

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

March 2015 | Issue No. 227

My Running Story

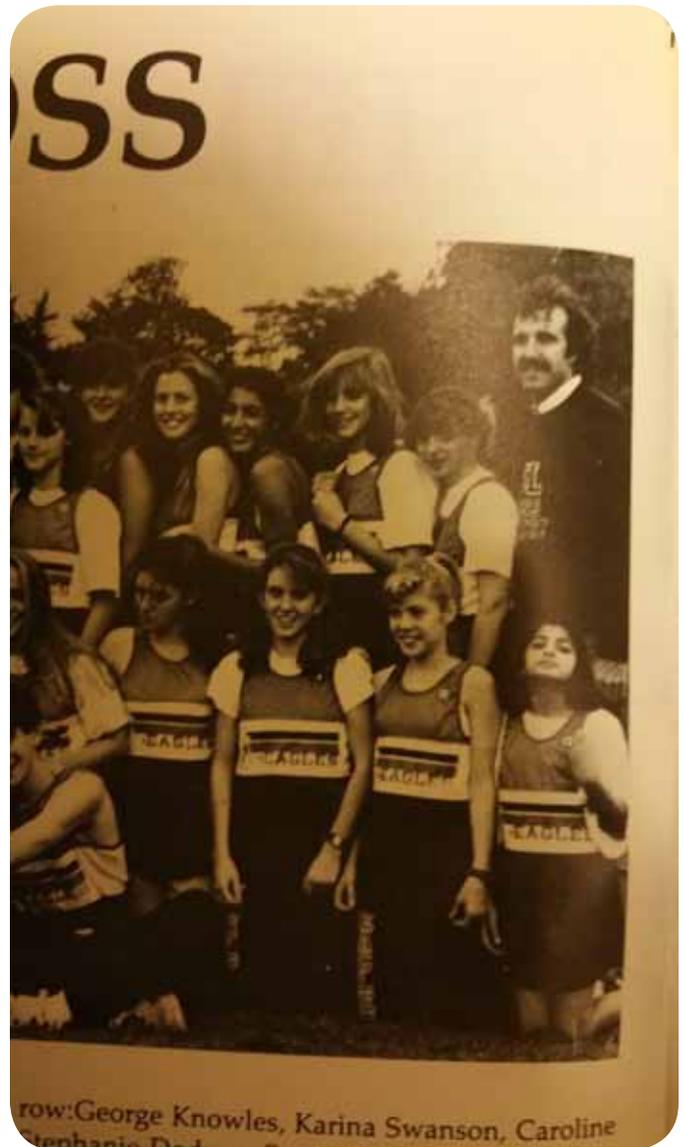
By Dinky Hammam

I have been a runner since I was 14 and for the sheer majority of the time, a solo runner. The hills of England, more specifically, London served as my beginnings. Lebanese-born, it was best for my family to depart our country due to the 25-year long Civil War. I went to an American High School where cross country was introduced to me by two teachers. Besides, I needed something to put on my college application for sports. I was pretty slow, but I enjoyed the camaraderie and I frankly was rather awful at all other sports. I seemed to manage to put one foot in front of the other -- and hey presto!

Mud and rain were good friends to our high school crew back then. We sometimes left our running shoe in the mud behind us on our way to meet the finish line. Our team won many Gold medals, but I never got faster than an 8:10 mile pace. I found it painful, but finishing was my favorite part.

In college in Boston, I continued running on my own for fun. I discovered an enjoyable way to meditate and think through things. Running was not as popular as it is today so there were no cool and nifty outfits. In the height of winter you would still find me in those gigantic cotton jogging pants and an ugly sorority sweatshirt. If ice got in the way I would run the track indoors.

Working 80-hour weeks in New York City as a banker did not prevent me from running. I discovered the treadmill. There I could zone everything out. Running gave me energy and inner strength. It gave me drive and purpose. It gave me consistency and health. It also got me away from sheer turmoil



See *Running*, on page 6

Time To Get Started

By Maurice Lee III, President

Some runners run year round. Others take a break for a few weeks or maybe a month. It usually depends on their reason for running. Some race year round, but their reasons for racing may be more social than speed oriented. Others race to challenge themselves and have a chance at an overall, gender, or age group win. Some run just for the fun of it; and truthfully, even if they're racing hopefully they're still having fun. Some run for the exercise benefits, and may never race. Or if they race it's more for social reasons.

You may have been running through the cold, ice, snow, and rain; those runs are usually not as enjoyable. As the weather moderates, running usually gets easier and more enjoyable. Whatever your reasons and whether you run year round or take a winter break, it's time to get started and enjoy the run.



*Third Jewel in Triple Crown

10th Annual Lynn Institute St. Paddy's Day Race



Pet Friendly!

8k*, 5k, 1 Mile Fun Run, Kid Races

Door Prizes!

**Saturday, March 21, 2015
Lake Hefner East Wharf**

Costume Contest!

Races Start @ 10:15 a.m.
1 Mile Fun Run @ 11 a.m.

Music & Food!

\$30 Early Registration/\$35 Race Day
\$15 Students/Under 6 Free

For More Info:
Emily Isbill
(405) 601-5851



To Register, Visit:
www.stpaddysrace.com

Landrunner members:
Login to your account
for discount code

Come dressed in your best
St. Paddy's costume for a
chance to win an iPod Nano!



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

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
3/1	Little Rock Marathon \$	Little Rock, AR
3/7	Panera Beacon 25K*, 15K*, 5K*\$	Stars & Stripes Park @ 7:30am
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	Go Girl Run Half Marathon & 5K\$	Downtown OKC @ 7:00am
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
4/4	The Double Road Race\$	Stars & Stripes Park @ 7:30am
4/4	Easter Run 5K & 10K*\$	7903 NW 30th @ 9:00am
4/11	Get Your Rear in Gear 5K	Norman @ 9:00am
4/12	RedBud 10K*	6301 Waterford Blvd @ 2:00pm
4/18	Tails on the Trail 5K	Wheeler Park @ 9:00am
4/19	Eagle Run 5K	12001 S Portland @ 8:30am
4/26	OKC Marathon*, Half*	Downtown OKC @ 6:30am

* Denotes Series Races

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

Landrunners In Action

1/18 HOUSTON HALF MARATHON, TX

CHINNI POKALA 1:42:53

1/18 MAUI OCEANFRONT MARATHON, HI

NELS BENTSON 6:46:26

DONNA BENTSON 3:55:01 – HALF

1/24 GO VERY LONG 50K, OK

JENNIFER STONG 4:12:52 – 1ST OVERALL

2/8 FORT SMITH HALF MARATHON, AR

KELLY HILBURN 2:04:17

BETSY HILBURN 2:14:39

2/14 MYRTLE BEACH MARATHON, SC

WILL WARREN 3:17:16

MARY MIKKELSON 3:38:05

MAURICE LEE 3:52:50

CHUCK MIKKELSON 5:22:12

NELS BENTSON 6:34:22

DONNA BENTSON 3:33:51 – HALF

HEATHER WARREN 30:42 – 5K

Click the link on www.okcrunning.org/newsletter page to submit out of state results. Send photos and stories to news@okcrunning.org

3RD ANNUAL EAGLE RUN

	8:30AM	\$ 10
1 Mi	8:40AM	\$ 30
5k	9:03AM	\$ 30

SUNDAY, APRIL 19TH | 8:30AM

FOR REGISTRATION & INFORMATION 

EAGLEHEIGHTSCHURCH.NET

Running continued

one often encounters in pressure cooker situations. Running had become my friend and my solace when I could not find a shoulder on which to cry.

Moving to Oklahoma City, I jogged and walked through my pregnancies. Somehow, at this time, my distance running days were entirely over. I could no longer measure my worth by the length nor time I ran. I had three children and I had responsibilities.

Through a very challenging marriage and drawn out acrimonious divorce, I still ran. I began to drink heavily as well. Despite imbibing huge quantities of liquor, I ran. I ran drunk. Very drunk. I ran and ran and ran. Broken and in despair, I went to rehab for alcoholism and as soon as they gave me clearance I began to run again.

I returned to Oklahoma City with so much hope and armed with a new toolkit. Of course I ran. I jogged slowly at first. I picked up the pace and the miles again. Encouraged by a good friend (Susan Planer Phillips) who had picked up the runner's bug, I went to my first couple of group runs. I joined an

online Facebook group and suggested doing three races in one day and Sean McClintock (of Kurt's Herd fame) obliged.

The Landrunners appeared and brought a new found joy to my life. They permitted me to come in and out of the group runs as I wished and according to my schedule. I met and saw so many beautiful, happy, intense, intent, laughing, crying, hopeful, jubilant faces. Those faces were there consistently through thick and thin. And the parties! I did mention the parties, right? And the dinners! I move in and out and make sudden appearances at races or events...I rarely fail to meet new and fascinating individuals. And for this, I am truly grateful. I am lucky to have as many years and no injuries as of yet on this body. I am lucky to have running. I am also very lucky to have the Landrunners.



JKEnterprises LLC, Presents

The Double Road Race

The Only Race with a "Half-Time"

April 4th, 2015

Oklahoma City, OK, Lake Hefner, Stars & Stripes Park

Double 15K (10K+5K), Double 8K (5K+3K) & Double 1.5M Kids under 13 race (1M+.5M).

All races include the Recovery Zone where runners Rest, Recuperate, Hydrate and Strategize for the next leg of the race. It's our Half-Time.

A portion of each registration benefits the Juvenile Diabetes Research Foundation, Central OK Chapter

To REGISTER, DONATE, or for more INFORMATION:

gerald@doubleroadrace.com www.jkrunningevents.com www.doubleroadrace.com



**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

Like us on Facebook 

It's Been Years Since We've Heard From The Weeks

By Debbie Weeks

It's been more than two years since the Weeks family has been involved in the Oklahoma City Running Club, aka the Oklahoma City Landrunners. That's because Bill and Debbie Weeks officially moved to Buena Vista, CO, which in 2014 was named the second best Mountain Trip in the world by *Outside Magazine*, ranking only behind Shivling, India! Buena Vista is in Chaffee County which generates over \$62M in recreation, of which rafting down the Arkansas River contributes the largest amount.

Bill and Debbie, both past presidents of OKC Running Club, have become actively involved with many activities in the small mountain town of just under 3,000 people at a high altitude of just under 8,000 feet. Their favorites are hiking, biking, golfing, running Fourteener's (Bill, that is), kayaking, fishing, snow shoeing, cross country skiing, etc. Debbie volunteers at Chaffee County Habitat for Humanity ReStore and Bill is the President of the Chaffee County Running Club and a member of the Optimist Club. Most of these activities are within 25 miles, but most are within walking/running/biking distance from their front door. They both miss their friends in Oklahoma and look forward to their visits each year. Since Bill has become involved in the running community he has been the leader in adding several quality trail runs like The Tunnels Ten Miler on April 18 <http://www.tunnelstenmile.com>, CKS Paddlefest Half Marathon on Memorial Day and Sleeping Indian Hill Climb, which is 5.5 miles on a trail that climbs 1,500 feet in elevation. You can view the entire calendar at <http://bvparksandrec.org/special-events/>.

We have great places to stay, see websites <http://www.surfchateau.com/> or <https://www.airbnb.com/rooms/1043257>, Super 8 and Best Western, including the Week's house or camping out in their backyard...bring your own tent... and bear spray! Any questions, feel free to call the Weeks at 405-640-0070 or just ask fellow Landrunners, Mark and Leslie Bravo, Adi McCasland, Matthew Wilcoxon, Mitch and Michelle Hale, Kent Frates, JoAnn Patterson, Russell Allison (Leadville 100 runner) Suzy Lloyd or Mel Van Helsdingen. We hope you are able to fit in one of our great trail runs this year!



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

FIFTH ANNUAL
EASTER RUN



BENEFITTING THE HOUSE OF HEALING

HOSTED BY COUNCIL
ROAD BAPTIST CHURCH

SATURDAY, APRIL 4th, 2015
All races begin at 9:00 a.m. Registration begins at 8:00 a.m.

AT THE CUBE
7903 NW 30TH ST., BETHANY, OK 73008

10K - **\$35** Early Bird - **\$45** day of the race
5K - **\$25** Early Bird - **\$35** day of the race
1 Mile Fun Run - **\$10**

SPECIAL GROUP RATE
FOR TEAMS OF FOUR OR MORE!

EASTER EGG HUNT - 10a.m.
Games for the whole family!

walkingstickdesign.com

FOR MORE INFORMATION OR TO REGISTER VISIT:
WWW.HOUSE-OF-HEALING.ORG

OH!! WHAT A RIDE!!! – Reindeer Run

Rider, Stephen Heine and parents Patty and Erick Heine. Club members, Kevin Lynes and Jim Roblyer accompanied him for his first 5k. For

more information on the OKC Running Club’s OH!! WHAT A RIDE!!! contact program director Jim Roblyer.



Stephen Heine, Kevin Lynes & Jim Roblyer



Jim Roblyer, Kevin Lynes, & Erick & Stephen Heine starting the 2014 Reindeer Run



What does a pair of running shoes or cleats mean for a child? It is an opportunity to play a sport, be part of something bigger than him or herself, gain self-confidence, make friends and even find the incentive to make better grades. But many kids do not get to play sports because they cannot get the necessary sporting goods. In Oklahoma, one out of every four families lives in poverty. In the Oklahoma City public school district, 95% of children are on free or reduced lunch. Oklahoma Cleats for Kids (C4K) helps children in need receive sporting goods so they can get involved in a life changing sport. At the C4K “store,” coaches, families and kids can “shop”, free of charge with no screening process.

Since 2012, C4K has provided over 14,500 sporting good items. Distributions are made to kids in 25 school districts in Oklahoma. In addition, 17 local organizations and hundreds of families and teams have been supported by C4K. We need your help! You can make a difference in a young person’s life by donating your old shoes or athletic equipment to C4K at Red Coyote, 5720 N. Classen Boulevard in Oklahoma City, or at the many donation locations listed at www.okcleatsforkids.org. C4K is a qualified 501(c)(3) charitable organization and all donations are tax deductible as allowed by law.



COMING TO OKLAHOMA CITY
THE PREMIER, ALL-WOMEN'S
HALF MARATHON & 5K SERIES

2015
GO GIRL RUN
— OKLAHOMA CITY —
MARCH 22, 2015

RETURNING FOR 2015: SPRINGFIELD | COLUMBIA | KANSAS CITY

BECAUSE YOU CAN. GOGIRLRUN.COM

Runner's Are All Different, Or Are We?

By Tom Coniglione, MD

Runners come in all shapes and sizes. Some runners are men, some are women; some are older, some younger; some faster, others slower. We run for different reasons: health, fitness, competition, and various other reasons. Vocationally, runners represent an enormous spectrum – too many to list.

Runners are a diverse group. The measureable differences are obvious. Runners are all different, yet could they be more similar than they are different?

A similarity among runners is **mental toughness**. Once a runner sets a goal, one way or another, he/she will achieve that goal. When faced with adversity, the tough get tougher. Runners are focused, goal oriented, and tough. Think of one of your many running friends and you will immediately recall examples of instances when that person overcame an obstacle because of determination.

For yourself, think of the cold and windy training run at Lake Draper, February 21st. That run was for the tough. No wimps at that run.

If you ran the Beacon on the Bay in 2009 (34° 30MPH north wind) you ran in some of the most adverse conditions any of us can remember; you have mental toughness. Completing such a difficult run as that 2009 Beacon had (personal) rewards; a renewed sense of confidence - if I can finish that run, I can do anything.

Runners see running in flat out lousy conditions as a character-building opportunity: it makes us tougher.

Although running is a low-risk sport, some runners develop injuries. The characteristic runners share is **resilience**. “When life gives you lemons, make lemonade.” When faced with an injury, runners want to learn why that injury happened and how to keep it from coming back. With focus and determination they come back.

This is not opinion, rather this is proven by research: runners have outstanding “**executive functions.**” Executive functions - planning, solving problems, reasoning, and flexibility. Runners are able to handle unexpected problems with calm demeanor. All that seem familiar? It should.

Are these traits developed because of running or do these traits lead one to become a runner? Wow, what a powerful and unanswerable question.

Be it from a Christian hymn or a Springsteen song, there are “ties that bind. You cannot break the ties that bind.” There are two ties that bind us as runners and prove we are all the same. First we have a **passion for running** and happily share that passion with all other runners. Anyone who runs is a friend.

Second, we will do whatever it takes to **endorse and support** other runners. Runners have a “tribal” mentality. If you are a runner, you are accepted as a member of the “tribe” of runners. No matter who you are, your color, your beliefs, your occupation or your running speed, you are a member of the “tribe”.

As it refers to runners, “tribal mentality” reflects a natural attitude to protect, accept, support, and endorse other runners.

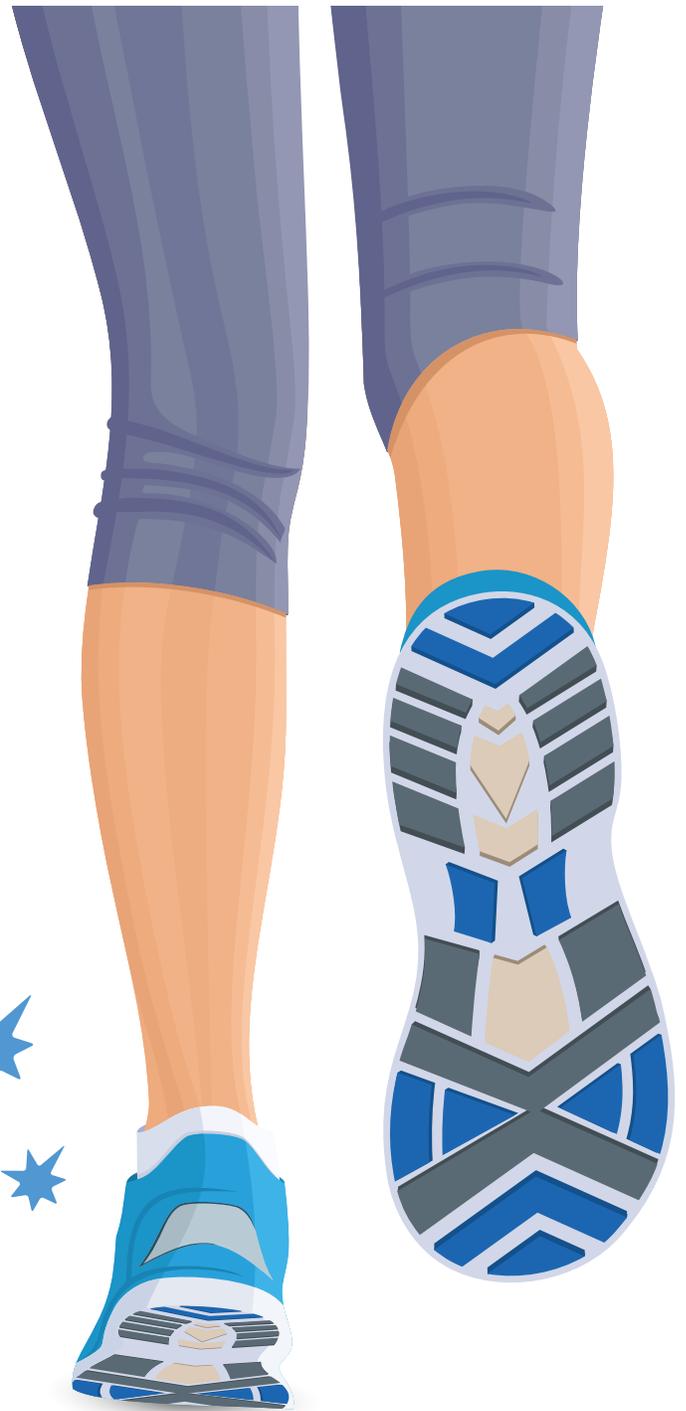
We may look different, live differently, and have different beliefs. However, we have “ties that bind” which bond us as family.

“DON'T RUN WITH YOUR LEGS, RUN WITH YOUR HEART”

DON'T BOTHER TRYING TO BE BETTER THAN YOUR CONTEMPORARIES OR PREDECESSORS. “TRY TO BE BETTER THAN YOURSELF.”

RUN HARD WHEN IT IS HARD TO RUN.

1 in 20
develops
colon cancer.



**GET YOUR
REAR
IN GEAR**
OKLAHOMA CITY

★ COLON CANCER AWARENESS ★

**5K RUN/WALK
& KID'S FUN RUN**
Saturday, April 11
Journey Church ★ Norman, OK



coloncancercoalition.org

Presented by

❖ **GI OF NORMAN**

Philip C Bird MD
Satish K Arora MD
Chintan A Parikh MD
Andrew W Black MD
Tony H Tran MD



WEST NORMAN ENDOSCOPY CENTER, LLC

Landrunners Community Assistance

By Jim Hammond

The Landrunners Community Assistance Committee encourages running at all ages. Two months into the new year, The Landrunners Board approved two applications that will get the kids moving. The first is a grant to Tulakes Elementary School in the Putnam City School District for \$1,500 to put new running shoes on 60 students who run on the school track team. The second is a grant to Bodine Elementary School in the Oklahoma City Public School District for \$2,500 to build a track around the school.

Tulakes Elementary School

The Tulakes program starts in March in which up to 120 mostly fourth and fifth graders practice and train after school three days a week as they set their sights on a series of track meets and races in April and May. When the board approved the grant in January, two board members, Jim Hammond and Vaden Dean, visited two running stores to see how many new shoes \$1,500 would buy. As it turns out, OK Runner committed to providing 60 pair of shoes and with that bid in hand OK Runner was awarded the contract; which means some shoes will be free of charge, but most will be obtained at cost.

This is the second grant approved by The Landrunners Board to the Tulakes Track Team. Last year the club did 20 pair of shoes with ambitions to do more this time around. Tulakes is a 100% Free Lunch Title 1 School where a majority of the student body is a minority. The application was coordinated by Ms. Eva Sharp and Mr. Brett Payne, both teachers at Tulakes. Their application in part read, "We want to promote health and fitness through running to get our students up and running."

The shoe fitting/sizing event was held on February 19 at Tulakes. Tim Thompson, store owner, and two staff members coordinated the event. To ensure a proper fit, the 60 students lined up and were fitted twice, once using the shoe calibrator immediately followed by slipping a foot into an actual shoe.

The next event will be the delivery of the shoes on March 3, which is the first day of practice, and kicks off a new season of running and training for the upcoming races. In a show of appreciation, several of the teachers and 10 to 15 students will serve as volunteers and man a water station at our Panera Beacon Run on March 7. For those racing, say hello to the kiddos as you run by.

Bodine Elementary School

The Bodine application was submitted by Ms Ceretta Bridges, a Bodine Elementary teacher and Vice President of the Bodine Home and School Association. The application read, "We are looking for help to build a neighborhood accessible walking/jogging track on our school property. The students that we service have nowhere to go for exercise or recreation." After careful consideration from the CAC we immediately saw this as a perfect fit with the Landrunner Mission Statement and what we are looking for in an application. As such, it was recommended to the Board that the club approve the application with one of the highest possible awards in the amount of \$2,500. It was approved at the February Board meeting. Note - this is the second highest award ever approved by the Board in over 40 years. The largest was \$3,000 in 2006 for three park benches, one at Lake Hefner, one at Lake Overholser, and one on the Oklahoma River.

The track around the school was one year in the making. It was only after the Oklahoma City Public School District and the City of Oklahoma City were both unable to fund the project that Bodine sought outside help. A cost estimate was made in January by Merritt Tennis Courts for \$35,000 and Bodine anticipates they will be awarded the contract. Bodine now has full funding in place by way of pledges and commitments from various sources including the Landrunner grant of \$2,500, which was the final piece. The largest funding was made by the Oklahoma City Community Foundation in the amount of \$25,000. Construction is anticipated to start this month and will take approximately one week to complete.

Tails on the Trail



benefiting
best
friends
of **pets**

**HELP REDUCE PET HOMELESSNESS
AND OVERPOPULATION IN OUR COMMUNITY!**

APRIL 18, 2015 WHEELER PARK
1120 SOUTH WESTERN AVE, OKLAHOMA CITY

5K trail run along the Oklahoma River at Wheeler Park at 9am.

Dogs welcome. Runners with dogs will begin after the other runners start. 1 mile walk at 10am.

Early registration: \$20 before March 1
\$25 to April 17, \$30 on April 18

Register at bestfriendsokc.org/tailsonthetrail

For more information:

405-418-8511 | info@bestfriendsofpets.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



OKLAHOMA HERITAGE Association

GAYLORD-PICKENS Museum

1400 Classen Drive • Oklahoma City • 405.235.4458 • oklahomaheritage.com

33RD ANNUAL
REDBUD
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**APR.
11-12**

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**ANNIVERSARY
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2015 Beneficiary > Boys and Girls Clubs of Oklahoma County

5k/10k Runs • 10/33/50 Mile Bike Tours • 2 Mile Walk • 2 Mile Baby Stroller Derby
5k Wheelchair Event • 1 Mile Kids Fun Run • RedBud Bash

REDBUD.ORG

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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 15TH ANNUAL
OKLAHOMA CITY MEMORIAL
MARATHON

— APRIL 26, 2015 —



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

RUN TO **REMEMBER**

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March 2015

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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



Panera Beacon 25K, 15K, 5K

March 7, 2015

Support your club by
running and/or volunteering

Club Meeting

Monday, March 16 @ 6:30pm

Kimray Conference Center 8 NW 42nd ST

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