

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

September 2014 | Issue No. 221

## The Courage to Run: An Ultramarathon Story of Beauty, Grit, and Rescue

By Melissa Brevetti

*"A glimpse of heaven.... A taste of hell."*  
Tahoe Rim Trail proverb

This story is for runners who have good races and bad—and whose tough races are part of the journey that comes from the joy of running. That being said, my dad and I had decided that 2014 was our year to do the 50-mile Ultramarathon at the world famous Tahoe Rim Trail. The 165-mile running/hiking trail is a loop around the gorgeous Lake Tahoe. We would be on the east side of the trail and moving up and down the mountains with the highest peak at 9,200 feet of elevation. This endeavor takes a bit of dreaming and lots of training. We had four surgeries between the two of us (my arm and his knees) the past two years, but we were ready for the challenge this year. After many, many 5:00 a.m. runs, the time had come. We had a plan. Sometimes, plans can fail. However, almost all runners know the ultimate and painful goal: the gritty courage to finish.

Our start was at peaceful Spooner Lake. I breathed deeply and tried to adjust to running at 6,000 feet higher than Oklahoma's City's relatively flat land. We began the elevation climb of approximately 1,500 feet over the next eight miles. After mile eight, we had a drop. Runners were fresh and using gravity to shoot down the mountain. Like a gumball machine, brightly colored runners were spinning down and out of the mountain. We ran happily through the first two aid stations. There was a man who was on a unicycle and juggling pins. He was telling riddles about "if a tree in the forest hits a runner," and I cannot even remember the punch line because I was giggling so hard.

Miles 10-20 would be our next descent and ascent to the eerie Red House Aid Station. It was a dangerously steep drop. My toes hit my shoes as I lightly ran down. My dad zoomed down with me calling, "Be careful!" We crossed

some creeks of trickling water. My dad, once a Boy Scout, jumped the rocks easily. I carefully placed my purple Brooks shoes on the slippery rocks, which emerged as steps, and held onto any branch that was close. Safe and dry so far! We ate some delicious watermelon at the aid station. The next stretch ahead was the notorious nine mile trek to Diamond Peak Aid Station. To be clear, we were warned multiple times that this nine miles had NO AID. My dad and I continuously drank and ran through the wooded area. Along the way, we chatted with another runner named "Gn." She was a nurse from the Philippines and now lives in Reno. I asked her about bears on these trails. She said not to worry, but snakes could come out during the day. Although it was warm, we had been cautioned only about storm clouds rolling in. The clouds provided some cool coverings. All was well as we made it to the next station at mile 30. My mom, friends, and volunteers greeted us with cheers.

Perhaps you would need to look at the elevation map to believe me because mile 31 was inconceivable. We would cover and ascend 1,500 feet in approximately one mile! I have never seen a mountain like this! Jose, a pacer, said, "Just wait. There's more...." I looked at him and cried, "No way! I've never seen an incline like this!" He laughed and replied, "This is a Black Diamond Ski Mountain." We—Nancy from Sacramento, Tammy from Texas, Jose, Gn, my dad, and I—hiked this grueling ascent up to the sky. Running camaraderie is amazing. After what felt like hours, I somehow reached the top first. It was true. Another mountain stood on top of this mountain. My calves were burning. Jose suggested walking backwards. This soothed for a few scary steps. And yet, this scene of runners clinging to a mountain kept reminding me of a recent documentary of

**See Courage, on page 6**

# Internet Fodder

*By Maurice Lee III, President*

Many of us are on Facebook or at least on the internet. Since most of you reading this are runners, I'm sure you've seen an odd post here and there. One that caught my eye recently was about marathon runners who were not running fast enough to finish by the cutoff. Many long distance races have cutoffs - the time that you either have to finish by, or reach a certain point. For some marathons that time can be from six to eight hours. The story was about a marathon that would pick up runners not keeping this pace, and drop them off just before the finish line where it would allow them to not only finish, but collect a medal, and I assume give them a finish time in the results. Now while

this is or was apparently true in some marathons, this is what I call internet fodder, something that is posted to get a discussion, and often an argument going. All of this is my opinion, but often the articles posted are the exception rather than the rule. You can find some sort of craziness out there on any subject. But it's just that, an isolated act of craziness.

We are well into our training cycle; please continue to practice courtesy on the roads. We had some complaints about our first run in Nichols Hills. So please, don't monopolize the roads, and don't disobey traffic laws.



## 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](http://signmeup.com)

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Run for *INCLUSION*

Run with *A PURPOSE*



*WHEN:*

September 20, 2014

*WHERE:*

Chickasaw Bricktown Ballpark

*COST:*

\$35 (includes t-shirt and medal)

*MORE INFORMATION:*

[www.dsfestivaland5k.com](http://www.dsfestivaland5k.com)

# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
9/6	Heart of a Sooner 5K	Norman @ 7:30am
9/6	EMHS Band on the Run 5K	Mitch Park @ 8:00am
9/13	Heels for Hope 5K*	1120 S Western @ 8:00am
9/13	Miles Against Melanoma 5K	UCO, Edmond @ 8:00am
9/13	Hoof'n'It Run 5K & 10K*\$	725 S. Lincoln Blvd @ 8:30am
9/13	See Jane Run Half Marathon & 5K\$	Wichita, KS @ 8:00am
9/15	Club Meeting – Running 50 States	Devon Boathouse @ 6:30pm
9/19	Seminole Nation Days 5K	Mekusukey Mission @ 7:00pm
9/20	Down Syndrome Festival & 5K	Bricktown Ballpark @ 8:00am
9/20	Swazi 5K*	Bethany @ 8:00am
9/20	Renaissance Run 5K*	8143 E Reno, MWC @ 8:30am
9/27	Tap 'N' Run\$	Adventure District @ 2:00pm
9/27	Zero Run & 5K	Trail Run Crystal Lake @ 4:00pm
9/27	Robert Brady Memorial 5K*	7340 W Memorial Rd @ 7:00pm
10/4	Faith. Family. Friends 5K	Mitch Park @ 9:00am
10/4	Muscles for Missions 5K\$	Mustang, OK @ 9:00am
10/5	Spirit of Survival Half, Qtr & 5K	Lawton @ 7:30am
10/5	Voices in the Dark 5K\$	Wheeler Park @ 3:00pm
10/11	OCA Eagle Flight 5K	Memorial & Boulevard @ 8:00am
10/11	Color of Hope Run	Boomer Lake, Stillwater @ 9:00am
10/12	HITS Running Festival\$	Remington Park @ 7:00am
10/12	Prairie Fire Marathon\$	Wichita, KS @ 7:00am
10/18	The Terminator Half, Qtr & 5K \$	Wiley Post Park @ 7:30am

\* Denotes Series Races

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

## Landrunners In Action

### 6/21 SEATTLE ROCK 'N' ROLL MARATHON, WA

CHINNI POKALA	3:47:42
SAM BENNETT	1:27:40 – HALF
ROGER LEMMONS	1:28:02 – HALF
COURTNEY LEMMONS	1:49:04 – HALF
GREG BENNETT	2:29:07 – HALF

### 7/13 THE LIGHT END OF TUNNEL MARATHON, WA

AMY PANNELL	4:40:38
KARL KROKSTROM	4:40:38

### 7/20 NAPA TO SONOMA HALF MARATHON, CA

LINDIE SLATER	2:25:00
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### 7/27 EUGENE MARATHON, OR

MAURICE LEE III	3:58:08
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### 7/27 WHARF TO WHARF SANTA CRUZ, CA

CORY DAVIS	36:21 – 6M
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### 8/16 MAHOMET HALF MARATHON, IL

BETSY HILBURN	2:07:30
KELLY HILBURN	2:16:58

### 8/16 BIG WILD LIFE MARATHON, AK

NELS BENTSON	5:43:00
DONNA BENTSON	3:34:58 - HALF

### 8/16 PIKES PEAK ASCENT 13.3M, CO

STEVE WELLS	4:21:41
SCHAD MELDRUM	4:48:28
JOANNE HARMS	4:52:34
MIKE SULLIVAN	5:39:17
HOLLY MISTLER	5:59:01
BRENT MISTLER	5:59:35

### 8/17 PIKES PEAK MARATHON, CO

DONALD STONG	6:45:00
RACHEAL PIERCE	7:03:15
JENNIFER STONG	7:26:00
BILL GOODIER	7:26:51
MIKE SULLIVAN	8:11:07
SHEILA MILLER	9:30:53

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

**FAITH. FAMILY. FRIENDS.**



**October 4, 2014  
9:00 a.m.  
Mitch Park**

## Running in memory of a loved one.

My name is Shilpa and I am a runner. Running has seen me through some trying times and helped me cope with life's problems, particularly in recent years. This 5K touches me in a profound, and personal way and I hope others will jump in to help the charities that will benefit, because none are more deserving.

A little about me... My son, Austin, was diagnosed with a brain tumor when he was just three years old. His cancer was in remission until last May, when at age eleven, he developed radiation necrosis, an incurable form of cancer. I lost my son just five months later in October. He was an awesome kid with an unbelievable faith, and he loved his family and friends (hence the name of the race). I run marathons, traveling to all fifty states to do so. My boys—Austin included—often traveled with me and ran 5K or 5-mile races if they were offered. Running has provided incredible family memories for us and enabled us to do so much together in the short years of Austin's life. It is truly therapeutic and I want to share this experience with others.

I have selected several very deserving charities to benefit from race proceeds—all for very good reasons personal to Austin and our family:

- **KANAKUK CAMPS** Austin attended Kanakuk Camps every summer, and it is there that he developed such a strong faith and was never afraid of dying.
- **MAKE-A-WISH FOUNDATION** Austin loved attending Make-A-Wish events and speaking at the events to help raise money for kids to have a truly magical experience to escape their normal routine full of treatments, hospital stays, and doctor visits.
- **YMCA SPORTS** Austin played soccer for Coach Rick; he built great friendships and enjoyed other YMCA activities with his friends.

All three of these organizations embody the concepts of faith, family and friends—which meant everything to Austin. Through the dedication of so many, this race will bring these three charities together. I can't wait for the opportunity to run this race—for Austin, for the three charities, and for all of us. Before the race we are going to do a balloon release for anyone who may want to send a message to his or her own loved one in heaven. Please join us!



## About the Event

- Balloon Release 8:59 a.m. | 5K Starts at 9:00 a.m.
- Registration Prices | \$25 online until October 3rd at 5 p.m.  
\$30 Race Day Walk-Up; Ends at 8:30 a.m. | Entry Fees are non-refundable
- All runners will receive a pair of technical running socks.
- Runners may purchase a long sleeve New Balance technical race shirt for \$25.  
\*Note: You are only guaranteed a New Balance technical race shirt before the race if you register by September 17th. All others will receive theirs as soon as the second order is received.

## Packet Pick-up

- Friday, October 3rd from 10 a.m. to 7 p.m.  
Elite Feet in Kickingbird Plaza | 1237 E. Danforth Rd, Edmond, OK 73034
- Race Morning Packet Pick-up | 7:00 a.m. – 8:15 a.m.



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**Courage continued**

Mount Everest climbers. I briefly considered crawling since we could have so easily tumbled down the mountain.

The storm came in. I was thankful because it cooled everything down. Nonetheless, distant thunder was ominous. A paramedic on a mountain bicycle told us that they had shut down the last aid station. Due to a nearby lightning strike, all the people had evacuated. Concern filled me. They had shut down the Snow Valley Peak Aid Station according to the paramedic cyclist. What would we do?

In running, as in life, the greatest accomplishments take some pushing. We continued to push. We ran on. Gn, my dad, and I would take on the last 10 miles together. We ate some warm chicken soup and burgers. Gn lent a hiking device to my dad. As the evening came, the mountain air grew chilly. Around mile 42, I witnessed unparalleled beauty. It was the race's heaven: fields and fields of purple wildflowers waving gently as the sun began to set. The mountains reflected in the water. Words cannot convey the perfect landscape of Mother Nature. Runners seek moments like this.

The sun dropped quickly. The awe turned to panic. I said, "It's going to get dark... and cold." Our tired legs tried to move down from the 9,200 peak. The last aid station was lit up like a beacon in the night sky. They had come back. We sprinted to the beckoning lights and refueled for the end.

No amount of training would prepare me for the last several miles.

Dark in the woods had hit. We had hoped to finish before. Thus far, we had made all the cutoff times. The previous 43 miles had been mostly upbeat. The next miles, in complete contrast, were to be frightening. I recited a full poem aloud to try to stay focused. It was an old favorite of Robert Frost that I had memorized as a kid. The poem's ending, as I recall, I repeated a few times. "The woods are lovely, dark, and deep/ But I have promises to keep/ And miles to go before I sleep/ And miles to go before I sleep." Gn led the way. Her light was perfect. We tried to jog on our tired legs. My city girl LED light was not nearly as good in this thick, woody area. My dad's light was rather dim and fading. I was fading too and remembered the emergency Runner's Gu in the pocket of my handheld water. Ahhhhhh. It got me back on track. Then we got lost. Very lost. I have no sense of direction. Everyone knows that. We kept shining our lights. Were we running the wrong way? Dark and cold can play tricks on your mind. Luckily, my dad saved the day with his sense of direction, and we moved on.

Unfortunately, these final miles were becoming the race's hell. My dad's light gave out. His phone was dying as he tried to use the Flashlight on it. I could not see very

well. Then we had a glimmer of hope. Another pacer-runner, whom I will call a Runner Angel, raced by as they were doing the 100-mile race. He made me take his light since he was pacing. I called, "What is your name?" He yelled, "Chris." With the new, powerful light, we charged forward. Legs hurt but filled with newfound courage. The pace was not bad. We got in the zone.... Then I heard screaming!! SNAKE!! I was confused—that is, I thought they came out in the day!! I ran into Gn, who had stopped on the dime and was still screaming. Mind you, I know Oklahoma snakes. Here, I have no idea. It was a pearly 4-foot snake that blocked the trail. My dad jumped over, but the snake started to move. Its head was moving up from the dirt as he looked ready to defend himself. I shined the light at his head and reasoned, "It does not look like a triangle-shaped head. That would mean it is not poisonous." My eyes started to play tricks on me. The head started to seem triangle. Finally, Gn and I decided to climb over a large rock in order to avoid the snake. I spoke softly to the snake. It could be that I was in delusional runner state. I told the snake that I did not want to bother him, and, therefore, I did not want him to bother us. He held up his end of the bargain.

As the old pun voiced, "We were not out of the woods yet." It was dark, and another lost runner found us. His light was going out. My dad called my mom to tell her that we were somewhere close, but the phone had only 12% battery left! There were no red or blue ribbons to show the way. More panic on tired legs that we were moving the wrong direction. Where, oh, where could my finish line be?? The minutes seemed to turn into hours. This was terror, albeit grit was still intact. Our luck changed to promising when another 100-mile racer found us. We had gotten lost again! He asked, "Where are the 50-mile runners?" I have no idea who he thought we were. We cried, "WE ARE THE RUNNERS!" He told us just a mile left; we later found it was closer to 3 miles left. We charged after him because he promised he knew the way. The most beautiful sound came soon after. I heard my mom's beautiful voice calling, "Brevetti!?" Our rescue mission had arrived. My mom, Barbara, and our friend, Mark, had come to get us and finish with us.

All in all, I experienced heaven on the majority of the trail and express gratitude to all the wonderful volunteers, fellow runners, Gn, my dad, Mark, and my mom. The race took over 17 hours; we had missed the official time cutoff at the finish line when we were lost in the dark. Yet, I am happy to have no snakebites, finished 50-miles, and met great people. I met lots of people, to my surprise, with Oklahoma connections. What a small and wonderful world! That connection with people and nature is a gift known to runners whose lives have been transformed in joyful ways because of the courage to run.

# HITS

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



@Dr. Chris Barnes Photography, OKC CVB, Flickr user PeggyDavis66

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\*does not apply to Friends and Family Mile

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# Self-Massage Tools for Runners

By Camille Herron

I've found as I've gotten older and with higher mileage and faster times, the more I need to do "the little things", which includes using self-massage tools at home to help me recover, heal, and get the most out of my body. The more stress and strain on the body, the more likely you are to develop scar tissue, which is like kinks in the muscle. These can accumulate over time and create imbalances and injuries. There's nothing like getting a professional massage to work out these kinks and trigger points (I talked about getting professional massages in the July Landrunner newsletter), but you can also work on areas yourself at home.

Here are a few useful tools I have at home.



**Roll Recovery (R8)** – I've been using the R8 regularly (3 to 4 times a week) on my **quads, hamstrings, IT band, groin, and butt**. I like to use it before I do strength training or after runs. This is way better than the foam roller or Stick for these areas—more aggressive and efficient! I've had issues with my hamstrings and left groin the past few years and the Roll Recovery has helped work out these kinks. I can feel my hip extension improving. You can also use it on your calves, but I haven't had a need to use it here. It's also small enough to travel with.

I keep discovering new ways to use my R8 – you can watch the video from the Roll Recovery website (<http://www.rollrecovery.com/R8/>) on how they apply it. I like to bring the R8 rollers from behind my hamstring and bring it up to target my hamstring attachment, lower butt/external hip rotators, and also the medial/posterior hamstring and groin area (don't neglect this area!). If you watch the video, they also show how to target the piriformis.

**Foot Log** – This tool was fantastic when I had plantar fasciitis. It's like a rolling pin for your feet. I was a bit overzealous with it at first, wanting to roll the heck out of my foot, but I learned to be more gentle. Sometimes I would sit on the couch and roll it gently and at different angles. Other times I would stand, lean against the couch, and press my heel HARD and roll at different angles. It's gotten great reviews, so it was definitely worth the \$25 to try it out. Someone also mentioned to me that you can use it on other body parts, such as the butt/hamstring attachment and back.

**Black High Density Foam Roller** – There's an excellent video that demonstrates ways to use the foam roller (<https://www.youtube.com/watch?v=8caF1Keg2XU>). I prefer to use the Roll Recovery for my quads, hamstrings, IT band, groin, and butt. However, I still use the black foam roller for my back and back extensions and to target my lats (under the arm). I tend to have bad posture in my upper back (hunching over, which seems to happen to lots of runners). The foam roller has definitely helped straighten out my back and help my breathing too. I'm also taller because of it (5'9 1/2ish- take note, shorter runners who wish to be taller!). You can also get a travel size foam roller that fits in your luggage.

**The Stick** – I didn't own one of these until I got a calf cramp the day before the 2009 Twin Cities Marathon. My roommate happened to have a Stick. I rolled my calf and wore compression socks at night. On race day, my calf was good to go! After the race, I purchased The Stick (the Marathon Stick—there's also a smaller Travel Stick and other sizes, but I can't guarantee you'll get any of these through airport security!). I can't believe I hadn't gotten one of these sooner!

**Gotta have Balls** – I have an assortment of balls too (baseball, golf ball, tennis ball, and softball), which I sometime use for trigger point therapy on the butt, back, or foot. You can also use a lacrosse ball, which is a bit more difficult to find a single ball (I found a bag of them at Academy Sports).

**Foot Rubz!** – The PT who worked on my plantar fasciitis showed this one to me. It has the nobs like my Foot Log, but you can put more targeted pressure on a single spot on the foot. It could probably be used on other parts of the body as well. This was also useful for getting the scar tissue out of my heel when I had plantar fasciitis.

Lastly, if you want some inspiration, watch 1:58 800m runner, Brenda Martinez, in full workout mode, including using the Roll Recovery as part of her warm-up and also during crisis mode when she got spiked and cramped in the middle of the workout!

[http://www.flotrack.org/coverage/249744-Workout-Wednesday-Season-7/video/712300-Brenda-Martinez-interval-session-with-all-out-400m-tag#.U\\_IL1PldV8E](http://www.flotrack.org/coverage/249744-Workout-Wednesday-Season-7/video/712300-Brenda-Martinez-interval-session-with-all-out-400m-tag#.U_IL1PldV8E)

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



milesagainstmelanoma5k.org

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**Melanoma**  
Save the Skin You're In

# MAMOK5K

Too many lives are affected by the terrible disease that is Melanoma. It's not just skin cancer or a sunburn; it's a potential killer. Lets rally!

## 9-13-2014

University of Central Oklahoma  
100 N. University Dr. Edmond, OK 73034

For more information or to register:

[www.mamok.org](http://www.mamok.org)



# 2014 Board of Directors Nominations

The Board of Directors shall be comprised of no more than twenty-five (25) members. At the August meeting of each calendar year, the President shall appoint a five (5) member nominating committee who shall develop a slate of Board candidates for the following year. All candidates must be members in good standing of the club. Notice of the elections shall be provided to members in good standing prior to the October meeting. Board members shall be elected by a majority vote of the club members present, in person or by proxy, at the October monthly meeting of the OKC Running Club. Board members shall serve for the calendar year following the election. If a Board member fails to attend three Board of Director meetings in succession, the said Board member shall be considered as having resigned. A vacant member's position may be filled by nomination and majority vote by the club membership present, in person or by proxy, at a monthly meeting.

2014 Nominating committee: Maurice Lee (Chairperson), Mark Ballard, Gaile Loving, Cara Nance and Jenny Savold.

If you or someone you know would like to serve on the board please submit name, email, phone and a brief bio either to a nominating committee member, by email to [president@okcrunning.org](mailto:president@okcrunning.org), by mail to the club's PO Box 18113 OKC, OK 73154, or use the online nominating link on the website before September 13, 2014.

A list of candidates will appear in the October newsletter and the election will be held at the club's monthly meeting on October 20, 2014.

The 2014 newly elected Board of Directors will then meet in November to elect the Officers and appoint committees for the 2014 term.

## LANDRUNNER OKC SERIES RACE



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

REGISTER ONLINE AT:  
[www.signmeup.com/97854](http://www.signmeup.com/97854)

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MORE INFORMATION:  
[MIDWESTCITYOK.ORG](http://MIDWESTCITYOK.ORG) | 405-739-1293



PRAIRIE FIRE RACE SERIES

SUNDAY  
OCTOBER 12TH

2014

WICHITA, KANSAS

Register online at:  
[www.prairiefiremarathon.com](http://www.prairiefiremarathon.com)

MARATHON · HALF MARATHON  
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YOUTH MARATHON

FIT FOR LIFE EXPO  
SATURDAY  
OCTOBER 11

Century II Exhibition Hall 9AM-5PM

PRAIRIE FIRE FALL RACES  
SUNDAY  
OCTOBER 12

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# LANDRUNNERS STRIKE AGAIN!!!!!! AT THE LAKE!!

*By Jim Roblyer (1997 Landrunner President and current Board Member)*

On a very calm Thursday evening of July 31, with moderate temperature and partly cloudy sky, 16 OKC Landrunners and one dog named Boomer ATTACKED the east shore of Lake Hefner. Their mission was to beautify the trails of Lake Hefner and they did in a rare evening performance by collecting 12 bags of litter. The east side of the lake at least for now is clear of litter and for everyone to enjoy. The OKC Landrunners have adopted all the trails around Lake Hefner and Bluff Creek Park and are officially recognized by OKC Beautiful and the OKC Parks Department. The Landrunners were hosted by Louie's on the Lake restaurant. A beautiful and tasty evening was had by ALL! The next litter gathering performance is scheduled for December 13 where the Landrunners will ATTACK all the trails around the entire Lake and Bluff Creek Park.



*Landrunners with Louie's, Jessie Bunch, Mgr & Fabiana Mendez*

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](http://www.heelsforhope.org)  
[info@heelsforhope.org](mailto:info@heelsforhope.org) • Visit us on Facebook!

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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](http://ROUTE66MARATHON.COM)



# MY HEEL HURTS

By Tom Coniglione, MD



“The back of my heel hurts when I run. It hurts right there (red arrow). When I wake up in the morning it also hurts. It hurts worse in my running shoes, but it is not much better in my dress shoes. The only time it feels comfortable is when I walk around barefoot.”

Such was the complaint of a runner we recently saw. The redness is where the Achilles meets his heel.

To feel the heel you get the sensation of warm skin. The red area is elevated and “mushy” – that’s a medical term meaning soft or you know.....mushy.

This is known as Haglund’s deformity or a “pump bump.”

Pain in the heel can be (1) under the heel (usually plantar fasciitis), (2) where the Achilles meets the heel, Haglund’s - as in this case, (3) in the Achilles tendon, or (4) the heel bone itself. Plantar fasciitis – we have heard enough about that. Achilles tendonitis (tendonosis): the pain is usually about two inches above the heel. Heel bone pain can be from a stress fracture.

The four conditions are usually not difficult to separate. The examiner’s fingers can usually figure it out.

As with all injuries, we have to know what the injury is and what caused it. To deal with the injury without dealing with what caused it will not result in lasting improvement. We have to address what caused the injury.

Look at the inside of the back of the shoe. There is the problem.



No heel collar (minimalist shoe)



Typical rigid heel collar

Dress shoes can also have a stiff heel. Walking barefoot eliminates all the pressure and friction.

What to do? First, remove the reason for the friction. We can add padding to the inside of the shoe to separate the heel collar from the foot. That space will eliminate the friction and allow the bump to be less inflamed. Second, the runner can get a shoe with a wider heel to eliminate the friction. Lastly, we can remove or fracture the heel collar. Removing the rigid heel collar can be tricky. Also, you can get some vice grips on two spots of the collar and simply crack it.

“Running is a way of life for me, just like brushing my teeth. If I do not run for a few days, I feel as if something has been stolen from me.” (Johnny Kelly: former English teacher who won the Boston Marathon in 1957 and completed Boston 61 times. He died at 97)



## BAND on the RUN 5K

WHERE : Mitch Park in Edmond

WHEN : Saturday, September 6, 2014

at 8:00 AM

REGISTER ONLINE NOW AT:

<https://www.signmeup.com>

<http://www.edmondmemorialband.com/>



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](http://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

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**HOOF'N IT**  
We Run So They Can Ride

**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](http://www.hoofnitrun.com)

BENEFITING SUNSET THERAPEUTIC RIDING CENTER 

2nd Annual  
**MUSCLES FOR MISSIONS**

**5K** 

**RUN / WALK & FUN RUN**

- Check In 7:00 am - 8:30 am
- Fun Run starts at 8:20 am
- 5K Run/Walk starts at 9am
- Early packet pick-up October 3, 12pm-5pm at race location
- USATF age groups
- Discount for Oklahoma Landrunner Members
- Registration includes T-shirts & Timing Chip

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[www.facebook.com/MusclesForMissions](http://www.facebook.com/MusclesForMissions)  
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**10.04.14**  
REGISTER ONLINE AT [WWW.DGROADRACING.COM](http://WWW.DGROADRACING.COM)

**Pittsburg County Bar**

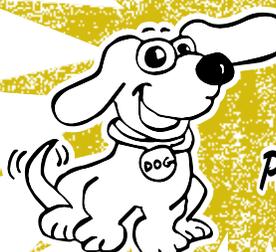
**PAWS 5K-9**

*Robbers Cave State Park  
Wilburton, Ok.  
November 1, 2014*

*Packet pick up at 8:30 a.m.  
Race begins at 9:30 a.m.*

*Register at [www.active.com](http://www.active.com) or [www.raceroster.com](http://www.raceroster.com)  
Search Pittsburg County Bar*

*For information, paper registration or sponsorship info  
contact Blake Lynch (918) 421-8843*



**2014  
SEMINOLE NATION DAYS  
"FEKE YEKCE"  
5K AND 1 MILE FUN RUN/WALK**

Cheer on the runners/walkers  
for a chance to win a prize!

T-shirts to first  
100 registrants

5K Pre-Registration \$25  
1 mile Pre-Registration \$20

Open to everyone!

4 person team  
Challenge Registration  
also available

5K Race Day Registration \$30  
1 Mile Race Day Registration \$25

**Come conquer Mekusukey  
Mission Hill !**

DATE: FRIDAY, SEPTEMBER 19, 2014

TIME: 5K STARTS AT 7PM AND 1 MILE FUN RUN/WALK STARTS AT 7:05PM

WHERE: MEKUSUKEY MISSION

(2 MILES SOUTH & 2 MILES WEST OF SEMINOLE)

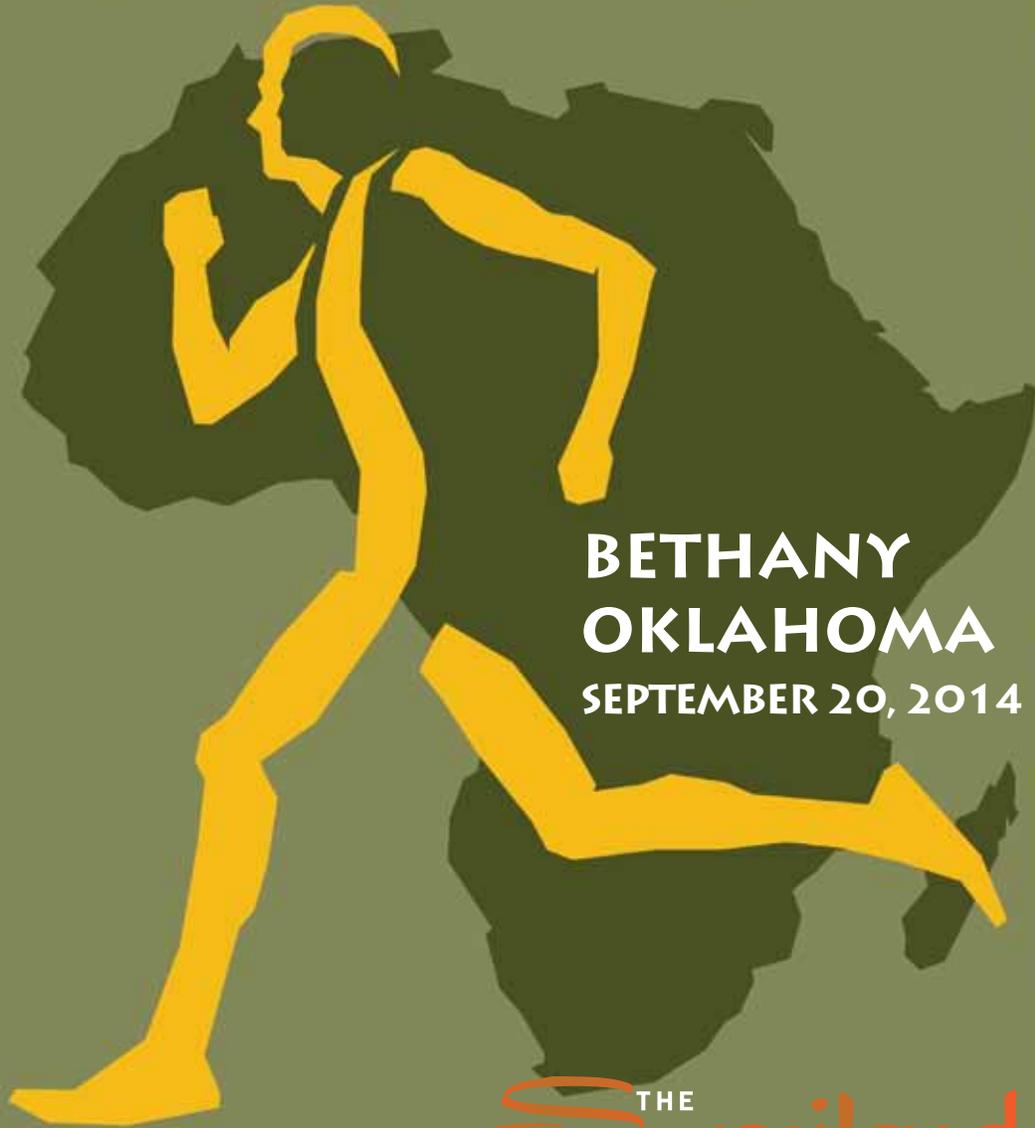
Register online at <https://www.signmeup.com/102593>

May also register at the Seminole Nation Diabetes Program Office that is at the Mekusukey Mission  
or by mail to: SN Diabetes Program, Att: 5K Registration, PO Box 1498, Wewoka OK 74868

For more information email: [pikes.s@sno-nsn.gov](mailto:pikes.s@sno-nsn.gov) or call Sabrina at 405-234-5274

**AWARDS WILL BE STANDARD  
5 YEAR AGE GROUPS**

# 2014 SWAZI 5K



**BETHANY  
OKLAHOMA  
SEPTEMBER 20, 2014**

THE *Swaziland* PARTNERSHIP

5K (3.1 MILES) RUN/WALK - 8:00AM

1 MILE WALK/RUN - 7:30AM

## ENTRY FEES

**5K RUN/WALK**

\$25 PRE-REGISTER

\$30 RACE DAY

**1 MILE WALK/RUN**

\$20 PRE-REGISTER

\$25 RACE DAY

\* more information can be found online: [www.swazipartners.org/swazi-5k](http://www.swazipartners.org/swazi-5k)

\*\* 5k race is USA Track and Field Sanctioned. Race will be held rain or shine.

The Swaziland Partnership is a cooperative effort between the Swaziland Church of the Nazarene, Swaziland Nazarene Health Institutions, NCM Africa, Nazarene Compassionate Ministries, Inc, Bethany First Church of the Nazarene, and Southern Nazarene University.

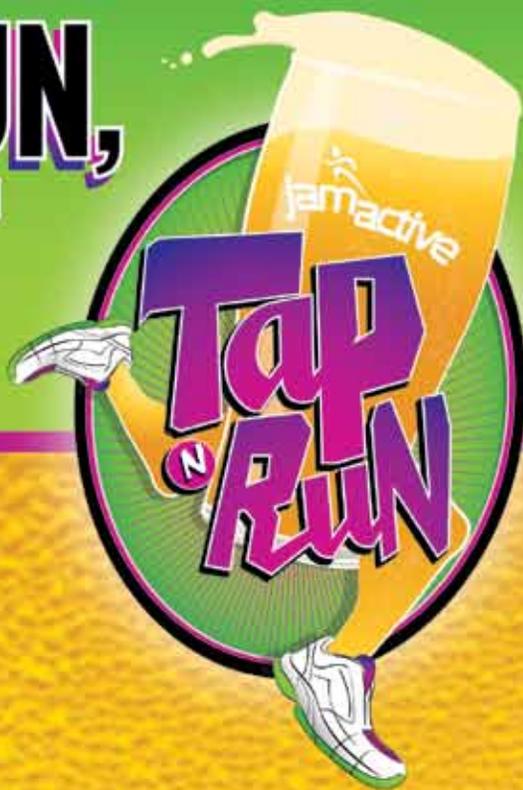
Proceeds from this event are used by Bethany First Nazarene to provide scholarships to send volunteer teams to Swaziland, to support the Swaziland HIV/AIDS Task Force to provide home-based care to those with AIDS with the goal to delay orphanhood for the children of Swaziland and to support the Swaziland RFM Hospital delivery room to prevent the transfer of HIV to newborn babies. A portion of the proceeds will also be used to benefit the children of Bethany, Oklahoma through the Bethany Foundation After-School Program.

## THANKS TO OUR SPONSORS:

**SIGN UP NOW**

[WWW.SIGNMEUP.COM/101412](http://WWW.SIGNMEUP.COM/101412)

# HAVE A LITTLE FUN, CHECK OUT



## ROUND UP YOUR TEAM AND JOIN US!



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**HILARIOUS POST-RACE  
COSTUME CONTEST!**

## TAP OKLAHOMA CITY

## SEPT 27, 2014

## 2:00 PM

Register at [TAPNRUN.COM](http://TAPNRUN.COM)  
and use promo code  
**LANDRUNNER** for **\$5 OFF!**



# 5K

10.5.2014

## Voices In The Dark

### Run-Walk

*And Festivities For Everyone!!!*

# Sunday, October 5, 2014

## OKC Riverfront

### Wheeler Park, 1120 S. Western (I-40 & S Western)

*(Mile Fun Run TBA)*

### **Festivities Begin at 2:00pm - Race Starts at 3:00pm**

Advance Registration: \$25 per registrant (all ages welcome; 12 & under must be accompanied by an adult)

\*Registration Fees Increase September 21, 2014\*

Register by September 22, 2014 to guarantee your Official Custom Designed Race Shirt

Register online at: [www.signmeup.com/102293](http://www.signmeup.com/102293)

**WWW.VOICESINTHEDARKRUN.ORG**



All proceeds raised will benefit No Boundaries International and 2 other local non-profit organizations in their efforts in combating Human Trafficking and related issues in Oklahoma

For more race or sponsorship info: Rachele Small (405) 831-5927 or [voicesinthedark490@gmail.com](mailto:voicesinthedark490@gmail.com)

**OKLAHOMA CHRISTIAN ACADEMY  
BOOSTER CLUB PRESENTS:  
THE  
FIRST INAUGURAL  
RUNNING OF THE**



**0800 Hours  
Saturday, October 11, 2014**

**HELD ON THE USATF CERTIFIED 5K COURSE (OK13113DG)**

**RAMBLING THROUGH THE BEAUTIFUL CAMPUS OF**

**OKLAHOMA CHRISTIAN UNIVERSITY – Memorial Rd & Boulevard**

**REGISTRATION:** Only \$25.00~!

Pre-Register at [EarlySignUp.com/eagleflight](http://EarlySignUp.com/eagleflight)

**AWARDS:** of course T-SHIRTS for all entrants!

Medals awarded to top three finishers in standard categories, male and female.

**SPONSORSHIPS:**

A few sponsorships are still available for Course, Water Stop, T-Shirts and Finish Line. Please email Kevin Campbell [kcampbell@addonsystems.com](mailto:kcampbell@addonsystems.com)

**RUNNERS WALKERS AND FLYERS OF ALL AGES ARE INVITED TO COME OUT AND SUPPORT THE ATHLETICS OF THE FASTEST GROWING CHRISTIAN SCHOOL IN THE OKC AREA~!**

**CHECK OUT [OCACADEMY.ORG](http://OCACADEMY.ORG)**

**BE A PART OF HISTORY IN THE MAKING~!**

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REGISTER NOW WITH PROMO CODE Promot11

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MARATHON  
AND 5K**



**& 5K WALK & STROLLER STRIDE**

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or call 415 839 9393



*i run for  
chocolate & champagne*



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OKLAHOMA CITY'S

# ZERO K RUN

and 5K TRAIL RUN



WWW.ZEROKOKC.COM



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## BENEFITING CITY CARE

LOCAL NONPROFIT SERVING OKC'S LESS FORTUNATE

COLOR OF

# HOPE

RUN / WALK



Stillwater Life Services

Color Run/Walk

Boomer Lake

Check In @ 8:00am

Run/Walk @ 9:00am

# 10.11.2014

Register @ [stillwaterlife.org](http://stillwaterlife.org)



[facebook.com/stillwaterlifecolorofhope](http://facebook.com/stillwaterlifecolorofhope)



@slscolorofhope





P.O. Box 18113, OKC, OK 73154

**ADDRESS SERVICE REQUESTED**

September 2014

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Check your mailing label for your renewal date.

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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](http://www.okcrunning.org)**

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



**Landrunner Club Meeting**  
Monday, September 15 @ 6:30pm  
Boathouse 725 S Lincoln

**OKC RiverSport Group Run**  
every Tuesday @ 5:30pm  
Boathouse 725 S Lincoln Blvd

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