

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

February 2015 | Issue No. 226

## How Can't I?

By Joe Jacobi

*Reprinted from Jan 4, 2015 following the first Landrunner training run*

“Yes, it’s still a marathon with all the surface pains and joy that come with 30,000 steps. But, it’s the state of mindfulness that comes with each step that makes this marathon different.” – Joe Jacobi

168 seconds of silence. The 13.1 or 26.2 miles ahead of the 27,000 runners is the furthest thing from their minds.

168 seconds for “what could have been” if THEY had returned home from work, daycare or anything else that put THEM in or around the Murrah Building on that day.

168 seconds of gratitude for all that we have and our opportunity to run in THEIR honor

16 weeks from today, we gather for 168 seconds for THEM on the start-line of the Oklahoma City Memorial Marathon for the “Run to Remember” the 168 people who lost THEIR lives in the bombing of the Murrah Building 20 years ago this year.

Starting yesterday and for the following 15 weekends, Oklahoma City Landrunners, the local running club, hosts a weekly training run that welcomes all comers – with or without running experience – to train and endure together the pursuit of finishing the Memorial Marathon.

It takes about 30,000 steps to run a marathon. On the surface, it begs the question, “Why would I?” But there is something different about the 30,000 steps of the Memorial Marathon – they beg the question, “How can't I?”

- THEIR names and memory are everywhere.
- On signs held by spectators.
- On street lights.
- On the backs of fellow competitors.

Yes, it’s still a marathon with all the surface pains and joy that come with 30,000 continuous steps.

But it’s the state of mindfulness that comes with each step that makes this marathon different.

Each step, a moment of awareness.

Each step, a moment of presence.

Each step transcends everything believed to be true about time.

Each step, shared with THEM.

Then you finish.

Along the way, and in the finish area, many people show up to be a part of the marathon in some way other than running. Each person contributes something special to the experience; but for some, the evolution of “Why would I?” to “How can't I?” begins.

THAT is the journey of these 30,000 new steps of mindfulness.

See more at: <http://jacobimedia.com/joejacobi/how-cant-i/#more-193>



*This beautiful reminder of why we run the Oklahoma City Memorial Marathon comes courtesy of Dan Mahoney.*

# Inner Workings

*By Maurice Lee III, President*

Ever wonder how those training runs are put together? Do sports drinks, water, pretzels, etc. just appear at the runs? Do the tables and water coolers stay on location? How do the hydra pouches along with someone to sell them, take money, make change, get to each new training run location? Training shirts, insurance, putting on the Panera Beacon race, planning for meetings, social gatherings, website maintenance, how do all these things get done?

I know the questions seem silly. You know that someone is behind all this. But do you give much thought to how this happens? Probably not, but it takes work to get these things done. It usually starts with your board of directors,

all volunteers. They come up with a plan that includes how to finance the events, products, etc. Then committees, again all volunteers, start to implement these plans. In implementing they also count on volunteers. I know you see the pattern, and I know I often talk about volunteering. But that is what keeps this club going. Two excellent opportunities exist right now to help the club. One, help during a training run. Two, volunteer to help during the Panera Beacon race. Because this is the club race, it is possible to earn both race points and volunteer points. So why not double dip? Links are available at the website to volunteer.

OU Community Health Alliance Presents

**HEALTH DASH 3.28.15**  
**5K/10K**

*Bringing Health Closer to Home*

◆ Tech Shirt With Entry    ◆ Free Health Screening On Site    ◆ Swag Bags

**Benefiting Good Shepherd Mobile Health Clinic:  
Clinic On The Move**

**Saturday March 28<sup>th</sup>, 2015**  
**1 Mile Fun Run – \$20 – 9:00 AM**  
**5K – \$25 – 9:30 AM**  
**10K – \$30 – 9:30 AM**

**Register Online:  
[www.ouhsc.edu/healthdash](http://www.ouhsc.edu/healthdash)**



2nd Jewel in the 2015 Triple Crown Series  
 RRCA Oklahoma  
**25K STATE CHAMPIONSHIP**  
 Saturday, March 7, 2015

**Sponsors:**



**Location:**

Stars and Stripes Park  
Lake Hefner, Oklahoma City

**Registration:**

[www.okcrunning.org](http://www.okcrunning.org)  
(no processing fees)

**Produced by:**



Proceeds to promote healthy lifestyles through recreational walking and running For more information email: [racedirector@okcrunning.org](mailto:racedirector@okcrunning.org)

# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
2/14	Frigid Five*	Mitch Park @ 9:00am
2/14	Runderground 5K	Cox Center @ 12:30pm
2/28	Edmond Memorial Hog Jog	Wheeler Park @ 9:00am
3/1	Little Rock Marathon \$	Little Rock, AR
3/7	Panera Beacon 25K*, 15K*, 5K*\$	Stars & Stripes Park @ 7:40am
3/8	Strides of March Half & 5K\$	Draper Lake @ 8:00am
3/14	OHB Jump Start Run 5K & 10K \$	Stars & Stripes Park @ 8:30am
3/21	St Paddy's Day 8K*	Lake Hefner East Wharf @ 10:15am
3/22	Earlywine Dash 5K	Earlywine Park @ 1:30pm
3/28	OK Heritage Land Run 5K, 10K*\$	1400 Classen Dr @ 8:30am
3/28	Wings to Fly 5K & 15K*\$	Fort Reno @ 9:00am
3/28	OUHSC Health Dash 5K & 10K	1106 Stonewall @ 9:00am
3/29	A2A Races 26.2*, 13.1*, 5K*	Ardmore @ 7:30am

\* Denotes Series Races

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

## Landrunners In Action

### 11/16 BIG SUR HALF MARATHON, CA

JON YOUNG 1:44:43

### 1/1 HANGOVER HALF MARATHON, KS

KELLY HILBURN 2:14:00

BETSY HILBURN 2:21:00

### 1/11 RUN DISNEY DOPEY CHALLENGE, FL

MARK BALLARD 27:37 - 5K  
49:16 - 10K  
2:09:29 - 13.1  
4:39:07 - 26.2

ANGELA MORRIS 27:37 - 5K  
49:16 - 10K  
2:09:29 - 13.1  
4:39:07 - 26.2

MARTHA WEST 32:21 - 5K  
1:09:13 - 10K  
2:46:34 - 13.1  
6:32:19 - 26.2

### 1/11 RUN DISNEY GOOFY CHALLENGE, FL

CHARESE TAYLOR 2:31:27 - 13.1  
5:57:47 - 26.2

GRANT TAYLOR 2:36:32 - 13.1  
6:52:16 - 26.2

### 1/18 HOUSTON MARATHON, TX

JIM TINCHER 4:21:52  
CHRISTINA HELMS 4:24:57  
REBECCA CUNNINGHAM 4:25:25  
BILL McMANUS 4:29:00  
SARAH KNIEF 4:49:32

### 1/18 HOUSTON HALF MARATHON, TX

ROGER LEMMONS 1:27:05  
COURTNEY LEMMONS 1:42:56  
LINDSAY LONG 1:53:26  
BAJAJ ANU 1:59:23  
JULIA REZA 2:29:54  
RALPH BRECKENRIDGE 3:36:09

Click the link on [www.okcrunning.org/newsletter](http://www.okcrunning.org/newsletter) page to submit out of state results. Send photos and stories to [news@okcrunning.org](mailto:news@okcrunning.org)

# A2A

ARBUCKLES to ARDMORE  
RACE FOR MERCY

Benefitting the  
Mercy Cancer Center



## GET READY.

*You've never seen Ardmore like this.*  
MARCH 29, 2015 // ARDMORE, OK

MARATHON // HALF MARATHON // 5K // KID'S MARATHON

**REGISTRATION NOW OPEN!**

[www.a2amarathon.com](http://www.a2amarathon.com)

# Kicking Pre-Marathon Nerves in the Face

By Curt Davies

Running a marathon can be one of the most daunting experiences anyone has to face. There'll be people everywhere. People watching you run. People running alongside you. You'll feel overwhelmed by everything. But that shouldn't get in the way of your race. It's not uncommon – same with public speaking. For the first time in particular, you'll be petrified.

It's okay though. I've made a list with my own experiences and how nerves can be tamed. How they can be exterminated, giving you the ability to run at your best.

## Understand most people feel the same

First, be understanding. Everyone's in the same boat. Everyone – and I mean everyone, is nervous. Some more nervous than others, but you're not in this by yourself. Now once you can appreciate you're not alone, you'll feel warmth. You'll almost feel good knowing other people are in the same boat. No, this does not make you heartless. It makes you human. Empathy, my friend.

If necessary, start off small. Run 5k races. Then move to half marathons. Then start off by running in small, regional marathons. Work your way up to the big, intimidating marathons. The NYC Marathon is not a good starting point. You'll find that by doing this you'll meet more people and maybe you can all face prestigious marathons together. You've gotta start somewhere.

## Trust in yourself and your training

The hard part is done. You've trained and prepared for the marathon. Now it's time to kick some butt. Whether that means beating your personal best or just finishing the race, it doesn't matter. What does matter is that you trust in yourself.

Understand that once you get running, the nerves will wear off. You'll begin to think straight and all the training you've done will be worth it. You'll then want to run another marathon. And then another. To the point you'll wonder why you were overwhelmingly nervous to begin with. Providing you're prepared and have some confidence in your running, you'll be fine. Who knows, maybe you'll kill it! Maybe you'll keep up with the Kenyans!

## Research, research, and more research

Preparation is crucial. Research is vital. It is essential in order to overcome nerves. Or, at least, ease them. There's nothing worse than running a race without knowing anything about it. Its history. The type of people you'll be running with. You'll encounter surprises. Not good surprises, either. Hills, and mysterious areas, just to name a few.

That's just one aspect of the research. What will the weather be like on the day? Maybe you're traveling to a warm place. You won't need winter clothes if that's the case. You'll need clothes to make you comfortable. Clothes you can get through from start to finish without needing to change.

Spend days if you need to analyze the marathon: location, route, weather, and people. Anything and everything that'll make you confident when beginning to run. Nobody likes to be unprepared for a race.

*See Kicking, on page 10*

5th Annual  
**WINGS TO FLY**  
RUN  
MARCH 28, 2015  
benefiting Children's Miracle Network Hospitals  
presented by  
Magnus Drilling Services Inc.

**Saturday, March 28**  
9 am - Fort Reno, OK  
**15K \* 5K \*\***  
**Miracle Mile**  
Info & registration at  
**okchf.org**

USATF certified courses \* Landrunners series event  
\*\*RRCA Oklahoma Championship event

RRCA CHAMPIONSHIP RACE  
MAGNUS DRILLING SERVICES INC.  
CHILDREN'S MIRACLE NETWORK HOSPITALS  
children's hospital foundation



**6th ANNUAL  
EARLYWINE DASH**

**Sunday, March 22, 2015  
at Earlywine Park  
SW 119th & May Avenue, OKC**

**1Mile 1:30pm / 5K 2pm**



**[WWW.SIGNMEUP.COM/105465](http://WWW.SIGNMEUP.COM/105465)**

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# Setting Mileage Goals in 2015 and Beyond

By Camille Herron

As 2014 was coming to a close, I started seeing my friends sharing their year mileage totals. It was really great to see the type of work everyone was putting in and then equally seeing people set goals for 2015.

One guy who put up some mind-boggling numbers in 2014 was local runner, David Manguno, achieving 5,306 miles for the year! His goal was to put in his age x 100. I believe this was David's second year hitting over 5,000 miles for the year, so it's probably something he's built up to over a long time. How did he do it? Well, it's usually just him and me out doing loops around Lake Hefner in the evening time! However, this is usually our second run for the day. Some of us simply like to run, A LOT! Here's to hoping David stays healthy and can go for 5,400 miles for age 54 in 2015!

Another friend set a goal to run 500 miles in 2015 and run her first half marathon at the OKC Memorial Half Marathon. She started off the year by running a 10K at Disney with her friends and mom. It always helps to have people around you to support your goals, serving as both training and possibly race partners.

I previously wrote in the November 2014 Landrunner newsletter about the benefits of keeping a training log—one of which IS the ability to track mileage. For me, what started out as tracking weekly mileage, turned into tracking monthly and yearly mileage. Once I got healthy and consistent with my training (around 2004-2005), I progressively built up my weekly mileage to the point where I started getting over 3,000, then 4,000, and finally 5,000+ miles per year.

You definitely don't have to aim for the mileage that David and I are putting in! However, you can take note of where you're at currently and set weekly/monthly/yearly mileage goals that are reasonably attainable for YOU. Most definitely, you don't want to compromise your health and should consult with a coach, doctor, etc.

For sure, it's a time commitment. More miles means more time on the feet. You learn to slow down the pace/intensity. Spread it out! If you're running three to five days a week, add an extra day or two with a few miles. The body likes routine. It likes to move frequently and be limber. You strike a balance between stress and rest—resting when the body says it needs it.

I recall the first time I ran seven days a week, as I used to run an hour five to six days a week in college (taking off Monday's). I added in an easy 35 minutes. I found that I actually felt better running every day, rather than taking days off. Aerobically, I began to get fitter and it started to show

in race times too! As I ran more (and got fitter), my pace slowed down, striking a balance with the hard effort days. It was like flipping a switch.

A few years later I'd been running every day with the occasional day off and break. I got to the point where I started running twice a day a few times a week. This eventually spiraled into the goal of running 100+ miles per week... followed by 5,000+ miles for the year (when I started getting into marathoning). I also found myself eating and drinking more, sleeping more, showering more, needing more micronutrients (including iron and other minerals), and going through more shoes (not such a bad thing, if you like shoes)!

I joke that my routine with running is sort of like brushing your teeth twice a day—you get to the point where you do it without thinking about it and you always feel better after doing it. Rain, shine, cold, wind, SNOW- you find yourself out there doing what your body is used to doing every day!

As I come to a close, this will be my last article for the Landrunner Newsletter. I've had a lot of life changes the past year and feel it's time to move on. I've enjoyed the opportunity to share my knowledge and experiences with everyone the past three years! I appreciate those who have told me they've benefitted from my articles. If you need future advice, you're welcome to contact me through Facebook or the contact form on my personal website, [www.camilleherron.com](http://www.camilleherron.com)

Never stop being the best YOU can be! Set goals for yourself, including mileage goals. Aspire towards our Exercise Science motto when I was a student at The University of Tulsa: *Semper Salveo, "Always in good health"*.

For fellow Landrunners who are interested in taking over my column ("Running Tips"), you can contact Lindsay Long: [news@okcrunning.org](mailto:news@okcrunning.org)

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](http://MarathonGuide.com) and [Powerbar](http://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)



COMING TO OKLAHOMA CITY

THE PREMIER, ALL-WOMEN'S  
HALF MARATHON & 5K SERIES



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**GOGIRLRUN**  
— **OKLAHOMA CITY** —  
**MARCH 22, 2015**

RETURNING FOR 2015: SPRINGFIELD | COLUMBIA | KANSAS CITY

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**Kicking continued****Get there early**

Don't be late. Not even 30 seconds. In fact, be at least 30 minutes early. Collect your stuff. Release your bowels. Have a drink. Meet some people. Do whatever you can before you begin running. It'll increase your confidence. You'll be familiar with the area. You'll be excited to begin running. And most importantly, you'll do better than if you showed up late. This is why research is important. It can make sure you won't get there late. If you have backup plans, then nothing can get in your way., unless you get stuck in traffic. Then you're stuffed.

**Embrace the nerves**

So far I've just focused on removing nerves, but nerves aren't always bad. There's a difference between being healthily nervous and having intense anxiety attacks. Nerves mean you care. If someone runs a marathon and they claim they're not nervous... not even the slightest, then they probably don't care.

Avoid these people. They'll make you feel worse than you already do. But most of the time they're lying to you. Most of the time they're just as nervous as you, if not more nervous. These people believe they can trick their minds. They think if they say they're not nervous, then they won't be nervous. If only it were that simple.

**Sleep**

It sounds simple, right? Something we're so naturally programmed to do. But it's not. In fact, the night before a marathon can truly suck. It can be a sleepless night. Maybe squeezing in two to three hours if you're lucky, but not getting enough sleep can be dangerous, dangerous to your health and dangerous to your race. You're stacking the odds against yourself if you don't sleep much. The marathon will kill you. You'll be exhausted mentally. Sleep is essential. Let's not pretend otherwise. And when you wake up, treat yourself to a good breakfast. You'll thank me later!

**Enjoy it**

Stop thinking about the nerves. This is supposed to be an experience of a lifetime. Your hard work is coming together and you're ready to smash your goals. Stop stressing. Okay, maybe it's not that simple, but it can be. Distract your mind with music. Make some friends. Get to know the area. And most importantly, when you run, embrace the community. It's a long road ahead and you might as well make the most of it, right?

Just think of the Kenyans who are too far ahead to appreciate the community; the crowd and the runners together. It's a team effort – nobody's got time for nerves. Then you can collect your medal, and question what you were worrying about from the start.

**Conclusion**

Overcoming nerves is hard, but as long as you know the difference between healthy-nervous and unhealthy-nervous, it should be the time of your life. Providing you don't have a panic attack, stop focusing on the nerves too much. It helps nobody and it's just restricting your potential.

**Author Bio**

*Curt Davies is a marathon enthusiast who found the mental edge you need to finish your first marathon. He's compiled some of his best tips into a free download you can get at his website at [www.marathondriven.com](http://www.marathondriven.com)*

THE 4TH ANNUAL  
**STRIDES OF MARCH**  
 HALF MARATHON  
 &  
 DOGWOOD DASH 5K IS COMING!

REGISTRATION IS NOW OPEN!



WHEN: **Sunday, March 8, 2015 @ 8:00 am**  
 WHERE: Lake Stanley Draper Marina, OKC, OK

**VISIT [WWW.STRIDESOFMARCH.COM](http://WWW.STRIDESOFMARCH.COM)**

Presented by



\* All proceeds go to Men's and Women's FIRSTSTEP Recovery Programs.

*OKC Metro Alliance, Inc. is a not for profit, 501(c)3 company.*

# WHEELER PARK

----OKC, OK----

Saturday, February 28<sup>th</sup>,  
2015

---Edmond Memorial---Benefitting Angel's Foster Family Network---



## Hog Jog

PRESENTED BY:



5K and 10K begin at 9:00 and 1 mile fun run  
at 9:10

---\$30 Entry Fee---

Packet Pick-Up @ Elite Feet February 26<sup>th</sup> and  
27<sup>th</sup>

[www.signmeup.com/105542](http://www.signmeup.com/105542)

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

# Sirsana or Headstand

*By Jennifer Henry*

An advanced posture strengthening shoulders, arm and core. To modify use at wall with shoulders on blocks. Benefits of headstand or any inversion are blood flow particularly to the brain and pituitary and pineal glands. Helps with memory, insomnia and lung power and energy. Contraindications are high or low blood pressure.



## Triple Crown 2015



**Frigid Five**  
Feb. 14<sup>th</sup>



**Panera Beacon 5k-15k-25k**  
March 7<sup>th</sup>



**St Paddy's**  
March 21<sup>st</sup>

Register today @ [www.okcrunning.org](http://www.okcrunning.org)

13th Annual  
**LITTLE ROCK  
MARATHON**



presented by  
**Arkansas Democrat Gazette**  
*Arkansas' Largest Newspaper* Little Rock, Arkansas

**FEBRUARY 28 - MARCH 1, 2015**

marathon - half marathon - 10k - 5k - kids marathon



join us on



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



# Are Runners More Prone To Colds?

By Tom Coniglione, MD

Running and regular exercise provide many health benefits. The positive effects of running on health are: protection against and treatment of diabetes, reduced chance of getting cancer (colon, prostate, breast), less heart disease, lower blood pressure, less anxiety or depression, better sleep, etc.



What about things like the flu or colds? Does running have a protective effect on these viral illnesses? After all, your grandmother told you to not get a chill. If you did you would “catch a cold.” In the winter we get chilled every time we run. If your grandmother was right we should be sick all the time.

Whenever we give advice to runners, we like that advice to be based on science: good science. “Good science” are facts that can be reproduced in repeated experiments. Good science is derived from valid experiments (placebo controlled, blinded, results not likely to be due to chance, etc.) performed on large groups of subjects.



When we recommend a treatment plan to a runner with an injury that plan is based on “good science.” Runners are unique and individual. The science does not always fit the runner. So we recommend science-based treatment mixed with a heavy dose of experience.

So what does “good science” show about runners being more susceptible to colds? Short answer – if we wait for “good science” to give us the answer we may never get the answer. If there is no answer let’s look at what is known and try to extrapolate from that information.

People who exercise report fewer colds than their inactive peers. One questionnaire survey revealed that 61 percent of 700 recreational runners reported fewer colds compared to before they started running. Only four percent felt they experienced more colds. Questionnaires are not good science, but they can suggest trends.

Please note: the runners reported fewer colds. Reporting depends on recall memory. Some of us tend to forget rapidly. Because the difference in the 61 percent and four percent is so large, there is probably some truth to the observation; this is not technically “good science.” On the other hand, runners are constantly in denial.

**See Colds, on page 16**

THE 15TH ANNUAL  
OKLAHOMA CITY MEMORIAL  
MARATHON

— APRIL 26, 2015 —



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

**RUN**REMEMBER

OKCMARATHON.COM



## **Colds continued**

In another survey of 170 experienced runners who had been training for 12 years, 90 percent reported they “rarely get sick.” Good science? Not really. However, this is another strongly suggestive study. Besides, the runners may have had more colds, but if they believed they had fewer colds – they had fewer colds.

There is some pretty good research which tested this belief scientifically. Two different experiments were performed involving younger women and elderly women. In both studies, women in the exercise groups walked briskly 35-45 minutes, five days a week, for 12-15 weeks, and the control groups remained physically inactive.

The results were in the same direction reported by fitness enthusiasts – walkers experienced about half the days with cold symptoms as the sedentary controls. There is a huge amount of individual variation among the walkers as well as runners (sick kids at home, exposure at work, etc.). Variation makes the results less valid. If there were large enough groups of women in the experiment, there would be less variation. Again, there is a suggestion that exercisers have fewer colds.

Then there was a very interesting study that involved 2,300 runners who competed in the Los Angeles Marathon. It was found that in the week following the marathon, those who ran 60 miles a week or more, doubled their chance of getting ill. Initially, the LA marathon study caused some concern. The headlines read “running makes you more susceptible to catching cold.” When this same questionnaire survey was repeated, the results were similar.

So, does marathon running make you susceptible to catching a cold? If so, why? Good science has shown if you run more than 90 minutes a day your immune system is impaired – for a short time. So in the few days following a long run, you MAY BE more susceptible to a cold.

However, running overall strengthens the immune system.

**The summary: running strengthens the immune system and it appears runners have**

**fewer colds. There is a possibility of an increased chance of catching a cold immediately after a particularly long run.**

To make certain this is all clear as mud, let’s throw out another concept: over training. There is a clear syndrome in runners who over train: poor sleep, tired, achy muscles, sore throat, swollen glands, poor appetite, feeling feverish.....Hmmm.

So, running very long distances may cause us to catch a cold. However, there is a sense of accomplishment and an inner confidence that comes from knowing you finished a particular run. Running allows us to experience nature within the comradery and support of our running friends. For all that, it is worth a cold once in a while.

Closing thoughts: There is no science suggesting vitamins in general or large doses of vitamin C in particular have any effect on a cold. There is a little science suggesting zinc may boost the immune system and lower the risk of getting a cold. High doses of zinc are toxic – read the label. Echinacea won’t help.

Wash your hands, cover your coughs and sneezes, eat a balanced diet and run. Then run some more...



March 14, 2015

OneHealthyBodFitnessExpo.com



8:30  
AM

JUMP-START  
**RUN**

5K &  
10K

**STARS AND STRIPES PARK**

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

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Second annual OneHealthyBod Jump Start Run proceeds will go to the  
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JOIN US at the **2015**



# PieceWalk! & 5k

*The largest autism event in Oklahoma!*



**May 2, 2015**

**5k - 9am**  
**Walk - 8:30am**  
Bricktown Ballpark



**Food, Fun & Resource Fair** – funding, helping, & increasing **autism awareness!**

 **PieceWalk.org**  
 **AutismOklahoma.org** & 5k

 **Autism**  
OKLAHOMA.ORG



The 4th Annual on Saturday, March 28

# Oklahoma Heritage Land Run

## 10K • 5K • 1-Mile Fun Run

hosted by Oklahoma Heritage Association Teen Board

March 28, 2015 • Midtown, OKC  
Benefits education programming  
Register at [oklahomaheritage.com](http://oklahomaheritage.com)



OKLAHOMA HERITAGE Association  
GAYLORD-PICKENS Museum

1400 Classen Drive • Oklahoma City • 405.235.4458 • [oklahomaheritage.com](http://oklahomaheritage.com)



P.O. Box 18113, OKC, OK 73154

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February 2015

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## Join or Renew Online Today!

Check your mailing label for your renewal date.

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1. Write a check for **\$20** to OKC Running Club
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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



### Club Meeting

### Race Series Awards

Monday, February 16 @ 6:30pm

Kimray Conference Center 8 NW 42<sup>nd</sup> ST

### OKC Landrunner

### Memorial Marathon Training

Every weekend - see website

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