

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

November 2013 | Issue No. 211

## Ironman Wisconsin

By David Wiist

### Pre-Race

I have read Nutrition is the fourth discipline in Ironman Triathlons, but I would add packing and logistics as the fifth. The days leading up to the race were very stressful and busy. I had checklists and to-do lists to make checklists and to-do lists. Once we got to Wisconsin, I was constantly behind “schedule” with registration, gear check-ins, course scouting, etc. By Saturday night my wife, Lindsey, was ready for me to relax. We grabbed a light dinner (she had no guilt enjoying wine while I couldn’t) and got to bed early.

### Race Morning

Two alarms were set, one for 2:00 A.M. to pound a Naked Juice, and the other at 4:30 A.M. I got to transition 45 minutes before it closed and had time to check over my bike for the fifth time. I heard some poor guy airing up his tires to the point one exploded. The walk to the swim start was confusing and I got separated from Lindsey. IM Wisconsin is nicknamed IMOO. I thought it was because of all the cows on the course, but Lindsey thinks it’s because they herd you like cattle into the water.

### Swim

I got into the water about 10 minutes early. Once the gun went off, I settled into a comfortable pace and followed the feet in front of me. Swimming in a wetsuit with 3,000 other athletes is 10 times better than swimming alone in Lake Arcadia. I was able to move from group to group, drafting as much as



David Wiist

possible. At times, I felt I was short arming my stroke to avoid swimming over people, but I didn’t feel like I sacrificed any speed. The swim got more physical and congested the farther along we went. I

**See Ironman, on page 4**

# Your New Editor

By Lindsay Long

As your incoming editor, I thought it might be nice to tell you a little something about myself considering you will be telling me all about yourselves as I bug you for articles and as you voluntarily send articles to me about your running experiences.

I started running a number of years ago, completing my first half marathon around seven years ago if memory serves me right. I remember the feeling of completing that first half marathon and thinking, "I never want to do that again!" Then, one evening years later, while watching NBC's *The Biggest Loser*, the contestants were running a marathon. I remember calling my sister and telling her that if they could do it, we could do it. And that was all it took for me to embrace running. Upon deciding that I was going to run a marathon, my first thought was "people die doing this!" So I decided the smartest way for me to accomplish this goal was to do it slowly. For a full year before my first 26.2, I did my research, reading several books about training for a marathon as well as nutrition before, during, and after the race, and I quit smoking. I set out to be able to run 15 miles by the end of 2010, so when training started for the 2011 marathon, I would be in a good position to actually be able to finish my first marathon. The 2011 OKC Memorial Marathon came, and after running through falling temps, rain, and hail, I finished my first marathon in 4:25. And I was hooked! In August of that year I joined the Landrunners and have trained for the last two OKC Marathons with the Landrunners.

I am excited to move into the editor position for the monthly newsletter. It has been entertaining, interesting, and amazing reading the stories submitted so far and I can't wait to continue reading about your experiences, your advice, and your lessons learned. I have always known that the Landrunners were a great group of individuals, but I am just now realizing how much all of you do for the Oklahoma community. I would like to say a big thank you to Chuck Mikkelsen for serving as editor for the last six years. I have been welcomed with open arms into this role and I am very excited for this opportunity. I am always open to suggestions, so if there is something that you would like to see in the newsletter that we have not covered, feel free to email me at [news@okcrunning.org](mailto:news@okcrunning.org).

## Landrunners In Action

### 9/8 RUN TO THE BEAT HALF MARATHON, LONDON, ENGLAND

JAMIE KILPATRICK	2:12:00
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### CENTER OF THE NATIONS MARATHON SERIES – AMY PANNELL

9/16 BOWMAN, ND	4:47
9/17 BELLE FOURCHE, SD	4:35
9/18 COLONY, WY	4:46
9/19 ALBION, MT	7:02

### CENTER OF THE NATIONS HALF MARATHON SERIES – BENNIE SCHUCHART

9/16 BOWMAN, ND	2:09
9/17 BELLE FOURCHE, SD	2:02
9/18 COLONY, WY	2:04
9/19 ALBION, MT	2:17
9/20 CHADRON, NE	1:54

### 9/15 MONTANA MARATHON, MT

BILL GOODIER	3:56:38
CHUCK MIKKELSON	4:10:49
SHEILA MILLER	2:09:36 – HALF

### 9/22 JACKSON HOLE MARATHON, WY

BILL GOODIER	3:48:58
MARY MIKKELSON	4:09:39
CHUCK MIKKELSON	4:21:55
SHEILA MILLER	2:32:03 – HALF
BILL SNIPES	2:38:43 – HALF
ALDEN SNIPES	2:38:44 – HALF

### 9/22 OMAHA MARATHON, NE

GINA STONE	3:46:07
MARLON ONCO	3:55:05
SHELLEY FEHRENBACH	4:14:52
LIZ BUSCHELMAN	2:29:29 – HALF

### 9/22 TALLADEGA 21000, AL

BENNIE SCHUCHART	1:57:04 - HALF
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### 10/5 ST GEORGE MARATHON, UT

KEITH FRATES	3:21:40
BILL McMANUS	3:26:44
MAURICE LEE III	3:35:22
KARL RYSTED	4:00:05
JAMES BAKER	4:19:06

### 10/5 NEW HAMPSHIRE MARATHON, NH

BILL GOODIER	3:56:53
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### 10/6 MAINE MARATHON, ME

BILL GOODIER	3:50:45
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### 10/12 FREEDOM'S RUN MARATHON, WV

NELS BENTSON	5:50:36
DONNA BENTSON	3:42:27 - HALF

### 10/13 TYLER ROSE HALF MARATHON, TX

BENNIE SCHUCHART	2:04:03
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### 10/13 MOTHER ROAD MARATHON, MO

DANNY JACKSON	5:06:30
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### 10/13 CHICAGO MARATHON, IL

STEVEN CHERRY	3:09:12
KENNY DANNER	3:50:05
MARY MATLOCK	3:54:32
IVAN WAYNE	3:58:57
REBECCA CUNNINGHAM	3:59:19
PENNY VOSS	4:27:16
JILL SWISHER	4:46:18
RANDY NANCE	4:47:34
ELAINE HOOD	5:05:58
CHEE WEE LEE	5:14:26
CARA NANCE	5:21:08
MARK CUNNINGHAM	5:39:30
APRIL TEAGUE	5:47:15

If you don't see your results it could be you forgot to report them so send your results, photos and stories to [news@okcrunning.org](mailto:news@okcrunning.org)

THE 14TH ANNUAL  
OKLAHOMA CITY MEMORIAL  
MARATHON

— APRIL 27, 2014 —



★ MARATHON • HALF MARATHON • RELAY • 5K • KIDS MARATHON ★

**RUN** TO **REMEMBER**

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**Ironman continued**

covered my face and just kicked to avoid a heel to the face. Despite the frenzy, I was completely calm and relaxed throughout the swim and noticed I was about five minutes ahead of my pace at the halfway point. I finished the swim 15 minutes ahead of my “conservative” expected pace.

**Transition 1**

We ran up a helix ramp of a parking lot lined with hundreds of energized spectators cheering in crazy costumes with musical instruments. Transitions were indoors and it was nice to grab our bags with volunteers there to assist in changing, etc.

**Bike**

The first 16 miles were all about hydrating and having “breakfast”. Lots of people passed me on the bike, but my plan (and advice from Endurance Nation) was to joy ride until I got out to the first of two 40 mile loops. With ideal weather, a lot of riders seemed to be pushing the pace. I battled myself to keep it nice and relaxed; I spun easy up the hills and kicked it into high gear on the down hills. On the first loop, I hit 40+ mph a couple times. Around mile 30, a wasp decided I was in his way and stung me. I yelled a profanity and nearly scared a woman off the road. Then, I took a blind turn at 30 mph and went off road for 30-40 yards. Overall, the first loop went well and I started the second loop 8-10 minutes ahead of schedule. On the second loop, the climbs seemed steeper, but I shaved 15 minutes off of my overall expected bike pace.

**Transition 2**

Getting off the bike, I realized I had left my Garmin on my bike so a volunteer escorted me along the 0.25 mile long parking lot to the bike racks to retrieve the Garmin so I could start the run. If I get a 140.6 sticker, I will add an additional 0.5 mile and change it to 141.1 miles.

**Run**

I started feeling good and like the bike, I fought to keep it at an ultra-conservative pace for the first hour. The course took us through restaurant and bar lined streets with crowds of people. At miles 3 and 16,

we ran on the turf of Camp Randle (the University of Wisconsin football stadium). At the 13.1 mile turnaround, I finally looked at my overall time and realized I only needed to run 10:00/mi to finish under 12 total hours. I expected a wall at mile 18 and once that passed, I felt good, but I knew the last 8 miles would be difficult. I kept it at a comfortable pace and didn't try to make anything happen until mile 22. Miles 20-23 had some uncomfortable hills through the UW campus, so I pushed my “make it happen” mark to mile 23... then 23.5... then at mile 24 my quads decided they were done. Weighing my options, I decided the 12 hour overall time would require too much work. I walked a bit more than planned and chatted with some people taking similar breaks. I knew I was going to be well within my “before sunset” goal time of 12:20 hours so I just tried to keep moving. Anything the volunteers were handing out, I consumed (coke, water, Gatorade, chicken broth, pretzels, bananas, grapes... had someone offered beer, I would have taken it). I turned the corner at mile 25.8ish and saw the finish line. Not sure what my pace was, but I felt like I was sprinting, using crowd energy to drown out my screaming legs. I got a little emotional with 0.1 mile to go, but told myself to suck it up so I wouldn't have a cry baby face in my finish line picture.

**Post-Race**

Lindsey was exhausted after chasing me around the course all day trying to get pictures so we decided to go back to the hotel and relax a bit. The shower was the most painful part of the day; I chaffed in places I didn't know I could. We ordered a pizza and watched the end of the Cowboys game in bed. The next day, I made sure to buy enough M-dot merchandise to leave little doubt that I had finished an Ironman.

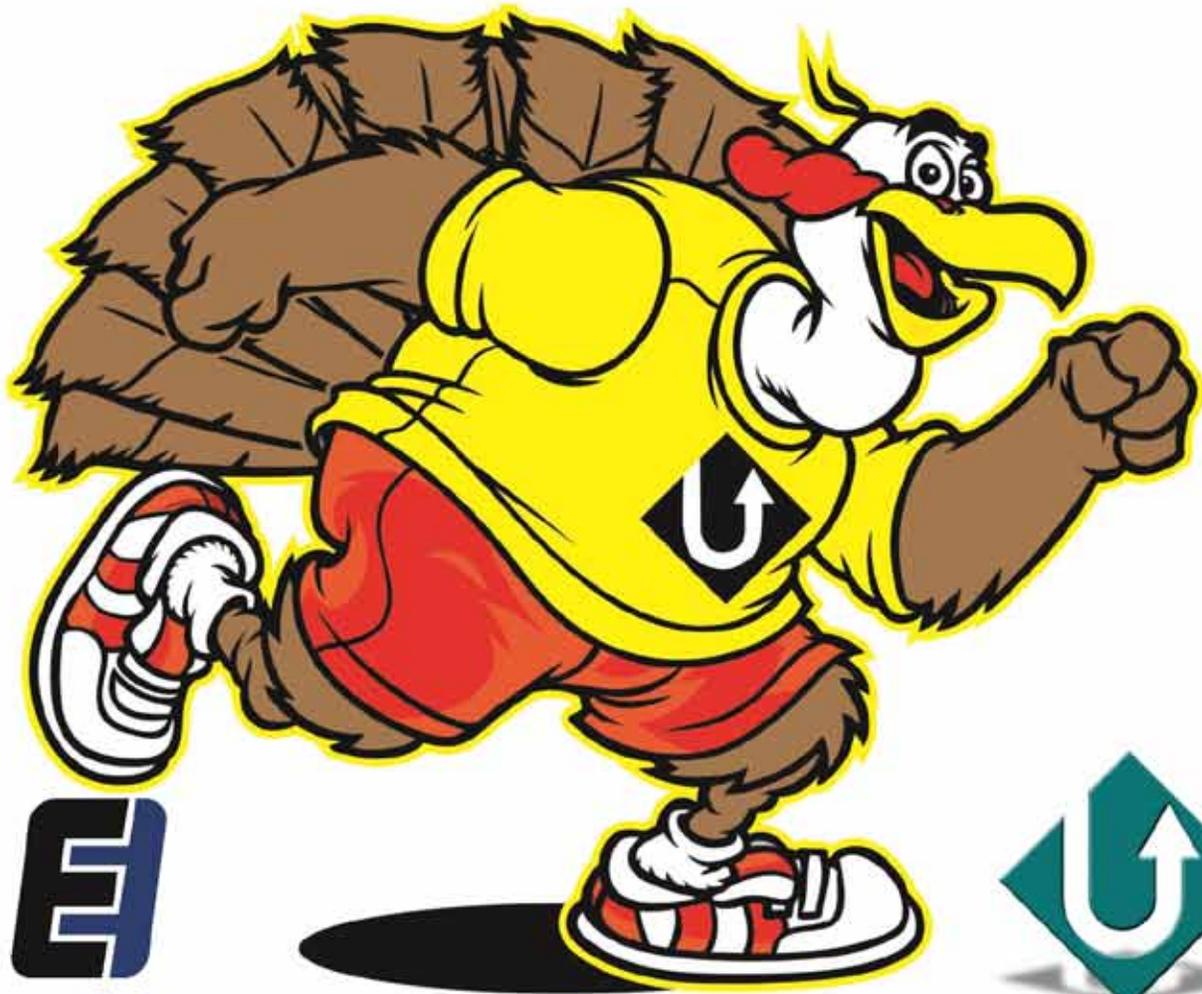
All in all, it was a fantastic day with perfect weather - low 70s, overcast, with a 10-12 mph NE wind. I am very pleased that all of my hard work paid off and I could finish this challenge in a respectable time. I want to thank my friends and family for all of the support, notes, thoughts, prayers, and cheering online from afar.

# 2013 Edmond Turkey Trot

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5k, 1 Mile Wobble

Pets Are Welcome

# How to taper

By Camille Herron

Over the years, I've learned there's both an art and science to getting the taper right to maximize one's performance on race day. Here are my thoughts (primarily on tapering for the marathon).

## “Tapering doesn't work for me”

I used to be one of these people who would say the above. Tapering works, if done correctly and figuring out what works for you! As taken from a good article:

<http://excelsiorsports.blogspot.com/2008/12/tapering.html>

Keys to a correct taper:

- **Keep the frequency relatively the same.** For instance, if you run five days a week... keep running five days a week. When you start cutting out days or cutting out too many runs, it “shocks” the body and can make you feel lethargic. The body likes to move, move frequently, and be in a normal routine. Personally, I'm used to running twice a day, and I will even do two short runs the day before the marathon.

- **Gradually cut back the duration of runs.** Do this in a step-wise fashion, maybe cutting back about five minutes a day on a run. For example, I'll start cutting back my easy day runs, from 90 minutes until I'm down to around 60 minutes.

- **Keep intensity the same,** but do fewer intervals or shorter hard runs. I'll decrease mile repeats from six to three the week of a marathon. I'll cut back my progression runs from 60 minutes to 30 minutes.

- **When to start tapering is really up to the individual and through personal experimentation.** You might start ten days out or two to three weeks out. For a peak marathon, I'll start my taper ten days out—if I start tapering too far out, I start to lose my aerobic power and feel flat. If I'm not doing a peak marathon, I'll only do a two or three day taper.

- **How much volume to cut back also depends on personal preference.** My opinion is cutting back 50-60 percent is overkill (but maybe it works well for some people?! My sweet spot for cutting back volume is 25-30 percent.

- **Don't forget to listen to the body.** You might have some extravagant “training plan on paper” that you intend to follow. However, feel free to modify your taper, as needed. I don't follow the exact training plan leading up to every single marathon. The mind and body might want to do something different or need to move workouts around—this is OK!

## What's the benefit of tapering?

As best stated in the article above:

*“In practice, the trick to peaking seems to be to maintain training frequency and intensity in order to minimize detraining or atrophy, while reducing volume in order to manage fatigue and achieve a slow-to-fast shift [in muscle fiber changes] as well as an increase in energy stores.”*

## Should you change your diet/hydration at all while tapering?

By gradually cutting back the duration of runs and thus the volume, while keeping the diet the same, you will naturally start to store up more glycogen. Glycogen is a carbohydrate, so you are also storing up more water, which may make you feel “heavy.” Personally, about three to five days into a taper, I start to feel lethargic and heavy from the taper—totally normal! Then, one to two days before race day my legs feel fresh and ready to fire-- probably has to do with the muscular changes and switch from slow twitch to fast twitch.

## “I start to feel muscle aches when I taper”

Don't freak out if you get muscle twinges during the taper! What happens is because you're resting the

**See Taper, on page 8**

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](http://www.camilleherron.com)



12TH ANNUAL

# LITTLE ROCK MARATHON

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MARATHON ~ HALF MARATHON ~  
10K ~ 5K ~ KIDS MARATHON

# MARCH 2, 2014

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**Taper continued**

body more and moving less, the body starts to heal itself and form scar tissue. I think of it as being like “cobwebs” forming within and around the muscles. Normally the muscles are fairly pliable and stretched when you’re putting in regular mileage. Because of the healing scar tissue, it can make the body a little tighter.

If you find yourself developing muscle twinges, you could try foam rolling, The Stick, massage, or ART. When I went to Twin Cities in 2009, I developed a cramp in my calf one to two days before the marathon. Fortunately, my roommate had brought a Stick with her – between using that and wearing my compression socks at night, I was able to work it out by race day!

**“How much of a difference does tapering make?”**

I’m honestly not sure if there’s any research studies on this. Through my own personal experience (peak marathon taper vs. non-peak marathon), I will

drop two to five minutes depending on the course and conditions. Definitely experiment for yourself and see what a difference the right taper can do for you!

**“Running back-to-back marathons within a short time frame– How should I taper and recover?”**

It really depends on the timeframe between marathons and the importance of each race on how to taper. Depending on the seriousness of the first race, you can do a full or partial taper. After the first marathon, what I find works best is taking one to two days totally off and then doing a “reverse taper” to build back up to regular training. It may depend on the person, but I consistently get the “spark” back in the legs by eight to ten days. When I start to feel this, I’ll do short repeats (like 90 second pickups) to stretch out the legs and get them turning over again. A short race may be beneficial to “jump start” the body. Then it’s a matter of the timeframe to the next marathon and what you can do training wise.

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SECOND ANNUAL  
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DECEMBER 14, 2013

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**OKC'S FROZEN 5K CHALLENGE**

Run, scrap, drag and climb your way through our 5K frozen challenge course located at I-35 & Wilshire Blvd in OKC. This December we'll take you over the mountain and through the woods but we ain't going to Grandma's house. It'll be chilly, it'll be dirty, and you're gonna get wet. Well, only if you're brave enough to take our PLUNGE. So come break a sweat, catch a chill, and help raise some money for the Limbs for Life Foundation.

presented by  
OKCASC  
ATHLETIC & SOCIAL CLUB




**MONDAY, NOVEMBER 11, 2013**

**SALUTE THOSE WHO HAVE FOUGHT FOR OUR FREEDOM.**

## **VETERANS DAY FREEDOM RUN**

MIDWEST CITY • NOVEMBER 11, 2013

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### **EVENT LOCATION**

MIDWEST CITY IS LOCATED EAST OF OKLAHOMA CITY ON INTERSTATE 40. EXIT DOUGLAS BOULEVARD AND GO NORTH ONE MILE TO S.E. 15TH STREET. TURN WEST AND PROCEED TO CENTURY BOULEVARD. THE RACE WILL BEGIN ON CENTURY BOULEVARD AND WILL WIND THROUGH JOE B. BARNES REGIONAL PARK.



### **COURSE INFORMATION**

THE 5K SANCTIONED VETERANS DAY FREEDOM RUN WILL START AT CENTURY BOULEVARD AND REPUBLIC AVENUE NEAR THE INTERSECTION OF CENTURY BOULEVARD AND S.E. 15TH STREET. EMERGENCY FIRST AID AND A WATER STATION WILL BE AVAILABLE. MAJOR ENTRANCES TO THE PARK WILL BE HELD FOR ALL PARTICIPANTS. THE EVENT WILL ADHERE TO USA TRACK & FIELD RULES.

BABY JOGGERS, STROLLERS AND WHEELS OF ANY KIND (EXCEPT COMPETITIVE WHEELCHAIRS), HEADPHONES AND ANIMALS (EXCEPT SERVICE ANIMALS) ARE FORBIDDEN ON THE COURSE.

### **EVENT SCHEDULE**

MONDAY, NOVEMBER 11, 2013

6:30 A.M. REGISTRATION

7:15 A.M. REGISTRATION IS CLOSED

7:15 A.M. OPENING CEREMONY

7:30 A.M. 5K RUN/WALK STARTS

AWARDS PRESENTATION WILL FOLLOW THE RACE

RACE WILL RUN RAIN, SHINE OR BLIZZARD.

SORRY NO REFUNDS.

**REMEMBER VETERANS DAY  
PARADE BEGINS AT 10 A.M.!**



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FOR FREEDOM

**MIDWEST CITY**  
CONVENTION & VISITORS BUREAU



# A 5K to Remember: The Brookhaven 5K

*By Lauren and Tamara Smith*

The Landrunners recently had the opportunity to run a 5K with a very special young lady. Lauren Smith, who some may recognize as Little Miss Wheelchair of Oklahoma, completed the Brookhaven 5K as part of the Landrunners Oh!! What a Ride!!! Program with the assistance of Chuck Mikkelson. After the race, Lauren described the experience. "It was very fun! It meant a lot to me to be able to participate in the Brookhaven 5K. I normally can't do anything like that, even on the playground I feel sad because I can't run and play like the other kids. The 5K was very exciting to do and meant even more to me that I was able to do it with my dad!"

For those around her, it is heartbreaking to know how sad Lauren is not being able to physically do the same things as other kids her own age, including her twin sister, Cheyanne. For Lauren's mother, Tamara, seeing Lauren round the first corner in the race put a huge smile on her face; her baby was in a 5K! Tamara never thought she would see the day that Lauren would do something like complete a 5K race although Tamara always tells Lauren that she can do whatever she sets her mind to. Adding to the exhilaration of the day, Lauren's father, Mike, was able to push her across the finish



*Mike Smith, Lauren Smith and Jim Roblyer*

line, which was just amazing! Lauren had the biggest smile on her face and was giving a thumbs up as they crossed. Tamara couldn't be more proud of Lauren and she wishes to thank the Landrunners from the bottom of her heart for allowing Lauren to participate in the Brookhaven 5K in the Oh!! What a Ride!!! program.

For more information and a possible TEST RIDE, and/or to schedule event rides, contact Jim Roblyer at 405.397.8671 or [jfroblyer@yahoo.com](mailto:jfroblyer@yahoo.com).

## Yoga Pose

*By Jennifer Henry*

**Eagle pose** - Cross right leg over left as if you were sitting cross-legged in a chair. Your right foot may hook behind your left calf or toe touch the floor for balance. Then raise your arms crossing the left arm over the right with thumbs toward

face. The back of your hands or palms should be touching if possible. Keep your shoulders down and raise elbows to stretch your shoulders. Bend deep in your knees if no knee pain to stretch the hips. Stretches hips, ankles, quads, shoulders and upper back.



**10th Annual**  
**CHILL**

**YOUR CHEEKS**



**5k Run**

**Yukon's Christmas Run**

**Saturday, November 23, 2013**

Chisholm Trail Park, 500 W. Vandament Ave.

Run Begins at 4:30 PM

*(Course Closes at 5:30 PM)*

**Yukon**  
*is the season*

**Entry Fee**

\$25 Adult (\$30 after Nov. 8)

\$20 Youth (\$25 after Nov. 8)

*Register by Nov. 8 to be guaranteed a shirt*

**RACE DAY FEE:** \$35 Adult/ \$30 Youth

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To mail or download form

**In Person**

Yukon Community Center

2200 S. Holly Ave.

Yukon, OK

**Day of Registration**

3:00-4:15 PM

Race is Chip & Gun Timed

*Awards based on Gun Time*

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# CAM Walkers

By Tom Coniglione, MD



Being around other runners, you have seen these. If you have had personal experience with these devices, we, your running friends, sympathize with you. These are known by several names: Controlled Ankle Motion walker (CAM walker), walking boots or walking casts.

## WHAT DOES THE CAM WALKER DO?

After surgery on the foot, we do not want the operated area to receive any more impact than is absolutely necessary. This device enables even distribution of the weight and impact of hitting the ground; the injured area is spared impact trauma.

**CAST?** Certainly, a cast would provide the same freedom from impact. Casts, however, cannot be removed. If we use a cast to cover the lower leg and foot, we soon learn what can happen under the cast. Under the cast, the skin darkens and wrinkles. The muscle atrophies. The joints immobilized by the cast get stiff and the ligaments weaken. Yes, the cast immobilizes the injured area so healing can occur. No, nothing good happens under the cast.

At night, when the CAM walker is removed, we can do range of motion exercises to prevent the ankle from stiffening. The muscles of the foot and leg can be exercised so they maintain strength. Once the CAM walker is removed, we can examine the skin to be certain there is no irritation from the device itself. Most importantly, once the CAM walker is removed, we can take a shower!

**OTHER USES:** When there are injuries where we do not want impact, a CAM walker can be useful. We have used them for Achilles tendonitis, foot and leg stress fractures in the foot and plantar fasciitis.

**SIZE AND FITTING:** CAM walkers come in sizes proportional to foot size. Instructions in the package are usually easy to follow. In most professional offices where CAM walkers can be obtained, there is a staff person with expertise in fitting the CAM. When wearing a CAM, always use a sock under it. The CAM walker has a rocker bottom shoe to enable a heel to toe gait.

The heel height of CAM walkers varies from 1.5 cm to 6 cm:  $\frac{3}{4}$ " to 2". The heel height of running and street shoes varies also. It is important to make certain the heel heights of the CAM walker and the shoe on the normal foot are the same. Unequal heel heights can lead to pain in the knee on the same side as the CAM or pain in the opposite hip.

**WHY WE TRY TO NOT USE CAM WALKERS:** When walking in a CAM walker, the gait immediately becomes abnormal. Pain in the knee happens. Pain in the opposite hip happens. We do not want either pain. In people who have used CAM walkers for a long period of time, we have seen knee cartilage damage and hip cartilage damage.

**CAM WALKERS FOR STRESS FRACTURES:** Remember, stress fractures heal when the stress is removed. Avoiding stress (impact activities/running) is often enough to heal the fracture. When CAM walkers are used for foot stress fractures, they do not have to be used for a long time. We only use the CAM walker "for comfort", referring to comfort in standing, walking and working. When the stress fracture is in the heel bone (calcaneus), it is hard to fully relieve all the pain without a CAM walker, but we should try to get along without one. For stress fractures in the small bones of the foot (metatarsals), we often do not need a CAM walker.

**The good news** about CAM walkers is the price. In the past couple of years, the price has dropped dramatically. CAM walkers can now be purchased at the local pharmacy or online for \$50 to \$80.

NOVEMBER 23-24, 2013 | TULSA, OKLAHOMA

# TIME TO ROCK THE ROUTE!

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**Williams**  
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**November 28, 2013**

**Downtown Oklahoma City**

**8:30 am Fun Run \* 9:00 am 5K Run**

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Little Willie's

# TRIPLE DOG DARE



New for 2013!  
**TRIPLE DOG DARE**<sup>2</sup>  
(yep! that's 276 fights!)

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**Saturday**  
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November 2013

# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
11/2	Central DASH 5k	Yukon MS @ 9:00am
11/2	Blue Streak 5K & 10K	Stillwater @ 9:00am
11/2	Race with the Stars	OCU @ 8:00am
11/2	PC Cancer Classic 5K*	Stars & Stripes Park @ 8:30am
11/3	DRC Half Marathon & 5K	Dallas, TX @ 7:30am
11/9	The Good Fight Race 5K	Lake Hefner S&S @ 8:00am
11/11	Veterans Day Freedom Run	Midwest City @ 7:30am
11/23	Chill Your Cheeks	Yukon @ 4:30pm
11/24	Williams Route 66 Marathon	Tulsa @ 8:00am
11/28	Edmond Turkey Trot*\$	Downtown Edmond @ 8:00am
11/28	OKC Turkey Tracks	Downtown OKC @ 8:30am
12/7	Triple Dog Dare Stair Climb	Downtown OKC @ 8:00am
12/14	Landrunner Trail Sweep	Stars & Stripes Park @ 9:00am
12/14	Freezer Burn 5K	I-35 & Wilshire @ 10:00am
12/14	MWC NightLights Run	Joe B Barnes Park @ 5:45pm
12/16	Christmas Potluck @ Bentson's	2601 Warwick Dr @ 6:00pm

\* Denotes Series Races

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