

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

May 2014 | Issue No. 217

Following in Her Footsteps

By Cynthia Mitchell (mother – Rebecca Cunningham)

It is every little girl's dream to grow up and be like someone who is inspiring in her life. In school, you typically hear girls talking about being doctors, lawyers or the first female President of the United States. I was not excluded from that category as a little girl. I wanted to be a doctor like my cousin, a writer like my dad or anything else that could lead me on a grand adventure. What I never said I wanted to be was a runner like my mom. Not because I didn't want to be just like her, but because it never occurred to me I could be a runner just like her if I wanted to be.

Today, as an adult, well into my 20s, I realize I am a runner, just like my mom. And it is inspiring. The first race I can remember running, and that I can find internet results for, was the 1997 Redbud Classic. In older years of the Redbud there was a two mile and a 10K option. After what felt like much asking, my mom agreed to let me run the two mile race in 1997; I was just shy of 11 years old. I think she had done the race in years before, but I'd never gotten to go, even though I knew I loved to run. Once she agreed that I could run, we signed up, visited the finish line and designated a spot we would meet after the race. The store front of "I Want Cards" would be our meeting place. She showed me how I would finish and where I would go because I would likely finish ahead of her. That year I did finish before her, about five minutes. I went to the store front and waited and soon after she came to meet me. Nothing special that day, but looking back it was the start of a lifetime of running



Cynthia Mitchell, left, and Rebecca Cunningham after finishing 24 The Hard Way in Oklahoma City.

together. For many more years, I could wait for my mom at that store front and without fail every year she would come.

See Footsteps, on page 6

Bridges

By Maurice Lee III, President

George Santayana said “Those who cannot remember the past are condemned to repeat it.” What does that have to do with bridges? Simply this, we need people who have travelled the road before us to help us get to where we’re going. Otherwise we end up wasting time by making the same mistakes. In the company I work for, we would have meetings where we’d try to solve a problem. When I or a newer employee would come up with an idea, one of the older employees might say, we did try that and it didn’t work because of these reasons. But sometimes the response would be, we did try that and it didn’t work then, but it might work now since technology has improved.

When we’re younger, we may think we have all the new ideas and maybe our parents or older people we know are just old fashioned or don’t have any new ideas. When the truth is that older, or more experienced people, are often the bridge between what has been done and what can be done.

Do you know who Judy Weichert was? Did you know that the running club has had three benches installed at Lake Overholser, Lake Hefner, and the River Trails in her honor? If you don’t know who she was, Google her name, or ask me or someone else in the club who you think might know.

I have become a better runner because I have sought the advice of those who have been running longer than I have. I have been able to function as your President because I’ve sought the advice and used the experience of those who have served before me. I hope to continue to not only use these bridges, but also to become one.



**5th Annual
Founder's Day
5K/1 Mile Benefit Run
June 28, 2014**

**FUQUA PARK
DUNCAN, OK**

**5k pre-registration \$20
after June 14th \$25
(5k fee includes t-shirt)**

**1 mile run \$10 (no t-shirt but
can be ordered for \$10 extra)**

REGISTER AND PAY ONLINE!

<http://register.racedayeventservices.com/search/event.aspx?id=25798>



Benefiting



**For more information:
jash@starcomm.net**



www.facebook.com/foundersday5k

THE TUTTLE Area Chamber of Commerce Presents..

Reagan's Run

5K RUN/WALK & 1 MILE FUN RUN

• TO BENEFIT LOCAL SHELTER ANIMALS •

Saturday, May 17th, 2014

TUTTLE ICE CREAM FESTIVAL - 9:00 am

1 MILE FUN RUN - 9:00 am - \$15

5K RUN/WALK - 9:30 am - \$25

ALL PARTICIPANTS WILL
RECEIVE A FREE T-SHIRT
WITH REGISTRATION.

Reagan's "PAWTOGRAPH" &
MEDALS TO THE TOP THREE 5K
FINISHERS - MALE & FEMALE

ALL FUN RUN PARTICIPATES
WILL RECEIVE A FINISHER
MEDAL.

FOR MORE RACE INFO AND TO REGISTER VISIT

www.reagansrun.com

"LIKE" US ON FACEBOOK

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
5/3	OK Autism Piecewalk & 5K*\$	Bricktown Ball Park @ 8:30am
5/4	A Walk in the Park 5K	Lake Hefner S&S @ 2:00pm
5/10	Miracle Miles 5K / 10K*	Lake Hefner S&S @ 8:30am
5/10	The See Spot Run 5K/ 10K*\$	Guthrie @ 9:00am
5/17	OKC Hungryman	9 NW 9th @ 8:00am
5/17	Gusher Gallop 5K*	Lake Hefner East Wharf @ 9:00am
5/17	Reagan's Run 5K	Tuttle, OK @ 9:30am
5/19	Landrunner Club Meeting	Boathouse @ 6:30pm
5/26	OK River Run & Dog Jog	2201 S Robinson @ 8:00am
5/31	Wet & Wild 5K \$	Earlywine Park @ 5:30pm
6/8	The Scorcher Half/5K	Stillwater, OK @ 6:30 pm
6/14	Bronco Gallop 5K / 10K \$	Mustang, OK @ 7:00am
6/21	Choctaw Challenge 5K* \$	Choctaw, OK @ 8:00am
6/28	Founder's Day 5K	Duncan, OK @ 8:00am

* Denotes Series Races

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



WET AND WILD

2nd Annual

Race and Fun Run!

What

Oklahoma City's most colorful, water balloon bombing Race and One Mile Fun Run
Run This to Stay Dry!

When

May 31, 2014

Fun Run: 5:30 pm
Race: 6:00 pm

Where

Earlywine Park
3033 SW 119th

Why

All proceeds benefit
Canaries Running Team

A club teaching girls & boys to be strong, kind, determined and wise through the sport of running and the understanding of how much they are worth to Jesus.

Details and Registration Information Available Online:

www.wetandwild5kokc.com

THANKS TO OUR GENEROUS SPONSORS & DONORS:

Newmark Grubb
Levy Strange Beffort

WATERROCK

Footsteps continued

As I grew up, we ran many 5k races together. The dynamic stayed the same - I would finish first and meet her at the finish. This continued until I was in the middle of college when we ran the Run with the Bulls in the Stockyards and she beat me. It is the first time I can remember her coming in before me. After that it was a battle in 5K races, I would finish first sometimes, her other times.

She had been running the Oklahoma City Marathon for a handful of years. I had never attempted anything so crazy. I had traveled the course watching for her many times, but I have never thought the marathon would be my race. In 2009, I ran my first marathon in Oklahoma City, again following in her footsteps. I trained and on race day, every time I would see Mark, (my step dad, our biggest race support and sometimes running buddy too) I would ask. "How far ahead is mom?" The answer was always something like "Just a ways ahead." That first year she beat me by 20 minutes. Each year I would train harder in hopes of beating her in a marathon. In 2011 it finally happened.

I beat my mom. Once I knew I was ahead, I would see Mark and ask "How close is she?" My mom had been sick the week leading up to the race. It turns out she ran the marathon with pneumonia, but in my book a win is still a win and I gladly boast that I beat her in a marathon once.

For many years she has been my running partner. We have logged thousands of miles together, she has become not only my mother, but my training partner, that extra push I needed to keep going, my sounding board for how to change the world, and my best friend.

Today, my mom runs faster than ever, much faster than I do. She has trained hard and in 5K races I lose sight of her in the first quarter mile. She can now easily cross a marathon finish line an hour or more ahead of me. She has qualified for Boston. When we run in 24 hour races she almost doubles my mileage. But, just like in the first race, my mom, friend and training partner is always there to meet me at the finish line.

HUNGRY MEN BENEFITING NEIGHBORHOOD SERVICES ORGANIZATION

EAT. RUN. GIVE

MAY 17TH 2014 • 9TH STREET, OKC

10K
EAT THEN RUN CHALLENGE
2 OR 4-PERSON RELAY

NEW 5K
1-PERSON, NO-EATING
REQUIRED

REGISTER TODAY
OKCHUNGRYMAN.COM



10K-\$25
5K -\$25
1 mile fun run-\$10

Proceeds will benefit the Mustang Band Booster Club, the Nightriders, and Mustang Lodge Charity Fund

- All Participants will receive a T-Shirt
- Finishers of the 5K and 10K receive a medal
- Cash prizes for overall winners
- Event is walker friendly
- Door prizes will be drawn randomly

Register online at
mustangbroncogallop.itsyourrace.com

Or visit: www.facebook.com/MustangBroncoGallop

Landrunners In Action

3/15 ROCK N ROLL USA, DC

DANIELA ALEMAN	4:52:02
DARLENE SPRY	5:14:49
GENA BARNHILL	2:20:29 – HALF
OMI GONZALEZ	2:34:32 – HALF
KEITH THOMAS	2:58:36 – HALF
CHRISTINA JOHNSON	3:11:19 – HALF
DONNA BENTSON	3:31:56 – HALF
SAMANTHA BENTSON	3:31:56 – HALF

3/16 YUENGLING SHAMROCK, VA

TAMMY CRAWFORD	4:30:09
DANIELA ALEMAN	5:31:13
DARLENE SPRY	5:39:33
GENA BARNHILL	3:23:07 – HALF
CHRISTINA JOHNSON	3:23:04 – HALF

3/16 SARASOTA HALF MARATHON, FL

WILLIAM HICKMAN	2:09:51
-----------------	---------

3/22 ZION HALF MARATHON, UT

JON YOUNG	1:56:06
-----------	---------

3/23 ROCK N ROLL DALLAS HALF, TX

BENNIE SCHUCHART	1:56:46
------------------	---------

3/25 DUST BOWL COLORADO

BENNIE SCHUCHART	2:06:14 – HALF
------------------	----------------

3/26 DUST BOWL NEW MEXICO

BENNIE SCHUCHART	2:09:29 – HALF
------------------	----------------

3/29 PRAIRIE SPIRIT 50 MILER, KS

JOHN LOGAN	13:04
------------	-------

3/29 QUEEN CITY MARATHON, MD

BILL GOODIER	3:40:21
--------------	---------

3/30 RUNNERS MARATHON OF RESTON, VA

BILL GOODIER	4:53:08
--------------	---------

3/30 KNOXVILLE MARATHON, TN

TAMMY CRAWFORD	4:37:19
----------------	---------

3/30 A2A MARATHON, OK

IAN CAMPBELL	3:15:35
JENNIFER STONG	3:58:25
NOUREDDINE MEOUINI	4:01:47
MATTHEW WILCOXEN	4:10:34
CHASTITY TEETER	4:11:03
BRIAN COLEMAN	4:13:34
MARY KNIGHT	4:21:13
KARL KROKSTROM	4:26:44
AMY PANNELL	4:26:44
CATHY SULLIVAN	4:49:54
MIKE SULLIVAN	4:49:55
ALAN SCHMOYER	4:52:39
TERRY HEPNER	5:00:52
RICHARD KERNES	5:40:07
PAMELA KERNES	5:40:07

3/30 A2A HALF MARATHON, OK

KYLE GARRETSON	1:27:59
STEVEN CHERRY	1:28:17
JOSEPH PARIZEK	1:28:27
MICHAEL GRADY	1:30:56
CORY DAVIS	1:34:54

EMERSON MOUNGER	1:38:32
LINDSAY LONG	1:39:51
ROGER JACOBI	1:42:22
DONALD STONG	1:43:56
MAURICE LEE III	1:45:35
BRYAN PETTY	1:46:36
RON MATTHEWS	1:46:37
ERIC WOODWORTH	1:47:03
VAN VAWTER	1:49:00
CHUCK MIKKELSON	1:50:31
LIV ADAMS	1:51:32
SHARON HALEY	1:53:15
DANIEL HARDIN	1:53:59
KOK-CHENG SEE	1:54:11
JASTIN FLENORY	1:55:50
MICHAEL DILLINGER	1:57:03
MATTHEW MCBEE	1:58:01
KEN CARLYLE	1:58:31
LEYDY LOPEZ	1:58:43
TRACIE PETTY	1:59:56
DAVID WOODWARD	2:00:47
ROBERT CLEVELAND	2:01:52
ROBERT GRAY	2:02:01
CHRISTINA HELMS	2:04:49
COREY EUBANKS	2:06:07
LEE JAMES	2:07:02
TOM CONIGLIONE	2:08:26
MIKE MEDRANO	2:08:49
MYLES YOUNGE	2:09:29
REBECCA JAMES	2:13:44
RALPH BRECKENRIDGE JR	2:19:42
PHILIP MOWERY	2:20:20
BETH MCHALE	2:20:28
TARA DOMINGUEZ	2:20:47
LIZ BUSCHELMAN	2:24:36
JEREMIAH GRANT	2:24:54
MIKE POTTER	2:24:55
PHIL CARLTON	2:26:08
DANIELLE ANDERSON	2:26:59
MATT KINMAN	2:29:03
TOM BRIGGS	2:29:15
CAROL NEWMAN	2:30:46
LINDA MANAUGH	2:30:51
MADISON ROBINSON	2:33:19
KEVIN LYNES	2:35:03
TERRI CARUSO	2:36:14
SILVER WOODY	2:50:29
JIM ROBLYER	2:58:35
ALENA CROY	2:59:57
SHIRLEY LYNES	3:26:51

4/6 ROCK N ROLL HALF SAN FRANCISCO, CA

BRETT CLARK	1:47:07
BENNIE SCHUCHART	1:50:41
BRIE PEARCE	2:19:04
KIMBERLY SUTTON	3:14:22

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

Choctaw Challenge 2014

5K Race & 1 Mile Fun Run

A LANDRUNNER Series Race
USATF 5K Sanctioned Race
with timing by DG Productions

June 21, 2014 at 8:00 AM

Choctaw Creek Park

2001 N. Harper Road
Choctaw, OK 73020

FEE:

5K: \$25.00

1 Mile Fun Run: \$20.00

(Costumed Pets Welcomed at Fun Run)

For Questions Call: 405-390-8131

REGISTRY:

Register Online: www.signmeup.com (Choctaw Challenge)

Manual Registration: 14625 NE 23rd, Choctaw, OK 73020

\$5.00 Fee Increase for Race Day Registrants

PRIZES:

T-Shirts for First 200 Registered Runners

Gift Package for Overall Male/Female 5K Finisher

5K Medals 3 Deep in Age/Gender Divisions

Award for 1M Best Dressed Pet

Raffle Prizes (For Preregistered Runners)



HAVING A SAFE RACE

By Tom Coniglione, MD

The Boston Marathon bombing of 2013 changed marathons forever. Marathons and racing are not what they used to be and can never be the same again.

The Oklahoma City Memorial Marathon has had a sound safety and security plan in place since the first marathon 14 years ago. Each year the plan is updated based on prior experience. The manual we use for our safety, security and emergency planning contains 44 pages and is updated every few years. This is a document we share liberally with other marathons.

Following Boston 2013, every marathon's safety and security plan had to be changed. With less than two weeks between Boston and the 2013 OKC Memorial Marathon, there was no time to reconstruct our entire security plan. Led by the OKC Police Department (OCPD), an enhanced plan was developed for 2013. From the viewpoint of everyone who knew anything about public safety, the OCPD plan was nothing short of brilliant. Thinking both inside and outside the box was evident.

For 2014, the plan was upgraded to include those aspects that worked in 2013 with the addition of newer technology.

The safety plan starts with someone or an agency being responsible. That function is assigned to the emergency planning agency: Emergency Medical Response System (MERC) – a branch of the OK State Department of Health.

The “brain” or operational center of the MERC is in a bunker near the OKC Zoo. The bunker is 65 feet underground and is as high tech as your imagination will allow you to think. All operations and communication take place from and through the MERC.

Every agency involved has a seat in the MERC. In the past, the agencies represented were: the radio operators, EMSA, OCPD and OKC Fire. As of 2013, additional agencies took seats in the MERC:



MERC during the marathon

FBI, OHP (OK Highway Patrol) DHS (Homeland Security) and NNSA (National Nuclear Security Agency). I may have missed other agencies, but you get the idea.

Communications are central to coordinating the many agencies and functions. The communications section of the security plan are the HAM radio operators. The HAM radios have proven to be the most reliable of all communication systems under any circumstances or environmental conditions.

Based in the MERC, the radio operators maintain communication with every medical aid station, water stop, many official vehicles and race officials. Through the radios, information can be disseminated throughout the course in minutes.

During the marathon, the walls of the MERC are covered with HD screens. On the screens are live video feeds from the race, weather maps and course maps. There is the capacity to obtain live video feeds from security cameras located around OKC.

OCPD steps up to play a pivotal role in marathon security. There is a uniformed officer at every medical aid station. Their sniffer dogs

See Safe, on page 13



Start training now for a PR this fall!
 Go long when HITS Running Festivals returns to
Oklahoma City, OK
October 12, 2014

The new, thrilling courses are flatter, faster and awesomely scenic. Run past the historic State Capital, through trendy Bricktown, over the beautiful SkyDance Bridge and finish at famed Remington Park.

- >Friends & Family Mile >5K >10K
- >Half Marathon >Marathon



Photo by Dr. Chris Barnes Photography

LANDRUNNERS: Register now at HITSRunning.com with code **OKCLRSVES and save 10% off all distances!***

*does not apply to the Friends and Family Mile

Elite Runner State of Mind

By Camille Herron

One of the most popular questions I get asked is, “*Do I have a mantra-- what’s going through my head during a run or race?*” To answer this question, I’ll go back 11 years when my mental approach to running completely changed and ultimately led to the success I’ve had since then.

Back in 2003 when I was running recreationally, I had the honor of meeting Frank Shorter at the OKC Memorial Marathon Expo. I got my picture with him, and he signed my poster with the quote, “*Run for stress relief!*” I thought very deeply about what he wrote. Being a Pre-Med college student at the time, I endured a tremendous amount of stress. Having reflected on what Frank wrote, I began doing what he said and running for “*stress relief*”.

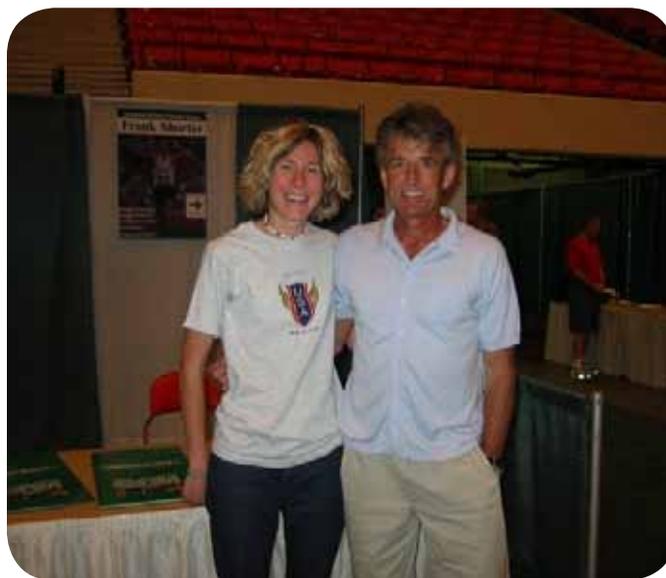
I slowed down my pace, relaxed from head to toe, enjoyed the scenery, and the freedom and feeling of moving and breathing the fresh air! I felt so much better, simply changing my state of mind, and so I kept doing it every day!

I only did a couple of local races a year, and by that fall (’03) I had knocked 30+ seconds off my 5K time! That was a real turning point for me because I hadn’t been competitive or trained for a few years. But here I was, doing what Frank Shorter said to do and unintentionally getting better! I’ve continued to think about and apply the “Zen” of running the past 11 years.

I see running as a form of meditation, enjoying the tranquility of training alone, floating along, and feeling good and refreshed after a run. My training is mostly effort based, so I’m doing what feels right each day, running hard or easy over a variety of terrain, and “feeling the rhythm”. I “feel” marathon effort– I don’t let a watch/pace/splits tell me what to do. It’s so much more than what a watch is telling you– it’s about focusing inside and mentally and physically pushing yourself (“feel Kung Fu”.... think Karate Kid).

When I run a marathon, my mindset is that “*this is just another Sunday long run*”, which makes me comfortable since I know I’m doing what I’ve done a gazillion times. I also tell myself “*This is going to hurt!*” and I accept the pain from the start, knowing I can push through it! I focus inside on the effort and rhythm that I’ve practiced so many times, being relaxed and calm, competing against myself (mostly), the competition, the course, and the conditions. I think about all the progression runs I’ve done, where I’ve picked up the pace in long runs and how that felt.

I like to mentally break up a race into parts. For a marathon, I usually split it up into 20 miles (or 10+10) and the last 10K. I treat the last 10K as if I’m running a mile repeat workout, clicking off one at a time and thinking about the effort, knee lift, and arm drive. Mental tricks like this help me disassociate the pain and fatigue I’m feeling in the present and focus on following what I’ve done in training. As Dr. Jack Daniels said at the OCU Clinic two years ago, “*Run the first 2/3 with your head and the last 1/3 with your heart!*” I think about this often in the marathon.



Camille Herron and Frank Shorter

They did a series of research studies on marathoners back in the late 1970s to determine what separates elites from non-elites. In particular, they found that elites focused more intrinsically on themselves rather than extrinsically on external factors when they raced. In a Running Times article on the legendary marathoner, Lorraine Moller, she said that when she would do aerobic threshold runs, she would focus on releasing any tension she felt in her body. In another article, Paula Radcliffe talked about how when she got to the last few miles of the NYC Marathon she kept telling herself to relax her legs. Indeed, it seems that elites are very much in tune with their body, whether in training or racing, in order to get the most out of it.

If you find that you’re pushing hard every day, focusing a lot on splits and paces, feeling tired or run down, and maybe underperforming in races, it might help to think about what Frank Shorter said and “*run for stress relief!*” A good quote from a book I got from my sister-in-law, *The Zen of Running*, “*It’s your choice of whether to punish yourself or to experience yourself*”. It’s all a state of mind!

Camille Herron, a native Oklahoman, is a 2-time Olympic Marathon Trials qualifier with a personal best time of 2:37:14; 11-time marathon winner; and 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 and Powerbar, is a Research Assistant at the OUHSC, and serves as a volunteer Assistant Coach at Oklahoma City University. She can be contacted / followed via Facebook, Twitter, or through: www.camilleherron.com



Safe *continued*

circulate throughout the start/finish areas. OCPD also supplies uniformed AND undercover officers to circulate throughout the start/finish areas. No one seems to know who supplies the snipers who perch on the roof tops along Broadway. On the other hand, no one cares. It is just comforting to know how comprehensive the security plan is.

At every intersection there is an OHP officer. OHP provides teams of EMTs supplementing EMSA units.

You know runners have to get up early to start a race. So do members of the OCPD, OHP, FBI and all the other public safety agencies. They meet separately at 3 AM on race day. After they check in and review their plan and individual assignments, they disperse throughout the course. When you are tired after a long race, remember they are no less tired. One burden they have that the runners don't: the stress of knowing why they are there.



Rising high above the start and finish lines are towers. The towers are remotely controlled and contain HD camera systems. The cameras can see clearly for 1/2 mile in all directions. The cameras can easily read a license number from that distance. For 2014, would you believe drones have been added for video surveillance? Well, believe it.

A2A Bus Trip March 30, 2014



Recipes to Run By

By Adi McCasland

Black Bean Brownies

Vegan, Gluten-free

- 1 $\frac{3}{4}$ cups black beans*
- 2 Tbs ground flax seed
- 2 Tbs coconut oil
- 2 oz dark chocolate
- $\frac{3}{4}$ cup unsweetened cocoa powder
- $\frac{1}{4}$ tsp sea salt
- 1 tsp vanilla extract
- $\frac{1}{2}$ cup raw sugar
- 1 $\frac{1}{2}$ tsp baking powder
- Coconut oil to grease the pan

- 1) Puree black beans in a food processor until smooth.
- 2) Soak the flax seed in $\frac{1}{3}$ cup hot water for 4-5 minutes until it reaches a gel-like consistency.
- 3) Using the microwave in 20 second intervals, melt the dark chocolate in the coconut oil.
- 4) Add the flax mixture, chocolate mixture, cocoa powder, salt, vanilla, sugar, and baking powder to the pureed black beans. Pulse in the food processor just until combined.
- 5) Spread mixture into a greased 8x8" pan.
- 6) Bake at 350° for 30 to 40 minutes (start checking at 30 minutes) until set, and cool 20 minutes before cutting.**

Notes:

*This recipe works best using dried beans that have been soaked and cooked. If using canned, be sure to drain and rinse really well.

**Brownies will be fudgy. The longer they cool, the better they set.



**OKLAHOMA
RIVER RUN
&
DOG JOG**



A New Leash On Life Inc
CHANGING LIVES THROUGH ANIMALS

Monday, May 26
Wiley Post Park

Registration begins at 7:00 am

pre-register www.newleashinc.org

5K Run - 8:00 am

3K Dog Jog - 9:00 am

Call 604-0519 for more info

Landrunners 2014 Oklahoma City Memorial Marathon Training





P.O. Box 18113, OKC, OK 73154

ADDRESS SERVICE REQUESTED

May 2014

PRSR STD
U.S. Postage Paid
Okla. City, OK
Permit 1810

Join or Renew Online Today!

Check your mailing label for your renewal date.

Join or renew your subscription online at www.okcrunning.org or:

1. Write a check for **\$20** to OKC Running Club
2. Mail Check with your mailing label (above) or new member application (available online) to:

Oklahoma City Running Club
PO Box 18113
Oklahoma City, OK 73154

Visit The Landrunners Online:

www.okcrunning.org

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



Club Meeting

Monday, May 19 @ 6:30p.m.

Location: 725 S Lincoln

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