! If you're going to be running a marathon between 7am-2pm, you need to be used to the stress of the bright sun. Sunglasses and a white hat do a great job of reflecting the sunlight.

Recipes to Run By

By Adi McCasland

Tangy Roasted Beet Dip

1 – 1 ½ lbs roasted beets, peeled
 1 Tbs olive oil
 1 ½ cups Greek yogurt
 ½ tsp minced garlic
 2 Tbs lemon juice
 2 tsp chopped dill
 ½ tsp sea salt, or more to taste
 fresh ground black pepper, to taste

- 1) Pulse the roasted beets with the olive oil in a food processor until mostly smooth.
- 2) Add yogurt, garlic, lemon juice, and dill, and puree.
- 3) Add sea salt and pepper, to taste.
- 4) Serve with toasted pita, bagel chips, fresh veggies, etc.

*Note: To roast beets, wash, wrap in foil, and roast at 425° for 45 minutes to 1 hour, until soft.

OH!!WHAT A RIDE!!! Adds New Running Buddies to Program

By Mary Cronquist

I first heard about the “See Spot Run” race from James at Camp Make Promises Happen. Jim Roblyer, who oversees the OH!!WHAT A RIDE!!! program for the Landrunners, called the camp to see if there was anyone who would be interested in participating in the “See Spot Run” race in Guthrie. The group was looking for someone with a disability to ride in their racing wheelchair with one of their runners.

James Wheeler, the Director of MPH, called my mom and asked her if I would like to be a part of the race. It was a 5K race and I was able to do the race with a dog! They found the right person, that’s for sure!

My mom asked me if I’d like to do it and of course I said “sure, yes, absolutely!” I could hardly wait for two weeks. My parents wanted to duct tape my mouth shut because I was so excited and would not quit talking about it!

I have Cerebral Palsy and use a wheelchair to get around. I have a service dog, a golden retriever named Bart. He was up for the race too!

When the day of the race came I was ready to go. The Landrunners’ loaned us their racing wheelchair for the 5k. Jim brought the chair to my house a week ahead of time so that my Dad could make sure it fit me and make the changes needed to make sure it was safe and comfortable for me.

The race day finally arrived. My whole family drove to Guthrie early in the morning. We got there and I got all set up in the racing wheelchair and met my racing partner, James Drain (he was very nice and handsome too)!

Soon the race began and Bart was so excited to run! We started off slowly -- there were lots of runners and lots of dogs. Bart had to smell and say hello to many of them. Soon James was able to get through the crowd of runners and dogs so we started to pick up our speed going faster and faster!

We reached the finish line and everyone was cheering and clapping! Bart was hot and exhausted (he plopped down in a nice cool swimming pool of



Mary, James and Bart heading to the finish

water). I think he was supposed to drink the water, not lay in it!! Then he ate a banana! Who knew dogs like bananas? Anyway, we came in third place in my age category. I got a medal!! That’s what I call team work. Thanks, James!!

Most of all I had a great time. It made me feel free to run with the wind in my face!

Thank you all so much for inviting me to participate. I absolutely loved every minute of it! I hope you will ask me to join you again next year (I’m going to need to get Bart into training though)!!



Bart cooling off

DOES THE KNEE PAIN MAKE SENSE NOW?

By Tom Coniglione, MD

Consider a statement from a leading running magazine.

“The squat is a simple, classic exercise that should be part of every runner’s routine. That’s because it builds functional strength that carries over to better running. Squats activate the glutes, hips, hamstrings, quads, calves, and core muscles in a bent-knee position, which builds running-specific power to propel you forward. Strengthening these muscles also guards against injuries like runner’s knee and iliotibial-band syndrome.”

The article goes on to describe various squats: jump squats, side squats, overhead squats, Monday’s squat, Tuesday’s special squat, etc. Excuse me, please? What is the science behind the statement? Actually, there is little science behind the recommendation to strengthen the quads through squats in order to prevent “runner’s knee.”

Anyone who does squats or lunges can get knee pain. When it happens in runners, we call it “runner’s knee.”

Several things can contribute to “runner’s knee:” a weak (inner) quad, abnormal foot mechanics, tight ITB and tight muscles of the inner thigh (adductors).

Another important cause of knee pain in runners is too many squats or lunges. What is it about squats and lunges that can hurt the knee?



Maximum pressure on the knee cap happens with downhill running and walking down stairs. That is why runners’ knees hurt running down hills or walking down stairs. Other activities which cause compression of the knee cap include: plyometrics (hopping, skipping, jumping), stair climbing, leg extensions, leg press and, of course, running. A new cause of runner’s knee is rowing. You rowers, think of the pressure on the feet with the knees bent.

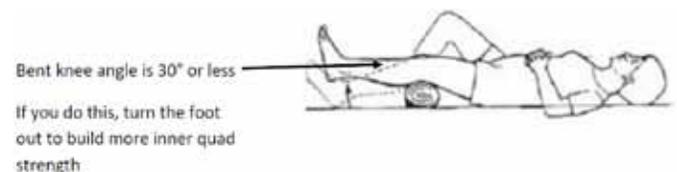
If a runner’s knee hurts, we always ask about what else the runner does other than run. If the runner is in a high impact program of any type, we modify that (bent-knee) activity.

There are some new workout programs which must go unnamed because they are copyrighted. Any of these that include placing pressure on the foot with the knee bent can cause runner’s knee pain.

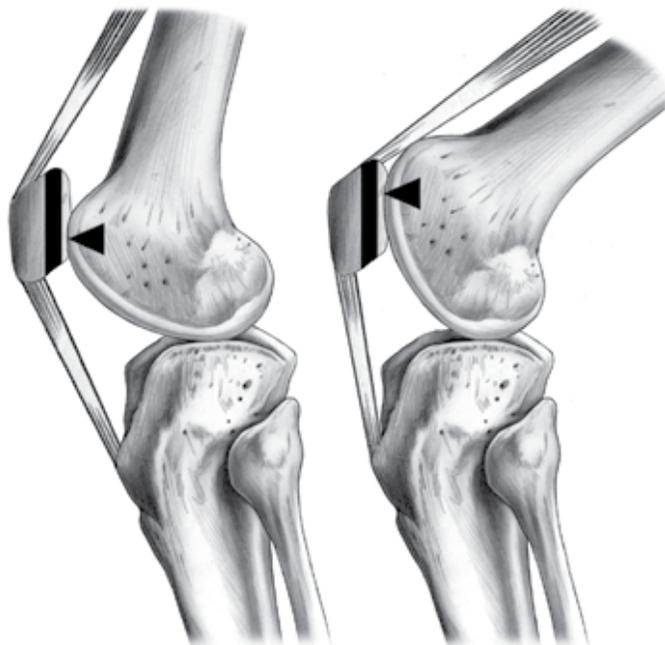
Not all runners have to build quad strength. Many people can do squats or lunges without knee pain. However, if squats or lunges make your knees burn, stop doing them.

To make your quads strong there are other things you can do other than squatting or lunging.

For example:



Just run without worrying about your knees, feet or anything else. If something starts to hurt, try to figure out what you have changed. Think about a training error: change in terrain, more speed, more miles, more racing or a new activity. If your knees burn after a workout consider the components of that workout. Lunge if you must, but are the lunges really necessary?



To prevent pressure on the knee cap, the diagrams describing squats advise keeping the knees behind the feet. If you have done squats you know that is hard to do.

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July 18, 19, & 20

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HUNDREDS OF SHOES FROM \$25

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SAUCONY · ADIDAS · PEARL IZUMI · NORTH FACE · TEVA · MIZUNO



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Club Meeting

Monday, July 15, 2013 @ 6:30pm

Kimray Conference Center

8 NW 42nd St, OKC

Fall Marathon Training

starts Saturday, August 3, 2013

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