

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

August 2014 | Issue No. 220

Grandma's Marathon

By Ralph Breckenridge, Jr.

The Grandma's Marathon, which was on June 21, 2014, was like no other I had ever experienced. I heard great reviews about the race from my awesome friend, Katie Kramer, and signed up for the June 2014 race 11 ½ months early after registration opened and posted my status on Facebook. It gave me plenty of time to decide what my plan was going to be for that weekend.

By the end of 2013 there were a lot more Landrunners going than I had originally planned as I added my name to a list of runners on The OKC Running Buddies Facebook Page. I had signed up so early I thought I was going with a group of runners in a van and had a place to stay; but you know how that goes when you sign up that early, things can change.

I wanted to make this marathon trip a memorable one by doing something I had never done before - take a plane trip using a rental car after arriving. I knew nothing about flying and it scared me to death. On the days leading up to the marathon I was more nervous about the plane ride than the marathon and was getting all the information I could about getting through the airport and surviving a plane ride on YouTube. I saw a Facebook post by my friend, Darlene Spry, who already made it there and said that it was cold so I packed some arm warmers.



Ralph Breckenridge, Jr.

My flight was delayed 30 minutes that Friday evening before the marathon and I was concerned because I didn't want anything to go wrong and wanted to get there as soon as possible. Once I got on the plane I thought it was really small and I

See Grandmas, on page 6

Training Smart

By Maurice Lee III, President

We are about to enter the fall training cycle. Some of you will be training for your first marathon or half marathon. Others will have one or more races over 10 miles under their belt. Whichever situation describes you, I ask that you train smart. Our first run will be three miles or six miles. There will be a tendency by some to run this very fast. Obviously you know your level of fitness better than anyone else does. For most of us the way to make it through this cycle to our race without injury, is to start out slowly and build up both mileage and pace in a very gradual manner. Enjoy the journey and reaching your destination will be that much more rewarding.

This is also a time to step up and volunteer. The training committee will need a lot of help to make this training cycle successful. We are having more

and more people attend our training runs. This means we need more and more aid and support on the course.

We also need to be cognizant of the road rules and other users. Remember, we are subject to traffic laws just as vehicles are. Stop at stop lights and signs. When you run on multi-use trails, stay to the right and do not block bicycles and other runners and walkers. Try to run no more than two abreast, and go single file when you see or hear approaching traffic. Above all, be courteous and show kindness even when it is not shown to you.

Be safe, be careful, and enjoy your runs and running friends.



RUNNING FOR ROBERT

Join us for our fourth annual 5K run/walk, honoring Robert Brady. Robert had a passion for running, health and wellness; and equal to that passion was his love for giving back to the community.

Farmers Insurance dedicates this annual race to his memory.

RACE DETAILS

Saturday, September 27, 2014

6 pm - Sign-in & registration

7 pm - Run/walk starts

Farmers Insurance
7340 W. Memorial Road, Oklahoma City, OK

Register now at signmeup.com

Sponsored by





PHOTO BY CHRIS BARNES, DC. TULASASPORTSDOCTOR.COM

Gateway
MORTGAGE GROUP • 29TH ANNUAL
BROOKHAVEN RUN
BENEFITING NORMAN & NORMAN NORTH HIGH SCHOOLS CROSS COUNTRY PROGRAMS



AUGUST 30, 2014
HOME OF THE OKLAHOMA 5K RECORD • ARON RONO 13:51

7:30 am: 1 Mile Fun Run | 8:05 am: 5K Main Event
Brookhaven Village, Home of OKRUNNER, W. Robinson & NW 36th, Norman, OK

Oklahoma's #1 5K and one of the state's oldest running events (29 years)
Run with the most elite field of professional runners in the state!

Norman hotels available Friday night
Run Saturday morning and cheer on the **Sooners at 6 pm in Norman**
or cheer on the **Cowboys that evening in Arlington**

EVENT DETAILS AND REGISTRATION: BROOKHAVENRUN.COM | 405-447-8445

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
8/9	Downtown Dash 5K	NW 10 & Walker @ 8:00pm
8/16	Landrunner Trail Sweep	Stars & Stripes @ 9:00am
8/16	Wet & Wild 5K \$ – rescheduled	Earlywine Park @ 5:30pm
8/16	The Blaze 5K	725 S. Lincoln Blvd @ 8:00pm
8/23	Moore War Run 5K*	Moore HS @ 7:30am
8/23	5K to Monet 5K*\$	Edmond @ 8:00am
8/23	Midnight Streak	NW 11 & Broadway @ 8:00pm
8/30	Brookhaven 5K	Norman @ 8:05am
9/6	Heart of a Sooner 5K	Norman @ 7:30am
9/13	Hoof'n'It Run 5K & 10K*\$	725 S. Lincoln Blvd @ 8:30am
9/13	Heels for Hope 5K*	1120 S Western @ 8:00am
9/20	Down Syndrome Festival & 5K	Bricktown Ballpark @ 8:00am
9/20	Renaissance Run 5K*	8143 E Reno, MWC @ 8:30am
9/27	Robert Brady Memorial 5K*	7340 W Memorial Rd @ 7:00pm
9/27	Tap 'n' Run\$	Adventure District @ 2:00pm
9/27	Zero Run 5K	Crystal Lake @ 4:00pm

* Denotes Series Races

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

Landrunners In Action

<u>6/1 RAPA NUI HALF MARATHON, EASTER ISLAND, CHILE</u>	
NELS BENTSON	2:49:52
DONNA BENTSON	3:47:19

<u>6/1 DEADWOOD MICKELSON TRAIL HALF, SD</u>	
ERMIDA LAPIC	2:09:39

<u>6/7 HOSPITAL HILL RUN HALF MARATHON, KS</u>	
JUSTIN KRACHT	1:35:03
STEVE WELLS	1:45:53
KARI BROWN	2:04:11
ERIC SHELTON	2:04:28
GARY BELL	2:04:57
SUSAN TUCKER	2:05:45
AMIR AKHTAR	2:06:53
DAWN MOORE	2:13:03
NOUREDDINE MEDIOUNI	2:13:06
MARCOANTONIO MALANCHE	2:16:27
ANNETTE THOMPSON	2:29:58
BARB WELLS	2:35:58

<u>6/8 WOUNDED WARRIOR HALF MARATHON, TX</u>	
WILLIAM HICKMAN	2:08:10

<u>6/21 GRANDMA'S MARATHON, MN</u>	
CORY DAVIS	3:03:37
KATIE KRAMER	3:05:35
BILL McMANUS	3:36:58

SUSAN PHILLIPS	3:38:36
DARLENE SPRY	4:43:19
DANIELA ALEMAN	4:44:58
CHEE WEE LEE	4:45:35
RALPH BRECKENRIDGE JR.	5:57:24

<u>6/28 JALAPENO HALF MARATHON, TX</u>	
DAVE GREER	1:51:10
KAREN GREER	3:02:53

<u>7/4 BROWNVILLE FREEDOM HALF MARATHON</u>	
BETSY HILBURN	2:02:28
KELLY HILBURN	2:16:35

<u>7/6 MAD MARATHON WAITSFIELD, VT</u>	
NELS BENTSON	6:14:16
DONNA BENTSON	3:51:45 – HALF

<u>7/13 MISSOULA MARATHON, MT</u>	
CAMILLE HERRON	2:58:45 – 1ST FEMALE
HEATHER WARREN	3:23:42
MARY MIKKELSON	3:46:38
CHUCK MIKKELSON	5:32:22
KATE & WILL WARREN	1:48:53 - HALF

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

HEART OF A SOONER

Run for a Healthy Heart

Saturday, September 6, 2014

Heart Plaza - 3500 HealthPlex Parkway Norman, OK

1 MILE RUN/WALK @ 7:30 A.M.

5K RUN @ 8 A.M.

SURVIVOR WALK @ 9:30 A.M.

(Parking is available at the West Norman Professional Building, 3400 HealthPlex Parkway)

Runners and walkers of all ages are invited to take part in this exciting event designed to increase awareness about Oklahoma's number one killer, heart disease. There will also be a special Survivor's Walk to celebrate survivors of heart disease and to honor those who have lost their battle with heart disease.

- Cash awards will be given for overall 5Km male and female winners
- Medals awarded to all winners in each category
- USATF Certified Course: OK14015DG
- Race Coordinated by DG Productions

Registration:

- Pre-register at HeartOfASooner.com
- \$25/entry fee
- Deadline to pre-register and receive a T-Shirt is August 31st
- \$30 Entry Fee on Day of Race
- Children 10 and under are free

Heart Health Fair:

After the run and walk, Norman Regional is hosting a free, community heart health fair.

Exhibits and activities include:

- ZOLL Medical Corporation with CPR simulation doll and instruction
- The American Heart Association
- Medical Park West
- Maximized Living Health Center
- Life Line Screening
- Advanced Therapy Solutions
- The Health Club

Kids' activities include:

- Tumblebus
- Moonbounce
- Medical helicopter, fire truck, and ambulance walk-throughs
- Sno Cones

*Interested in sponsorship opportunities?
Please email bmcgill@nrh-ok.com*



Grandmas continued

couldn't stretch out and relax. I was okay until the plane took off. I almost panicked, but I closed my eyes and prayed. The landing was rough at St. Paul, Minnesota, but I was glad to get there. I took a rental car 168 miles to Duluth and stayed at a college across the St Louis River in Superior, Wisconsin.

The Grandma's Marathon weather the next morning was okay. It was a little chilly at first, but warmed up after I started running. I didn't set any PR's in this race, but I had a great time. Friend and fellow runner, Brian Jacobson, told me to look for bacon at mile 23. So when I got to mile 23, I asked these guys, "Where's the bacon?" And they had a bag of beer and wanted to pour it down my throat. I said no thanks to that stuff, but they were just trying to help an old guy out a little bit. To survive a marathon sometimes you need that extra energy, even if it means grabbing a beer or something. I seemed to struggle in this marathon like I did in the Oklahoma City Marathon, but I felt in much better shape.

I finished my 18th marathon uninjured with a time of 5:57:24. I loved Grandma's Marathon and would like to go again, but I'm into the 50 states club and would like to do the Honolulu Marathon in the future or just do a different state. Grandma's Marathon is a wonderful marathon with great supporters. I can't say if this marathon trip is the best I've ever been on, but it ranks way up there. I'll have to think about it. Definitely should try it in the future if you haven't.

My first plane ride coming and going sort of overshadowed the whole trip and I had an easier time coming back home. I would love another marathon plane trip in the future and take some friends. Going it alone was tough, but I would like to have someone to come along with me.

Thanks for reading friends and see you at the next race.

OH!! WHAT A RIDE in Choctaw!!!!

By Donita Goodin

Tri-City Youth & Family Center, Inc. hosted its fourth annual Choctaw Challenge. The agency is celebrating its fourth year providing mental health & substance abuse Outreach & Counseling. In partnership with the Landrunners, this year's race Captain was Kyle Williams, a first grader at Choctaw Elementary. One of Kyle's favorite past times is watching race cars. In Kyle's excitement he talked of feeling like a race car driver. His goal is to use his own chair each year working to push

himself further having his family by his side. Kyle had enormous support from his friends and family whose dinner discussion was about how the heartfelt event motivated them to incorporate this experience into a family tradition.

OH!! WHAT A RIDE!!!!!! program is a community service project provided by the OKC Landrunners at no cost to the rider. We are seeking riders and for more information call 405.397.8671



Donita Goodin, Chuck Mikkelson, Jim Roblyer, Kyle and his dad



Chuck and Kyle crossing the finish line

HITS

RUNNING FESTIVALS



Oklahoma City, OK | October 12, 2014

Beat Your PR While Taking an Unforgettable Running Tour of Oklahoma City!

HIGHLIGHTS INCLUDE:

- Historic Capitol
- Bustling Bricktown
- Oklahoma River Trails

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



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

*does not apply to Friends and Family Mile

RUNNING in the HEAT

By Tom Coniglione, MD



It is the middle of July: 90+ degrees at noon. There are runners at Lake Hefner, downtown and many other places. We know running in the heat can cause potentially serious heat injuries. Are they aware of what can happen? Why do runners go down in the heat?

We regularly read about serious heat illness and deaths during endurance athletic events. Often, heat injury and deaths are reported together. When you read the reports you cannot tell which caused the runner to collapse. Even from a medical perspective, it is difficult to tell the difference. With all the HIPPA privacy issues, even medical colleagues cannot find out what happened.

Here are a few examples: Shamrock Half, Richmond, March 2104, death (16-year old); London Marathon, April 2014, death (42-year old man); Galveston, April 2104, death (age not released); and the Raleigh Rock n Roll Half in April 2014, 2 deaths (31 and 35-year old men).

Then there were other deaths; Boston, 2012; Chicago, 2011; Green Bay, 2012; San Antonio, Los Angeles, etc.

Add to this list all the “near misses” and we have some serious concern about running – especially in the heat.

The final autopsy report on the 16-year old in Richmond said she died from an irregular heart rhythm. It is impossible to determine, from an autopsy, that the girl died from an abnormal heart rhythm; in other words, they do not know why she died. At the time of

that half marathon, the temperature was in the upper 80’s. From the reports, we cannot tell if anyone took her temperature.

The same is true of every one of the other deaths mentioned above. At the time of the deaths, the outside temperature was high. Also, every one of those deaths happened in the spring or early summer.

When thinking of exercise in the heat, another extreme example that comes to mind is the Redman of a few years ago. Those triathletes started the half or full marathon run with the temperature between 85 and 92 degrees. Every athlete struggled, many became dehydrated and required medical care. Yet, not a single one developed a serious heat injury. No one died.

So, what’s the difference between Redman and those other early-season events? The difference is not the temperature. The difference is Redman occurs in the fall. Every one of those other events occurred in the spring. That’s the difference. We do not see heat injuries or deaths in the fall.

Why the difference between spring and fall for heat injuries and deaths? The difference is related to several factors but primarily “acclimation” or “acclimatization” to the heat. Acclimation is the process whereby the body adapts to the environment. The environment can be temperature (hot or cold), altitude or light/darkness. We never seem to be able to adapt to these earthquakes.....

When we expose ourselves to a warm environment, our bodies learn how to deal with the temperatures: perspiration starts earlier and it is more efficient at keeping us cool. There is less salt in the sweat. The heart rate is lower.

By the time you read this, you are acclimated to the heat. You can now run in the morning when the temperature is in the 70’s and the humidity is in the 80’s. When the warm temperatures first arrived, you could not run in these conditions.

Another final thought is where during the race the runner goes down. Rarely does the runner go down

See Heat, on page 10

O | K | L | A | H | O | M | A
C | O | N | T | E | M | P | O | R | A | R | Y



10th Annual

Midnight Streak

5k Run for
the Arts

August 23, 2014
8:00pm

Starting Line:
NW 11th & Broadway



Part of the
Run This Town
Race Series

To register for Midnight Streak, visit
oklahomacontemporary.org



Heat continued

on the course. An exception is Tulsa where a 29-year old collapsed at mile 10 of his half marathon. For the Toledo marathon a few years ago, I was asked to investigate the two deaths that happened there. Both men were in their 40's. One died at the four mile mark. The other died crossing.....the starting line. Both had some history of heart problems.

Most often, the runner goes down at or near the finish line. There are a few good (biologic) reasons for collapse at the finish line.

In summary, collapse and deaths happen during endurance events. The events where runners collapse are in the spring before the runners have acclimated to the heat and humidity. Collapse usually occurs near the finish line. Collapse and death are often attributed to heart problems. Even though deaths are blamed on heart problems, it is not possible to separate heat-induced heart problems from old fashioned heart attacks.

Is the spring marathon going to disappear?

Recipes to Run By

By Adi McCasland

Oven-Baked Summer Squash

2 medium zucchini
 2 medium yellow squash
 2 scallions, thinly sliced
 3 tsp thyme
 1 clove garlic, minced
 4 Tbs crumbled goat cheese *can substitute feta
 3 Tbs freshly grated parmesan
 sea salt & fresh ground pepper, to taste

- 1) Cut the summer squash in half, lengthwise, and then slice crossways into 1/4" thick half moons.
- 2) Combine the squash and the remaining ingredients in a medium bowl, mixing well to distribute the seasonings evenly.
- 3) Mist an 8x8 inch baking dish with nonstick spray and pour the squash mixture into the dish.
- 4) Bake in an oven preheated to 350° for 30 to 35 minutes.



Fine Arts Institute of Edmond
 A Non-Profit Organization



5K to Monet

register online @ www.edmondfinearts.com





Aug. 23, 2014
5K
RUN/WALK

7:30 am, Saturday
Startline at Moore High School

\$30 early registration
\$15 for students
\$35 race day
signmeup.com/100610

MOORE WAR
RUN
2014

Pasta Party & Early Packet Pickup
at Westmoore High School

6-8:30 pm, Friday • Tickets \$5 • Aug. 22, 2014

- **Age group awards & finisher medals for children under 10**

For more information: www.MooreWarRun.com
405.202.1708 • #MooreWarRun

Dynamic Flexibility/Drills

By Camille Herron

Like most marathoners, I'm horribly inflexible! Despite years of dance, gymnastics, basketball, and static stretching, it never did much of any good, as if I was stretching in vain! It was obvious I was a pure "slow-twitcher", the muscle fiber type of long distance runners (vs. fast twitch in sprinters and jumpers). I couldn't make the sand pit trying to long jump, and hurdling and box jumping was embarrassing!

Is there some sort of scientific link between inflexibility in the marathon and performance? Yes indeed! It is more economical to be tight, rather than flopping around like a wet noodle—you conserve energy and thus spare precious muscle glycogen, as evidenced by the classic "marathon shuffle" that so many marathoners develop. In particular, studies have found that tightness in the hips, back, hamstrings, calves, and ankles improves running economy. This is interesting to note, given the time and attention so many runners put into stretching these areas!

However, you also don't want to be excessively tight, which may predispose you to injury when you sprint and run fast. This is why it's good to do a warm-up, **strides, and drills** before a hard workout or race, to gently and dynamically pre-stretch the muscles before you take off. Overall, you want to have a certain amount of flexibility within the appropriate range of motion that you use while racing.

The last 10 years, with more research and knowledge, people have moved away from the idea of static stretching and more into **dynamic flexibility** – doing drills that mimic and emphasize steps of the running motion or loosen parts of the body that tend to get excessively tight, such as the calves and hamstrings.

I wasn't sure how doing drills would benefit my running performance until I started doing them in 2008. How can doing a few drills work any more

effectively than running a lot of miles AND fast miles?! However, what I found over time with all the marathon training is that my 0.1% fast-twitch fibers became dormant. I also felt like I became excessively tight in my hips-- a "super shuffler".

When Conor began putting together a drill routine for me, he focused on "gentle and specific drills" that closely mimicked the running motion. Working on lifting my knees and **re-activating the 0.1% fast-twitch fibers** through drills would help ease the transition into an all-out VO2 max speed work. I began doing **drills and 8-12 strides, 2 times a week** and within a month, my legs became alive! Granted, it was more like I developed a "fast shuffle", but I could feel and see the difference in workouts as I dropped time. We finally figured out a huge piece of the puzzle – I need a regular dose of drills/strides/VO2 max work.

I'm going to share my drill routine. You can do it barefoot on grass or with shoes on grass or concrete. I do it two times a week on a recovery day at the end of the run. I do a lap with each drill, going out for 20-30 meters, and then turning around and doing the drill back to the starting point. The whole thing takes 10-15 minutes.

I also do the drill routine as part of my race warm-up-- I only do half of a lap (go out once for each exercise and turn around and do the next exercise). The whole warm-up takes 5-7 minutes

See Dynamic, on page 14

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



explore more @route66marathon



NOVEMBER 22-23, 2014 | TULSA, OKLAHOMA

TIME TO ROCK THE ROUTE!

REGISTER. RUN. ROCK.



Williams
ROUTE 66 MARATHON

presented by BLUE CROSS AND BLUE SHIELD OF OKLAHOMA

ROUTE66MARATHON.COM



Dynamic *continued*

and I start doing it approximately 20 minutes before the race start.

Regular skipping, 20-30m, done as a warm-up— bouncing off the ground with each leg, bringing the knee up to 90 degrees at the hip, and driving the arms up to help get off the ground.

A skip (Walking), 20-30m, focused on form, knee drive, and maintaining balance with each leg (see video below).

A skip (Skipping), 20-30m, focused on form, knee drive, and feet pop quickly off the ground (https://www.youtube.com/watch?v=c8il_EjiBWQ).

B skip (Walking), 20-30m, like the A skip, but extend lower leg and emphasizes an active foot plant (when the foot first contacts the ground). The heel swings out and then drives back, rapidly “pawing” the ground with the front of the foot. Also called the Drum Major drill. Foot should impact the ground just under the hips (see video below).

B skip (Skipping). 20-30m, same as above, except while skipping — takes some coordination! (<https://www.youtube.com/watch?v=Vl8EasFDRKI>).

High Knees, 20-30m, be on toes, head up, shoulders square, relaxed hands, powerfully (think “light”) bouncing off the ground, driving the knee up to 90 degrees (<http://www.youtube.com/watch?v=8opcQdC-V-U>).

Butt Kicks, 20-30m, like the high knees except focused on bringing ankle up to butt, slight forward lean, and emphasis on lifting front quad (<http://www.youtube.com/watch?v=UfCH8LMmLH8>).

Karaoke, 20-30m, Head looking straight forward, not down. Keep arms straight up from the side and shoulder height. Focus on light feet, crossing over, emphasize from hips, and keep hips facing forward. See video: <http://www.youtube.com/watch?v=XjuE4DKw0Hg&feature=relmfu>

Walking toe touches, 15m-20m, take a step forward with right foot and place right heel/toe up in front of left toe. Reach down to right toe with left hand, and raise right arm up for balance. Hold stretch and count for three seconds. Walk forward and do the same with left foot forward and right arm reaching down to the left toe. Continue doing for 15-20m. Requires practice balancing! This is the closest video I can find of this exercise: <https://www.youtube.com/watch?v=PufjLuFkIbg> The most important aspect is balance and getting the stretch in your hamstring.

Leg Swings, while standing and holding onto something, loosely swing leg from hip, forward and back 20-25 times. Make sure you get enough extension on the back swing. Then you do side to side, crossing the leg in front of your body (20-25 times). This helps to shake out tension in the muscles. DO NOT do this with excessive power— it should be gentle. Video: <http://www.youtube.com/watch?v=naW8u72lOzI>

Other Helpful Exercises

Some other helpful exercises are **jumping rope**, both double and single leg, and also **one-leg balance** and jumping exercises (star jumps).

Rope stretching is beneficial if you have parts of your body that get excessively tight and you don’t have a person to help you actively stretch them (calves and hamstrings). Some people overuse certain body parts, develop scar tissue in the muscles, and constantly need to work on them to keep the muscles supple.

There are various types of **foam rollers** that can be used to manually stretch and massage the muscles. I personally have a black, high-density foam roller.

As far as other cross training activities, several of our Landrunners can vouch for **yoga and pilates**. Any exercise that involves bearing weight one leg at a time would work well as a supplement to running.



9TH ANNUAL

SPIRIT OF SURVIVAL

DOWNTOWN LAWTON, OKLAHOMA • ELMER THOMAS PARK

10.05.14

USATF CERTIFIED

Hulkin' Half Marathon

13.1 miles

Quarter Marathon

6.55 miles

Superhero 5K

3.1 miles

FAMILY EVENTS

Superhero Kids Marathon

25 miles before Race Day and 1.2 miles on Race Day

Leah M. Fitch Spirit Walk

One mile

Altus • Lawton • Duncan

CANCER  CENTERS
of Southwest Oklahoma

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



Online Registration is open!
www.spiritofsurvival.com



Connect with us! Keep up-to-date with all our cool 2014 gear as they're revealed!

P 580.585.5406 / F 580.250.5825

www.spiritofsurvival.com / facebook.com/spiritofsurvival

The Brownville, Nebraska Experience

By Kelly Hilburn

When my wife first suggested the idea of running a half marathon every month I had no idea the places we would go. The location of our 11th race was Brownville, Nebraska. I never imagined going to Nebraska unless it was to watch an OU football game. We have been to Plano, Texas; Wichita, Kansas; Tulsa, Oklahoma; Allen, Texas; Tulsa again; Oklahoma City twice; Joplin, Missouri; Stillwater, Oklahoma; and now Brownville, Nebraska. My purpose in running these races is mainly to provide moral support and transportation execution for my lovely young wife, who has placed in two of the 11 races. (I have also finished each of the 11). Betsy got third place in Joplin and then topped that with second place in Brownville, population 132.

The trip itself was fairly fast and uneventful. The 467 miles from greater downtown Yukon suggested by TomTom was trumped by the 411 mile alternate route on Yahoo Maps. We witnessed the cross timbers area, Flint Hills, rolling plains, and last, but not least, CORN - lots and lots of corn. Brownville itself has no gas station, hotel, grocery store, or café open after 2:00 p.m. You can find a few antique shops and the Whiskey Run Creek Vineyard. We found the River Inn Resort, which is a secured riverboat turned bed and breakfast. It is a great place to stay when large logs do not go crashing into it while the river is six inches below flood stage.

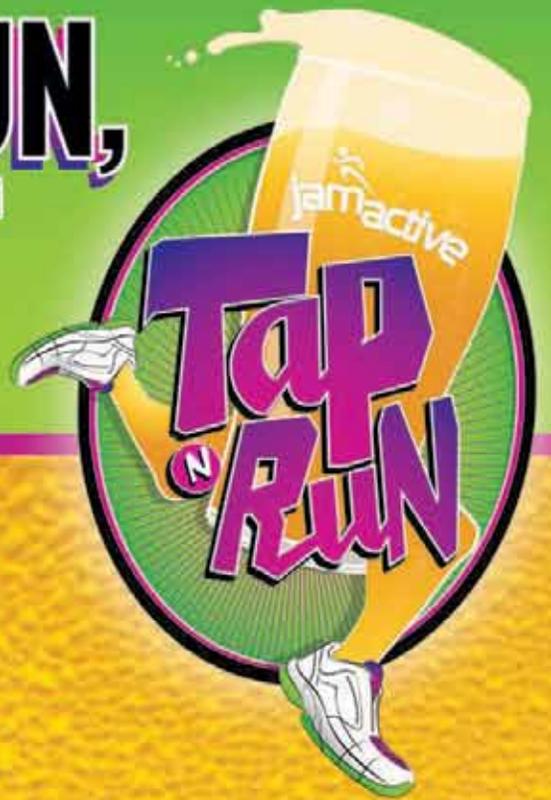
The Brownville Freedom Run has been held the last 22 years on the 4th of July. The course is an out and back that starts on the lovely tree lined streets of Brownville, on the south side of State Highway 136. After about a half of a mile, the trees are replaced by corn fields which provide a bit less shade than the trees. At the entry of the Cooper Nuclear Power Plant (2.9 miles) you lose the concrete and the running surface turns into a tightly packed gravel road that is mostly small gravel and not horribly slippery if you can stay in the hard packed areas. At mile four you run up to Nemaha, Nebraska, and back on pavement. South of Nemaha is a fairly nice blacktop road. However, there is no shoulder and some of the locals

were a bit confused about how they should respond to a runner on the roadway when they are driving in a no passing zone. Then you cross a bridge, turn around, and go back. Only now the confused local drivers are coming at you from behind.

It is always good to see my wife smiling at the finish line when I get near the end of my race. Someday I hope to be there for her. Her 2:02:28 effort was second in her age group (50-59) this year. We loved our trip to Brownville and with Rock Port, Missouri to the east and Auburn, Nebraska to the west we did find a Subway sandwich shop and a gas station. If you find yourself in need of a half marathon to run in July, check into the Brownville Freedom Run. All in all, it was a good running experience and only a seven hour drive. Take your camera and get a picture of yourself with the corn, which we failed to do...



HAVE A LITTLE FUN, CHECK OUT



ROUND UP YOUR TEAM AND JOIN US!



BEER SERVED DURING
4K RACE!



AWESOME FINISHER'S
MEDAL WITH A BUILT-IN
BOTTLE OPENER!



HILARIOUS POST-RACE
COSTUME CONTEST!

TAP OKLAHOMA CITY SEPT 27, 2014 2:00 PM

Register at TAPNRUN.COM
and use promo code
LANDRUNNER for **\$5 OFF!**

7th Annual
Heels for Hope
"Kicking Ovarian Cancer with Style" FOUNDATION

9.13.14

5k Run • 1 mile walk
25-yard high heel & feather boa dash
Wheeler Park on the Oklahoma River
Registration at 6:30 AM
Race begins at 8:00 AM

For more information:
www.heelsforhope.org
info@heelsforhope.org • Visit us on Facebook!



Proceeds benefit the Heels for Hope Foundation
in memory of Rosemary Persa
Ovarian Cancer Warrior



LANDRUNNER OKC SERIES RACE



SATURDAY, SEPTEMBER 20, 2014
MIDWEST CITY, OKLAHOMA
RACE STARTS AT 8:30 AM

REGISTER ONLINE AT:
www.signmeup.com/97854

PANCAKE BREAKFAST
FOLLOWING RACE!

FIRST 300 REGISTRANTS
RECEIVE A SHIRT!

PRESENTED BY:



MORE INFORMATION:
MIDWESTCITYOK.ORG | 405-739-1293



SUNSET THERAPEUTIC RIDING CENTER RUN

Saturday, September 13, 2014

8:30 am • Boathouse District

Early Registration: \$30 5K & Family Fun Trot/\$35 10K

www.hoofnitrun.com

BENEFITING SUNSET THERAPEUTIC RIDING CENTER

Find us on

OKLAHOMA CITY'S

ZERO K RUN



and 5K TRAIL RUN



SEPTEMBER 27TH CRYSTAL LAKE

WWW.ZEROKOKC.COM

FOOD TRUCKS

Big Truck Tacos
Green & Grilled
Kaiteki Ramen
Interurban Epic Pops
Super Juice Pops

BEER GARDEN

Black Mesa
Belle Isle
Coop Ale Works

ENTERTAINMENT

Jabee
The Wurly Birds
Feathered Rabbit



BENEFITING CITY CARE

LOCAL NONPROFIT SERVING OKC'S LESS FORTUNATE

98 9KYSS • OPUBCO COMMUNICATIONS GROUP • FOX 25 • CW 34
INASMUCH FOUNDATION • ANSCHUTZ FOUNDATION • FRATES INSURANCE
PRINCIPAL TECHNOLOGIES • S&S PROMOTIONS • PETRA • BANK 7
WASTE CONNECTIONS • RALPH MASON ENTERPRISES • GAYLORD FAMILY FOUNDATION
MARGARET ANNIS BOYS TRUST W&W STEEL
ST. ANTHONY HOSPITAL



P.O. Box 18113, OKC, OK 73154

ADDRESS SERVICE REQUESTED

August 2014

PRSRT 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



Fall Marathon Training Starts

Saturday, Aug 2

Walker to Landrunner 5K

Saturday, Aug 2

OKC Landrunner Trail Sweep

Saturday, August 16 @ 9:00am

Lake Hefner - Stars & Stripes

OKC RiverSport Group Run

every Tuesday @ 5:30pm

Boathouse, 725 S Lincoln Blvd

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