

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

December 2013 | Issue No. 212

One Race – Two Endings

By Katie Kramer

I have run the Wichita Prairie Fire Marathon twice and have had two very different experiences. I'll start by describing the first one in October 2011.

The Prairie Fire Marathon happened to be the Landrunners bus trip in the fall of 2011. It also happened to be one week after the St. George Marathon which I was already registered for and had to fight my way to get into. Prairie Fire also offered a nice cash prize, so there was no way I was going to pass up either one of those marathons. I ran hard in St. George, very hard. It was a lot of downhill and it beat up my legs. I was in no way recovered enough to run another hard marathon, but I was sure going to try!! I did a couple short runs that week between the two races. I had a strange feeling in my right hip. It wasn't really pain; I will just call it a "sensation". I had that same sensation the morning of Prairie Fire when I was warming up, but I'm a runner and things feel weird all the time. I didn't think anything of it. The gun sounded and I was off - fast... I wanted that prize money. My plan was a new bike!

I was actually feeling quite good at first. I was in the lead and I held it for 17 miles, but then that sensation turned into some discomfort. It started to ache, then hurt, then the second place female passed me, and then it happened. By mile 21 the pain was so bad I started walking, really it was more of a limp. I attempted to jog, but the pain was so bad, my eyes started to water. I sat down on a curb at mile 22. I couldn't quit, that was against my policy!! I got



Katie Kramer

See One Race, on page 6

Landrunner Calendar of Events

Date	Event
12/7	Triple Dog Dare Stair Climb
12/7	Northcare Reindeer Run*
12/14	Landrunner Trail Sweep
12/14	Freezer Burn 5K
12/14	MWC NightLights Run
12/16	Christmas Potluck @ Bentson's
12/21	Naughty or Nice 8K*\$
1/1	New Year's Day 5K BLASTOFF
1/11	The Elvis Run 5k & 10k
1/18	Freeze Your Face Off

Location/Time
Downtown OKC @ 8:00am
NW 50th & Meridian @ 9:00am
S&S, Lake Hefner @ 9:00am
I-35 & Wilshire @ 10:00am
Joe B Barnes Park @ 5:45pm
2601 Warwick Dr @ 6:00pm
S&S, Lake Hefner @ 9:00am
Downtown OKC @ 9:00am
Lake Hefner, East Wharf @ 9:00am
Downtown OKC @ 4:30pm

* Denotes Series Races

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

Landrunners In Action

10/6 SPIRIT OF SURVIVAL HALF MARATHON, OK

KYLE GARRETSON	1:27:32
ROGER JACOBI	1:39:01
DALE WEISER	1:40:08
LINDSAY LONG	1:43:03
DAVID DILLINGHAM	1:43:16
NOUREDDINE MEDIUMI	1:44:18
CHASTITY TEETER	1:46:42
BENNIE SCHUCHART	1:52:10
DUSTIN BAILEY	1:52:25
ERIC SHELTON	1:52:58
MATTHEW MCBEE	1:55:14
JAMES CLAY	1:57:42
ROBIN GARRETSON	1:58:04
OWEN GARRETSON	1:59:15
SEAN CLAY	2:00:58
PEGGY WOOD	2:02:57
SEAN MCCLINTOCK	2:05:28
TAMMY CRAWFORD	2:06:21
KRISTI GRAY	2:06:55
JENNIFER BAILEY	2:07:17
TIFFANY HOCKENBARGER	2:12:13
RALPH BRECKENRIDGE JR.	2:15:31
COREY EUBANKS	2:18:21
KEVIN MCQUEEN	2:18:21
JEREMIAH GRANT	2:19:29
DAVID MCBRIDE	2:21:53
BROOKE RILEY	2:25:37
CRYSTAL GULLEY	2:26:42
CLAUDIA ABRAMSON	2:28:13
MADISON ROBINSON	2:29:14
JENNIFER ORTIZ	2:29:45
SARAH KNIEF	2:30:47
MARIO ABRAMSON	2:31:33
MATT KINMAN	2:31:35
PAMELA DE LOS SANTOS	2:32:59
KIMBERLY ESTORGA	2:38:38
KRIS HOWELL	2:38:38
DOUG HATCH	2:42:38
DAVID GALLANT	2:44:09
MADONNA GALLANT	2:44:09
TOM BRIGGS	2:47:27
JEFF WOLF	2:49:52
RACHELLE SELENSKY	2:50:11
RICK HOWELL	3:02:06

9/21 SALT CITY RUN FOR THE ROCK, KS

JENNIFER STONG	1:52:54
DONALD STONG	1:57:34

10/13 BOSTON HALF MARATHON, MA

MARY HAMMER	1:51:18
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10/19 KANSAS CITY MARATHON, KS

MARLON ONCO	3:44:45
GINA STONE	3:55:51
SHELLEY FEHRENBACH	4:09:38
KARI BROWN	4:13:17
JUSTIN CHAN	4:13:17
CARRIE BLUMERT	4:15:34
TAMMY CRAWFORD	4:56:29
SHANNON VARENHORST	1:55:58 – HALF
HENRY VARENHORST	1:57:37 – HALF
KEITH HUDSON	2:03:51 – HALF
SEAN CUMMING	2:29:56 – HALF
MADONNA GALLANT	2:36:27 – HALF
DAVID GALLANT	2:39:01 – HALF

10/20 DENVER ROCKNROLL MARATHON, CO

JENNIFER STONG	4:16:34
DONALD STONG	1:48:50 – HALF

10/20 NIKE'S WOMEN'S MARATHON, CA

JENNIFER FLETCHER	5:14:31
COURTNEY FRENCH	2:46:10 – HALF

11/3 NEW YORK CITY MARATHON, NY

DAVID SOOTER	3:32:40
JOSEPH WARFIELD	4:21:19
DAVID WOODWARD	4:31:56

11/3 RALEIGH CITY OF OAKS MARATHON, NC

TIM FISCHER	3:07:09
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11/3 BASS PRO SPRINGFIELD MARATHON, MO

CAMILLE HERRON	2:29:20 – 1ST FEMALE
GINA MARLAR	4:06:43
LARRY RUBENSTEIN	5:17:29
SEAN MCCLINTOCK	2:04:39 – HALF

11/9 ROCK'N'ROLL SAVANNAH MARATHON, GA

AMY PANNELL	4:01:44
SHILPA ABBITT	4:31:32

11/10 PENSACOLA MARATHON, FL

TAMMY CRAWFORD	4:47:47
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11/10 HARRISBURG MARATHON, PA

BILL GOODIER	3:43:00
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11/16 RICHMOND MARATHON, VA

MAURICE LEE III	3:44:52
JAMIE KILPATRICK	4:33:41

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

THE 14TH ANNUAL
OKLAHOMA CITY MEMORIAL
MARATHON

— APRIL 27, 2014 —



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

RUN TO **REMEMBER**

Improving Quantity and Quality of Sleep

By Camille Herron

By understanding the human body, you can know how to naturally regulate your own endogenous hormones to improve your health and athletic performance. One such example is improving the quantity and quality of sleep to increase your daily/nightly surge of **growth hormone**. This is why elite athletes sleep so much, including naps—not just because of being physically tired, but because they know how important sleep is to the rebuild and repair process.

The key factors here are **quality and quantity**. Most of us know the quantity part, needing around seven or eight hours of sleep per night. Some people can function fine on less... others need more. What's difficult to judge is **quality of sleep**. Is it quite possible we're not getting as good of sleep as we could be? This is where experimentation comes into play.

Knowing how powerful sleep is, last summer I started working on improving our sleep environment. Here are some ideas.

Ear Plugs—I started using Ear Plugs back in 2008. I felt like they helped A LOT to block out noise and not be disturbed. We buy a big container of the 33 decibel

purple ear plugs at Walmart (great if you have narrow ear canals).

Black out Curtains—We bought some black out curtains a few months ago to make our bedroom darker while we sleep or nap. These are great, as we have less light glaring in to wake us up.

Pillow—there are different pillows for different sleep positions. Last summer I visited several stores, including Bed Bath and Beyond, and settled on a Sheex Side Sleeper Performance Pillow. One thing I hadn't thought about was **body temperature**. There's an optimal temperature your body needs to be at to transition to deep sleep. I consider myself a hot and heavy sweater at night. I liked what Sheex mentioned on the pillow, being a "performance bedding company" with the mindset that bedding should be like athletic wear- temperature control, moisture transport, breathability. From a mechanical standpoint too, it's important to find the right material, thickness, and shape to support your head and neck.

Immediately I noticed a difference after getting this pillow—head felt cooler at night, less sweating, less tossing and turning, and waking up more refreshed in the morning. I also noticed my feet felt less sore and stiff stepping out of bed. I should add that make sure you get the right sized pillowcase for the pillow. Knowing how important a good pillow is to sleep quality, you might even consider taking your pillow with you when you travel.

Comforter and sheets—we bought a down comforter when we moved into our new house. I LOVE it! It's comfortable during the winter and summer, and I feel like my body temperature stays more consistent through the night.

As far as sheets, this is another area where comfort and body temperature matter. I had always heard the threadcount dictates the comfort, but it really comes down to what feels good to you. Last summer I visited my

See Sleep, 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



12TH ANNUAL

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One Race continued

up and started limping. It was then my friend Pete found me. He encouraged me to keep going and walked with me four miles to the finish. To this day, I am grateful to him and consider him my guardian angel that day!

Somehow I made it to the finish, got my medal and my shirt, but it was so different from any other marathon I have ever finished. I limped to the bus and was greeted by my friends. Nobody really knew what to say, and I was ok with that, as I really did not want to talk. I was supposed to have won this marathon, and here I was in pain and couldn't walk. What was going on???

The next day I went to work. About halfway through the day, the pain was so intense I couldn't take it anymore, I emailed Dr. Tom. He met me at his office right away and called for an x-ray. The x-ray confirmed my worst fear....fracture. He let me cry for what seemed like forever and finally I hobbled out of his office. Dr. Tom is incredible, by the way! My life was going to be very different for the next eight months.

Two marathon registrations were gone for sure, a lot of money down the drain. I took about two weeks off from all exercise and just felt sorry for myself. I was in so much pain there was nothing I could do to make it go away. Finally, I couldn't take it anymore and I had to do something to change this. I went to the pool. I couldn't even use my legs, but I swam. And I swam A LOT!! Hours a day. I loved it as I could do something!! I averaged two hours before work and an hour after work in the water.

After about a month of that, I attempted the stationary, recumbent bike. It was ok, no pain if I took it nice and easy. Two weeks after that, I started walking without crutches. I had a little bit of a limp, but it didn't really hurt. Another month and I tried out the elliptical. No pain - I thought I had died and gone to heaven!!! On Christmas Day I attempted a jog on my parent's treadmill, that hurt... it was a little too soon so back to the elliptical!!

For another month, it was pool, elliptical, and my brand new bike. Everything was going well! Four months after the initial injury, I started sneaking little short treadmill runs. A mile here, a mile there, it felt so good!! One mile quickly turned into four which turned into six..... The day of the Jack Rector Beacon on the Bay I ran seven miles - best run EVER!

I ran the OKC Memorial half in 2012. I did not want to risk reinjuring myself by attempting the marathon. I completed Grandma's Marathon in June 2012 in a very slow time, but, hey, I did it! I had my first post injury marathon win at the Okoboji Marathon in Iowa that summer. I PR'd in the 5k at Brookhaven. I completed the Redman 70.3 triathlon, and ran a 3:02 marathon for the win in Layton, Utah that fall. Yep, I was back in full force!!

I did several marathons the fall of 2013, all right around 3:05. My biggest accomplishment came at Grandma's Marathon in Duluth, MN in June 2013. I ran a marathon in 2:50:28. My confidence was restored.

I am at the start line of the Prairie Fire Marathon two years later (October 2013). I'm a little nervous and a little excited - I really don't know what will happen. I take off, I'm feeling awful!! But I run on. I feel better and I am holding a decent pace. I continue to hold it!! The next thing I know, I am past mile 17. I'm past mile 21. I am past mile 25. I am at mile 26 and I am still leading!!! I crossed the finish line in 2:59:07 (26.6 miles by my Garmin - long course) and I won!!! I accomplished my goal from two years prior!! I still can't describe my feelings from that day. It was similar to that day in Minnesota when I ran a 2:50 marathon.

There are some things in life you want so much that when you actually get them, it seems so unreal you just want to laugh. I guess I will just keep laughing at and loving this thing called running. It keeps me guessing every day! Happy running, All!!

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Sleep continued

brother and got to sleep with modal fabric sateen sheets made by Pure Beech (at Bed Bath and Beyond). I slept so well with these sheets I decided to buy some! They are thin, soft, and breathe well, which is great since I'm a hot sleeper.

Mattress—it's recommended to test out mattresses to figure out what fits your personal preferences. This can be challenging if you and your spouse have completely different preferences. My parents recently bought two different Tempur-Pedic mattresses that match their personal preferences and fit together into one bed. I've always slept well on pillow top mattresses and even slept well on a 1950's mattress at my grandparents. One thing to note is mattresses do wear out. I once slept on a mattress at my grandparents that had become "crowned" in the middle- it messed up my back! I also lived at a motel in Colorado and had to put an egg crate cushion on the bed to improve the comfort.

Room Temperature—this is another important factor to think about. If you know what you like in your own house, you know what to set the thermostat at in hotels.

Fan—we always run our fan at night, which probably makes it feel a bit cooler than what the thermostat is set at. I'm very sensitive to having the air circulating so I can breathe better.

F.lux program on computer—there's a program called F.lux that changes the lighting through your computer according to the natural light outside. I've had the program on my computer for a while and I do believe the changes in lighting makes it easier on the eyes.

Caffeine/alcohol in the evening—They say if you're

desensitized to caffeine from eating or drinking it regularly, it doesn't negatively impact sleep. I personally believe the same applies to being a regular alcohol consumer. I have a lot of friends say they sleep better with a glass of wine before bed. However, if you're not a regular caffeine or alcohol consumer, you probably should avoid them in the evening close to bedtime.

Magnesium & Melatonin—Magnesium is a natural muscle relaxant. I hadn't heard of it helping with sleep until I read an article about how elite runners Tera Moody and Bobby Curtis struggle with sleep issues. Melatonin is also mentioned as a sleep aid. However, it's an endogenous hormone, so supplementing with it could mess with body physiology. If you have sleep issues, you should discuss it with your doctor.

Napping—If you can fit even a brief nap into your day around lunch time, you can get an added surge of growth hormone and boost how you feel/recover/react/perform.

Lastly, Jeff Gaudette wrote an excellent article with numerous sleep tips, like: 1) Don't exercise close to sleep, especially high intensity exercise; 2) Follow a consistent sleep routine; 3) Be careful with fats, carbohydrates, and food allergies before bed. I think a lot of this depends on personal preference. I have to eat or drink something before bed (usually a bowl of ice cream), or I end up feeling hungry in the middle of the night.

http://running.competitor.com/2013/06/training/tossing-and-turning-sleeping-issues-for-runners_51514

If you struggle with sleep/sleep-related issues, feel free to discuss it with your physician.

Jackson Hole Marathon and Half Marathon



Landrunners Bill Goodier, Sheila Miller, Alden & Bill Snipes, Mary & Chuck Mikkelson, finished the Jackson Hole Marathon and Half Marathon. Post-race celebration at Dornan's with view of the Grand Tetons.

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HOW CAN IT BE A MUSCLE IF IT HURTS SO BAD?

By Tom Coniglione, MD

First, the short stories of two runners. He wanted to see how fast he could run a 5K. For weeks after that 5K, he had pain over his hip every time he ran. Because of the pain, he changed his running to slower and shorter distances. Over two months the pain improved. He continued running, but at a slower pace. Five weeks before he was seen in the office he started doing “core” exercises including sit ups. Two weeks before being seen he was unable to run, even slowly, because of the pain.



The pain was over the crest of the ileum – right about where your running shorts touch the bone. When his fingers were over the top and behind the iliac crest, there was pain deep in that muscle.

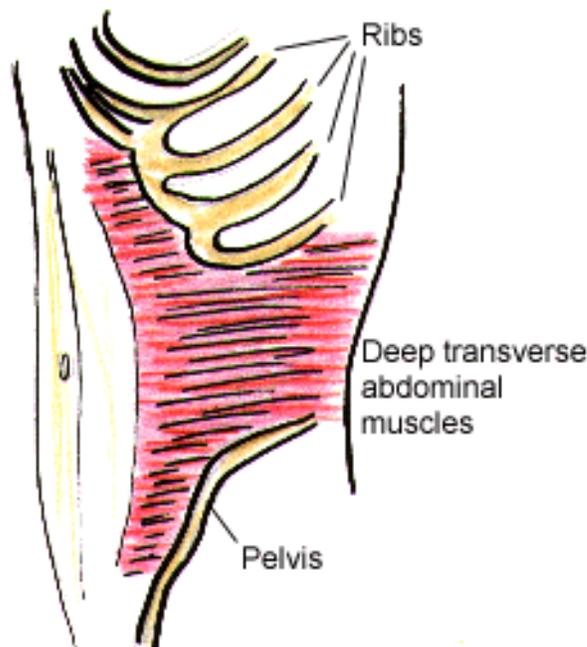
The second runner cornered me at a non-running event. She had been doing a “cross fit” program that included heavy core exercises: sit ups, crunches, bicycle crunches, curl ups and some exercises that were not yet named. She hurt when running, after doing sit ups, and even when turning over in bed.

For some reason, when runners ask questions about pain like this, they expect to have the painful area examined – through clothes and in front of whoever happened to be standing there. Her pain was in the same area.

The fourth cause of pain over the iliac crest is “baby on the hip”. Picture a mom carrying a baby on her hip.

Any muscle strain hurts. The more you use an already strained muscle, the more it becomes inflamed and inflammation causes pain. Continuing to do sit ups with a strained abdominal muscle, will cause more pain in that muscle. Core is important, but so is moderation an all we do.

Transverse Abdominals



I told her the injury seems to be overuse of the transverse abdominal muscle. As soon as I spelled the name of the muscle she pulled out her smart phone, probably to see how smart I was. As she started searching in her phone she said: “a muscle can’t hurt that bad.....this hurts really BAD.”

Pain over the hip is more complex than it has been portrayed here. With a runner’s story as clear as these, understanding their hip pain can be reasonably uncomplicated.

Between the two runners, we have both of the more common causes of straining the transverse abdominal muscle: speed and sit ups. When we sprint, we rotate the upper body in the same manner. This is how speed causes a strain of the transverse abdominal muscle.



Picture this guy on the left. He is rotating or applying torque to his upper body. Some runners’ natural running motion involves torque of the upper body: running with the elbows flexed and tight to the chest, turning side to side with each stride. Thus, a third cause of transverse abdominal muscle strain: running style.

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The Hilly Weekend in Kansas City

By Shannon Varenhorst

On Saturday, October 19, 2013, I ran the Kansas City Half Marathon for the first time. Kansas City is a beautiful city that crosses into both Kansas and Missouri. The race is downtown on the Missouri side. There are two hotels right at the start and finish line, the Sheraton and the Westin, and they are connected to shopping areas by tunnels called “links”. There is a Lego Discovery Center and a Sea Life Aquarium. There is also the Plaza area where you can walk and shop at many different stores on several streets and lots of restaurants.

The Kansas City Marathon had a medium sized expo with some cool giveaways like BBQ sauce, Frisbees, socks, and lots of race discounts. Their packet pickup was very organized and quick, but parking was crazy. The race itself was a lot of fun. Race morning it was very cold. The sound system was messing up during the national anthem so everyone just sang aloud without music which was really neat. There were bands playing during the race, they had great water stops and there were a lot

of them; also, there were a lot of people cheering us on. It was spectator friendly in that they gave maps and directions of how to get to easy viewing spots to watch the runners. They had some barricades, but had openings so people could easily cross.

The course itself was VERY hilly. It was hillier than Austin. They had plenty of pace groups and everyone seemed to line up by the honor system so the corrals flowed smoothly. One guy knitted while he ran the marathon and he set a world record for the longest scarf! They had really pretty finisher medals and at the finish line you get a BBQ sandwich and a beer. I wish I would have trained for the hills more so I would have been first. Next year I will be more prepared for the hills as I know I really want to run a 1:40 or better, but this past year I have enjoyed getting to know several new courses. I have done five half marathons so far this year and really like running long distances. My time was 1:55:16 which was good enough for second place in the 17 and under age group, but not a PR. However, I did beat Karl Krokstrom’s brother!

Yoga Pose

By Jennifer Henry

Supported Pyramid Pose - Using a chair or other support, hinge forward from hips and place hands or forearms on chair.

Keeping hips square and back straight, continue to fold over front leg. If hips start to shift, bend knee on front leg. Stretches hamstring, hips and calves.





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Going From Walker 2 Landrunner

By Tammy Epperson

I never thought I'd be a runner. Even in grade school gym class, I'd be toward the back of the pack gasping for air when we had to run those dreaded laps. I loved outdoor activities: hiking, kayaking, mountain biking, and just plain old walking. However, I wanted a more rigorous cardio workout that I could do anywhere with minimal equipment that would also let me drop a few pounds (giving up cupcakes is NOT an option). Running fit the bill.

I started running some short distances at slow speeds back in May of this year. I joined the Landrunners, and even went to the river for a couple of their Tuesday night runs. All of the people I met were wonderful, but I was always reluctant to run with anyone because I was afraid I'd hold them back. When the Walker to 5K program was announced, it seemed perfect. The coaches were great. Each week, we would have a speaker who would talk to us about something related to running. We learned about the importance of stretching for preventing injuries, various stretching techniques, how to pick the right running shoes, nutrition, etc. We also heard stories from others about how they got started running and what benefits it had for them. After the speaker we would go on a run for 2-3 miles. At first we started out mostly walking, and then each week we increased the amount of time we would run. For me, the toughest week was when we were running for 8 minute stretches. Those 8 minutes seemed like forever! I also remember feeling great at the end of the evening; tired, but great - like I'd accomplished something really difficult. The running got easier after that, even the longer distances. Being part of a group where we could encourage and cheer each other on helped a lot!

Less than a week after the Walker to 5K program finished, I ran my first timed 5K (I had previously done a 5K "fun run") and finished with a time of 33:00 exactly. My goal is to run one in under 30:00. After that maybe I will start training for a half-marathon, like the OKC Memorial Half Marathon in April.

For anyone getting started in running, I highly recommend finding a club like the Landrunners. Even if they don't have a beginner program, being able to talk to more experienced runners about the sport and hearing their stories is valuable beyond words. Hearing how others got started and the challenges they overcame has helped me stay motivated, and seeing them run half marathons and marathons has given me something to shoot for.



Tammy Epperson

DG Productions Presents
**The 2014 Frozen Nose
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January 11 – The Elvis Run 5K & 10K

(release your inner Elvis and win prizes)



February 1 – The Groundhog Run 8K

(celebrate the end of winter, over and over)



February 15 – Queen of Hearts 5K & 10K

(All you need is LOVE...and running shoes)

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www.okcrunning.org

The Landrunner, the Official Newsletter of the Oklahoma City Running Club, is published monthly by the Oklahoma City Running Club



OKC Landrunners Trail Sweep

Lake Hefner / Bluff Creek

Saturday, Dec 14 @ 9:00 a.m.

7300 N. Portland

Breakfast provided after the sweep!

Christmas Social

Monday, December 16 @ 6:00p.m.

Pot Luck at the Bentson's

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