

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

April 2015 | Issue No. 228

## I'm a Runner

*By Joseph Mitro*

I discovered my knack for running rather by accident.

As a youngster I was drawn to bodybuilding, ogling the shiny bronze bodies of Arnold and Lou Ferrigno, but my ectomorphic body wouldn't develop such monstrous muscles. Instead, I remained skinny and self-conscious. I did, however, love the freedom of riding my bicycle. Eventually I bought a \$300 Raleigh steel bicycle and rode the wheels off it just for the fun of riding. It was purple with white bar tape and I took the reflectors off in hopes of making it resemble the racing bike like Greg LeMond rode. But my family didn't have much money and the venues for bicycle racing were fairly limited.

In Texas football was supreme and I dutifully joined the team at my small private high school upon entering 9th grade, greatly increasing my mother's grey hair count I'm sure as my 120 pound freshman body was anything but durable. I made it through without injury and clung to the hope that off-season weight lifting would make me big. Alas, it was not to be. But I kept trying, in the meantime riding my bike for the pure joy of turning the pedals and feeling wind in my hair. One day during my sophomore year the off-season football players were taken out to the track to "run some laps." I don't remember what I was wearing, but I remember the weather was cold, overcast, and windy. While all the other guys grunted and wheezed their way through four laps, I found myself breezing around the track, passing players left and right. My feet moved quickly and

lightly and my arms maintained a perfect rhythm. I felt right at home. Afterward, the assistant football coach (who was also the new track coach) said "you should run on the track team." So I did.

Our high school "track" was a rented cinder track belonging to the Dallas Independent School District; we could only practice when they weren't there. The cinders were red and a rut had developed in the first lane. When it rained we ran on the grassy infield. Early in the season the coach would drop the distance runners off about five miles from the track and tell us to run back. We started practice in the early spring and I gradually built more stamina and speed. As the season progressed and the days got longer and warmer our workouts became shorter and faster. A memorable workout was 400m interval repeats with 2 minutes rest. Wow, those were tough, but I sure liked my tan legs! My first pair of running shoes was a silver and blue pair of Nike Air Pegasus and one of my coveted possessions was white Nike track spikes with a blue Swoosh! My coach placed me in the 400 and 800m races my sophomore and junior years. I didn't set the world on fire or even go to state, but I was better at track than football.

Still, I played football all four years of high school and running was an afterthought. I ran some cross country meets on Saturday mornings after Friday night football games; probably never broke

**See Runner, on page 6**

# Results

*By Maurice Lee III, President*

Yes, yes another letter about volunteers. We have just finished putting on our signature race, the Panera Beacon Run. Thanks to so many volunteers, this was a fantastic run. Race Directors Chuck Mikkelson and Bill Goodier handled all the behind and in front of the scene details. Things most of us don't think about. Thank you to those who helped with packet stuffing, packet pickup, early setup and late teardown. Far too many to name, but your assistance is appreciated.

Once again, please consider volunteering in some fashion. I understand we may need assistance next year with directing the race. Please contact one of the current directors if you'd like that learning experience.

Training is almost over for the OKC Memorial Marathon. Trust your training, do nothing foolish, and have a great race wherever you may be running.



  **MEDICAL  
Brigades  
HONDURAS**

## Tropical 5k

When: April 12<sup>th</sup>, 2015 at 2:30 pm

Where: OU Norman Campus

Wear your tropical apparel and  
come support OU students!

Register at [www.honduras5k.com](http://www.honduras5k.com)  
by March 29<sup>th</sup> and receive a t-shirt

# 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

# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
4/4	The Double Road Race\$	Stars & Stripes Park @ 7:30am
4/4	Easter Run 5K & 10K*\$	7903 NW 30th @ 9:00am
4/4	Yoga 4 Runners (Saturdays in April)	8028 N May @ 2:00pm
4/11	Get Your Rear in Gear 5K	Norman @ 9:00am
4/12	RedBud 5K / 10K*\$	6301 Waterford Blvd @ 2:00pm
4/12	GMB Honduras 5K	Norman, OK @ 2:30pm
4/18	Landrunner Trail Sweep	LH East Wharf @ 9:00am
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
5/2	OK Autism Piece Walk 5K*\$	Bricktown Ball Park @ 8:30am
5/3	A Walk in the Park 5K	Wheeler Park @ 2:00pm
5/9	Miracle Miles 5K / 10K*	Stars & Stripes Park @ 8:30am
5/30	The Dirty 30 \$	Mulhall, OK

\* Denotes Series Races

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

**THE JUNIOR SERVICE LEAGUE OF STILLWATER**  
**SCORCHER**  
**HALF+5K**  
**JUNE 7, 2015**

**JUNE 7, 2015 • STILLWATER, OK**

Half marathon finishers receive finisher's medal, and cash awards will be given to the top 3 male and female half marathon finishers. Proceeds benefit the Junior Service League of Stillwater.

Pre-register online and save!

**thescorcherrun.com**

**YOGA 4 Runners**

JOIN ADI MCCASLAND  
 SATURDAYS IN APRIL  
 2:00-3:00PM

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 MIND • BODY • MUSIC  
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**THE  
DIRTY30**

**\$10 OFF FOR THE FIRST 100 LANDRUNNERS  
WHO REGISTER BEFORE APRIL 20TH**

**USE CODE: LANDRUNDIRTY**

**5K**

OKLAHOMA'S  
**DIRTIEST**  
OBSTACLE COURSE

**REGISTER ONLINE // [DIRTY30RACE.COM](http://DIRTY30RACE.COM)  
MAY 30TH, 2015 MULHALL, OK**

**Runner continued**

19 minutes for three miles. I kept riding my bike, unaware I was maintaining cardiovascular fitness. Finally, after the last football season was over I decided to get more serious about my last upcoming track season. I found a loose knit group of fast local runners under the tutelage of a very knowledgeable coach. We met twice a week at SMU during the winter and spring and ran the local neighborhoods after dark, running as hard as we could. I was usually one of the slowest in the group, but was determined to be as fast as these local high school stars.

The spring of my high school senior year arrived with a new, more knowledgeable track coach at school who encouraged me to continue workouts with the Dallas Striders. So twice a week I ran two hard workouts per day and my hard work paid off. My new coach took me to Austin, Texas for the Congress Avenue Mile as a prelude to the season - I ran a 4:37 and finished third for high school runners.

As the track season progressed, I focused on one mile and two mile races with some 800m races thrown in for speed. Equipped with flashy new track uniforms and a sweet pair of Adidas track spikes I managed to win the district title for 1600m and 3200m events and set our school record for both in the process. Unfortunately, I lost the state title in a sprint finish with strong headwinds, finishing second in both races. I continued my quest for improvement with a chance to run track and cross country for the next four years in college.

Despite the rather casual, almost accidental, way in which I discovered my identity as an endurance athlete, it was a rather purposeful decision to rediscover that identity as a middle-aged father, having lost it for some years while focusing on education, career, and family. Now I'm quite confident that identity will remain with me for years. I'm a runner.



## 6<sup>th</sup> Annual Founder's Day 5K/1 Mile Benefit Run

### June 27, 2015

FUQUA PARK | DUNCAN, OK

### BARGAIN

5k pre-registration \$20  
after June 12<sup>th</sup> \$25  
(5k fee includes t-shirt)

**REGISTER AND PAY ONLINE!**

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

1 mile run \$15 (no t-shirt but  
can be ordered online)



For more information:  
jashgaz@outlook.com



[www.facebook.com/foundersday5k](http://www.facebook.com/foundersday5k)

\$25 REGISTRATION | VISIT [COMFEDCU.ORG/MIRACLEMILES](http://COMFEDCU.ORG/MIRACLEMILES)

05.09.15

MIRACLE MILES

5K 

10K

BENEFITS CHILDREN'S MIRACLE NETWORK HOSPITALS



*Communication*  
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# Landrunners In Action

## 1/24 MIRACLE MARATHON, TX

BENNIE SCHUCHART 4:43:42

## 1/25 ROCK'N'ROLL NEW ORLEANS, LA

DANIELA ALEMAN 5:06:25

OMI GONZALEZ 5:19:40

## 2/7 CRITZ TYBEE ISLAND HALF MARATHON, GA

JAMIE TAYLOR 2:16:08

GENA BARNHILL 2:16:32

SHEILA MILLER 2:16:32

## 2/15 AUSTIN HALF MARATHON, TX

MICHELLE EVANS 2:06:31

WENDY PITT 2:36:42

## 2/24 SURFSIDE BEACH MARATHON, TX

KARI BROWN 4:58:39

AMY PANNELL KORKSTROM 4:49:01

DANIELA ALEMAN 5:16:39

OMI GONZALEZ 5:23:56

DARLENE SPRY 6:29:23

BENNIE SCHUCHART 2:03:12 – HALF

LESLIE DRISKILL 3:12:21 – HALF

## 2/28 PHOENIX MARATHON, AZ

IAN CAMPBELL 2:55:45

ROGER LEMMONS 3:17:27

COURTNEY LEMMONS 3:48:11

ANN HADRAVA 3:50:54

CARL ROWE 4:06:41

CAMI ROWE 4:10:31

RICK HADRAVA 1:55:32 – HALF

## 3/1 LITTLE ROCK MARATHON, AR

CORY DAVIS 3:24:52

MARK BALLARD 3:49:33

CODY CHEYNE 3:52:22

PASCAL DEMEYER 3:56:34

JOSEPH WARFIELD 4:02:21

ANGELA MORRIS 4:14:13

ANGIE BURCKHALTER 4:14:37

BENNIE SCHUCHART 4:21:14

TRACIE PETTY 4:23:39

TAMMY CRAWFORD 4:38:33

MARY WEBB 6:36:40

ERMIDA LAPIC 2:07:04 – HALF

PHILIP MOWERY 2:19:43 – HALF

MICHELLE EVANS 2:23:32 – HALF

LINDA MANAUGH 2:24:30 – HALF

TARA DOMINGUEZ 2:29:58 – HALF

TRINITY FLEUR 2:34:41 – HALF

JULIE DOLPH 2:43:54 – HALF

MATTHEW BURLEIGH 2:57:20 – HALF

## 3/1 COWTOWN HALF MARATHON, TX

CAMILLE HERRON 1:20:17

SAM BENNETT 1:27:34

DONALD STONG 1:34:33

CHARLES McFARLAND 1:35:55

CHELSEA SMITH 1:40:00

JENNIFER STONG 1:40:57

IVAN WAYNE 1:46:02

ROBERT GRAY 1:50:54

KRISTIN DAVIS 1:51:20

GARY FERGUSON 1:51:33

LIV ADAMS 1:52:42

LAUREN GUTIERREZ 1:54:42

MICHAEL BENNETT 1:57:36

MARK WALKER 1:59:01

JONATHAN HARPMAN 2:00:16

DARIN HUSMANN 2:01:26

BRANDI YEAROUT 2:01:55

SHERRI KING 2:02:02

DEREK TITUS 2:07:53

DANA CAMPBELL 2:11:27

GREG BENNETT 2:12:09

ELLEN REEDER 2:13:52

TYRONE RICHARSON 2:19:56

BRENDA MARES 2:24:59

DANNY JACKSON 2:27:38

RONALD STAKEM 2:37:21

MATT KINMAN 2:44:43

GREGORY STEPHENS 2:46:15

CORIANN TAYLOR 4:02:32

## 3/14 MONTGOMERY MARATHON, AL

CAMILLE HERRON 2:48:42 – 1ST FEMALE

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)

THE 15<sup>TH</sup> ANNUAL  
OKLAHOMA CITY MEMORIAL  
MARATHON

— APRIL 26, 2015 —



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

**RUN** TO **REMEMBER**

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# Sometimes Life Is Not Fair?

By Tom Coniglione, MD

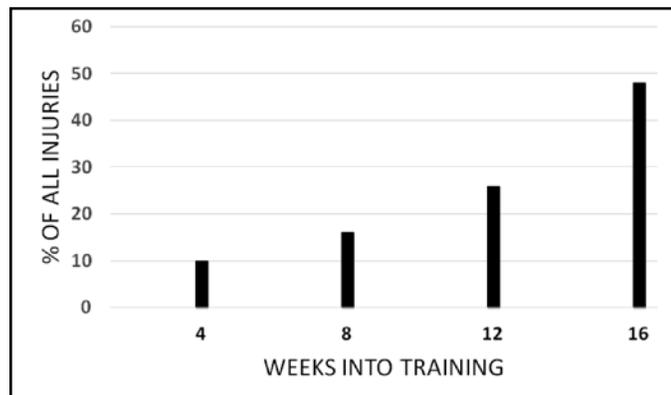
Running is a “low risk” sport. That is the risk of injury is low until runners push the edge of the envelope too far. Some people can run every day or even twice a day on some days, yet they never get injured. Others can only run two to three times a week and get injured. We are all different. For some runners marathon training means pushing the envelope too far.

“Pushing the envelope” means some part of our running is excessive. That excess can be racing too often, running too many miles or running too frequently.

Some numbers to associate with the “excess” are four and 40. More than four runs per week and more than 40 miles per week significantly increase the rate at which injuries develop. Of course, there are huge individual differences. The elite collegiate runners are very different from us mortal runners. For the elites the numbers may not be four and 40, but they also have boundaries.

We see runners with injuries. We see lots of runners with injuries: too many, in fact. Most of the running injuries happen in the spring and the fall. Think about what happens in the spring and fall.....marathons. As we approach marathon season the number of injured runners increases. At least, based on the season we see injured runners, it APPEARS more injuries occur around marathons.

To add objectivity to the spring/fall observation, we went back through the records and figured the time into training when the injuries occurred. We eliminated fall training. The end point of fall marathon training varies because our runners go to so many different events. Injuries during spring marathon training season during 2013 and 2014 were catalogued. Here they are:



Early in the training season the numbers of runners with injuries is low. As training progresses, the number of injured runners increases. Nearly 50% of all marathon training injuries will happen between 12 and 16 weeks of training.

As the training season advances, the number of miles increases, and so do the injuries. Intuitively, it makes sense: more miles, more injuries. On the surface, none of this is a surprise.

As we run more miles, we add stress to the body parts involved in running. Initially, the stress is on the heart and lungs. Early in training endurance increases. The heart and lungs adapt to training pretty easily.

Muscles, tendons and ligaments adapt to the stress of training, BUT slower to adapt are the heart or lungs. They gradually get the added stress figured out.

The injuries early in training are usually milder and manageable: alter the shoes; add something to the shoes; stretch – you know what we do.

The injuries occurring later in training are tough ones; bones are the problem. Bones adapt to the stress of training very slowly. We train for weeks or months and the muscles and ligaments adjust. The bones do not adjust as quickly to the stress of more miles. Bone injuries (stress fractures) are stubborn injuries. These do not get better easily. Many of these do not improve enough to allow the runner to get to the marathon’s starting line.

Training for months, running a couple of hundred miles, then ending up with a marathon-limiting injury.....(to be polite and not say those injuries ‘suck’) leaves a terrible taste in the runner’s mouth AND in the doctor’s mouth also.

**If you are injured in the last 4-6 weeks of training, you have the right to be upset. It is not fair to work that hard and be denied your goal.**

The new runner is well served to remember a couple of other things related to injuries. Change one thing at a time: increase distance OR mileage. Increase the miles while keeping speed constant. Or, keep the mileage steady and increase speed. Don’t change both at the same time.

While increasing the mileage in preparation for the marathon, race, but not too often.

If some body part becomes cranky, deal with it – soon. **If something is hurting, continuing to run on it will only prolong the time needed to make it better.** By the way coach, the MRI won’t help.

Stretch, it won’t hurt you.

Run with the group - any group. When you run with a group, the miles go by faster. When you run with a group, you meet some really neat people. When you run with a group, you endorse others. At the same time they are supporting you. Runners help each other. “It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself.” Ralph Waldo Emerson (19th Century essayist)

**“My body will do almost anything I ask as long as I give it time to adjust to the new demands”** John Bingham: Marathonizing for Mortals

**“Everyone is an athlete. The only difference is that some of us are in training and some are not.”** (Dr.) George Sheehan: Running and Being

When I run, I am disciplined. Self-discipline means self-control..... (Tom Coniglione [as influenced by others]) “The undisciplined life is not worth living.” Socrates (Greek philosopher)

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

# Tulakes Elementary School Running Shoes



## Childs Pose

*By Jennifer Henry*

A relaxing pose to quiet and calm. With tops of feet on mat sit your hips back on your heels. You may put a blanket between your knees if tight or under hips if ankles are stiff. Knees should be slightly

wider than hips. Lengthen spine as you stretch arms out to front and breath even and steady. Stretches hips, back, ankles and chest.





5TH ANNUAL  
**A WALK  
IN THE  
PARK**

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**WHEELER PARK @ I-40 & WESTERN**



**1 MILE FUN RUN/WALK**  
**SANCTIONED 5K**

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PARTICIPATE | RAISE FUNDS | FORM A TEAM | VOLUNTEER

# Panera Beacon Run 2015

*By Chuck Mikkelson, Co-Race Director*

Timing is everything. You never know when planning a race for early March in Oklahoma what the weather will bring but we were lucky this year. Had the Panera Beacon Run been held a week earlier with the snow and ice, the club could have potentially incurred a huge loss but good weather, great sponsors, awesome volunteers and participants all contributed to another successful Panera Beacon Run. Despite the ever increasing number of competing races on the same day, our attendance continued to grow with 693 registered runners, of which 621 crossed the finish line. The proceeds from this race are used to cover some of the Club's overhead (including the marathon training runs) and contributing towards the Club's community assistance program. How great would it be if we could turn this race into an even bigger event and raise more funds to help build more running trails and facilities for all to use.

This was the first year to host the Road Runners Club of America (RRCA) Oklahoma State 25K Championship. The inaugural RRCA Oklahoma State 25K Championship open winners were - Zachary Allen and Katie Kramer-Ochoa\*; Masters (40+) - Jason Baird and Amy Archibald\*; Grand Masters (50+) - Pascal Demeyer\* and Mary Mikkelson\*; Senior Grand Master (60+) - Maurice Lee III\* and Linda Manaugh\* (those marked with \* are Landrunner members). We also had a brother and sister, 10 and under, from Mississippi that completed the 25K in record setting times. Congratulations to all and we now have six club members that are holding RRCA Oklahoma State titles.

Once again we did not do the usual boring race shirt or made in some foreign land race medal. This year every entry received a Silipint, a multipurpose insulated drinking cup. All finishers of the 25K and 15K received a custom made wood and acrylic finisher medal made locally by Karl's Plaques.

Our sponsors included Panera Bread, Red Coyote, OK Runner, Best Feet Forward, Gatorade, RRCA, and Friends of Multi Sport. Each played a huge role in our success and we appreciate their support. Please thank them with your support.

Our volunteers are the best and this year club member, Diana Lindsey, did an outstanding job securing numerous quality door prizes. Water stops were supported by Tulakes Elementary, Bodine Elementary, Good News Festival and the Edmond Running Club. Many club members donated their time helping with packet stuffing, packet pickup, race day setup, course marshalling and cleanup. I can't forget my co-race director, Bill Goodier, who was so helpful in securing all the needed city permits along with numerous other duties. THANK YOU to all the volunteers!!

I hope next year's race can be even bigger and better so the Club needs your input along with your help. Get involved and volunteer for next year's committee now. The more funds the Club can raise the more we can do to promote health and fitness through recreational running.



# Physical Reactions for Optimal Performance

By Dr. Ricki Walker

Dr. Walker discussed at the club’s March meeting about IDENTIFYING, INTERPRETING, AND RESPONDING to the physical reactions in your body for optimal performance.

## IDENTIFY

The Inverted-U model (also known as the Yerkes-Dodson Law) shows the relationship between energy (or arousal) and performance. Energy can range from Sleep (Low) to Terror (High), and somewhere between is our Optimal Zone of Performance.

- Awareness of intensity:
- Notice what it feels like when you’re running well vs. when you’re not running well... relaxed, energized, really fired up/heavy, dull, sluggish
- Notice what thoughts, emotions, and physical feelings are you experiencing

## INTERPRET

Many of us experience pain while training and competing.

- Identify the difference between DISCOMFORT, PAIN, SUFFERING
- Suffering is life threatening, long lasting, and severe
- The experience of Pain is PHYSICAL, MENTAL, and EMOTIONAL
- Successful athletes interpret pain as ENJOYABLE AND REWARDING.
- Positive emotions connected to pain actually reduces the intensity of the pain felt.

• When we talk positively to ourselves, we actually release endorphins, which is a neurochemical that acts like a painkiller

• Body is working hard, affirms their efforts, and demonstrates progress toward goals

• Instead, people often interpret pain as failure, weakness, or negative. “Is it really worth it?”

• Negative emotions can makes our experience of pain feel worse

## RESPOND

• Make pain your ALLY: Pain is normal and an important part of training/competition

• Pain can tell you how hard you are working and how to adjust energy levels

• Pain can tell you it’s time to relax

• Tendency is to tighten up with pain, which actually makes it worse

Pain is a reminder to talk positively to yourself- can enhance confidence and

- Deep breathing
- Take deep belly breaths (as opposed to shallow chest breaths)
- Length of inhale consistent with length of exhale (4-6 seconds each)

Contact Information:

Ricki Walker, Ph.D.

Cell: (970) 231-6950

Walker1205@hotmail.com

Commandingperformance.com



8 Week Program Starts April 25

**Sign Up Now!**



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April 2015

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Oklahoma City Running Club  
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Oklahoma City, OK 73154

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



**OKC Landrunner Trail Sweep**  
Lake Hefner / Bluff Creek / Grand Blvd  
Saturday, April 18, 2015  
Lake Hefner East Wharf @ 9:00am

Thank you to all our sponsors,  
volunteers and runners for helping  
with another successful  
Panera Beacon Run.

Go to [okcrunning.org](http://okcrunning.org) for more details