

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

July 2015 | Issue No. 231

Kathy Moffitt Inducted Oklahoma LDR Wall of Fame

Landrunner Kathy Moffitt was inducted into the USATF Oklahoma Long Distance Running Wall of Fame in a ceremony held in Tulsa on May 31, 2015. Kathy was introduced at the ceremony by fellow Landrunner Jim Roblyer. This is quite an accomplishment and honor for Kathy as she joins an elite group of only 19 Oklahoma runners that have been inducted to date. CONGRATULATIONS, KATHY!!

Kathy has been a member of the Landrunners for over 35 years. She is listed in the Oklahoma state records for single-age distance 17 times and her times are listed in the Oklahoma long distance records in nine of the ten standard distances. She has competed in the National Senior Games multiple years and has placed in the 5k, 10k and 1500 meters on several occasions and is included in the top ten all-time in the 1500 meters. She has been the age-group winner many times during the past three decades.

Kathy has run 19 marathons and many, many 5k's, 10k's, 8k's, 12k's, 15ks, and half marathons over the years. Her first marathon was Dallas in 1981 and her last marathon was the OKC Memorial Marathon in April 2003 at age 66. She qualified for Boston at the Dallas White Rock marathon in 1988 with a time of 3:51 and ran Boston in 1989, finishing in 4:01 at age 51. Kathy even ran up Pikes Peak in 1995 completing the Ascent at age 58. Kathy can be seen at many local races either running and/or volunteering as she

has completed the requirements every year since its inception to qualify in the Landrunner series races.



Kathy Moffitt

See Boston, on page 6

Safe Running

By Maurice Lee III, President

As I write this one of our own is in the hospital after falling and injuring himself while running. Hopefully by the time you read this there will have been a positive outcome.

Many of us run alone from time to time, and sometimes in isolated areas. Areas where if we became incapacitated, it might be some

time before we're found. Some things we can do, and these have all been said before, are let someone know where we're going. Carry a phone with you. If you don't have one, get some form of identification with your name and the phone numbers of friends or family. One choice could be a Road ID, available from our web page. Run safely out there.



5K **10K**

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SUNSET THERAPEUTIC RIDING CENTER RUN

Saturday,
SEPTEMBER 12, 2015
5K & 10K 8:30am •
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Saturday
August 22, 2015



8:00am

5K

8:05am

1 MILE

fun
run

register online @ www.edmondfinearts.com

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
7/4	Fireball Classic 10K & 5K	Ada, OK @ 7:00am
7/4	Stars & Stripes Forever 5K*	Lake Hefner S&S @ 7:00am
7/20	Club Meeting	Kimray, 42 NW 42 & 6:30pm
8/22	5K to Monet*\$	Edmond @ 8:00am
8/29	Moore War Run 5K*	Moore HS @ 7:30am
8/29	Calebs Cause 5K & 1 M	Lake Hefner E Wharf @ 9:00am
9/5	Brookhaven 5K	Norman @ 7:50am

* Denotes Series Races

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

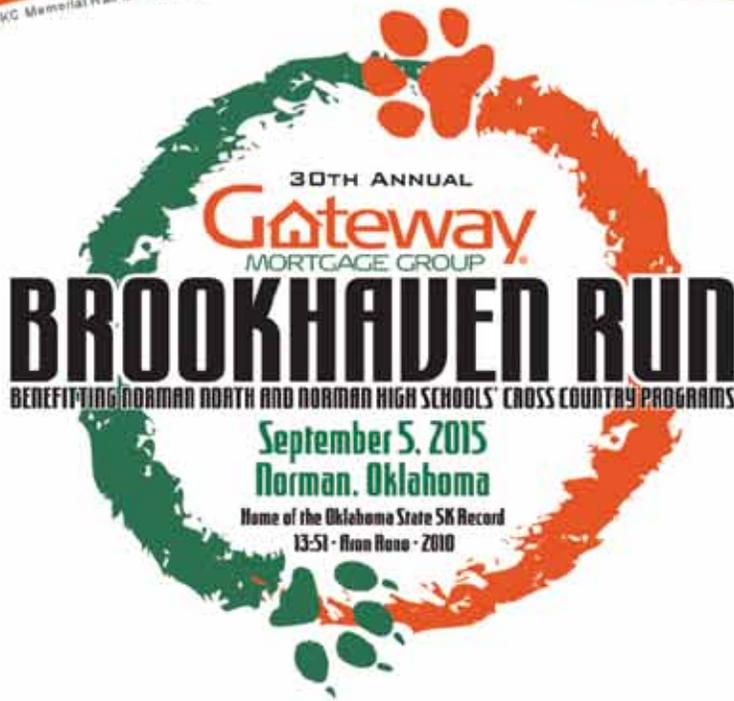
Landrunners In Action

<u>5/2 INDY MINI 13.1, IN</u>	LINDA MANAUGH	2:44:00	<u>5/25 VAIL VALOR HALF MARATHON, CO</u>	WENDY PITT	2:53:20
<u>5/3 COLORADO MARATHON, CO</u>	DONALD STONG	3:22:42	<u>5/30 FLINT HILLS TRAIL 40, KS</u>	DAVE GREER	7:31:11
	LAURENCE BURNSED	4:28:55	<u>6/6 WAR EAGLE TRAIL 50K, AR</u>	ADI MCCASLAND	6:58:07
	JENNIFER STONG	1:49:23 – HALF		MATTHEW WILCOXEN	6:58:07
	CARRIE BURNSED	3:11:23 – HALF		KARL KROKSTROM	7:33:33
<u>5/9 RUNNING WITH THE COWS 13.1, KS</u>	LINDA MANUAGH	2:29:22		AMY PANNELL KROKSTROM	7:33:33
<u>5/10 EUGENE HALF MARATHON, OR</u>	DEBRA CHRONISTER	1:51:00		PEGGY WOOD (25K)	3:14:16
<u>5/16 OKIE RELAYS 41.2 MILES, KS-OK-TX</u>	MAURICE LEE III	7:31:16	<u>6/7 GOLD COAST 100, AUSTRALIA</u>	RENEE HARAGSIM (25K)	4:03:53
	MATTHEW WILCOXEN	7:43:06		MAURICE LEE III (50 MILES)	10:28:51
	AMY PANNELL KROKSTROM	7:55:18	<u>6/7 SUNBURST MARATHON, IN</u>	JAMIE KILPATRICK	4:38:51
	JAMES WILLIAMS	7:56:18		<u>6/7 NORTH OLYMPIC DISCOVERY 13.1, WA</u>	ROGER LEMMONS
	KARL KROKSTROM	7:58:00			1:32:37
	REBECCA CUNNINGHAM	8:06:00			COURTNEY LEMMONS
	ADI MCCASLAND	8:06:30			1:50:37
	TERRA DEUPREE	8:45:31	<u>6/7 MICKELSON TRAIL MARATHON, SD</u>	TORI DUPHORNE	6:03:35
	CHISHOLM DEUPREE	8:45:31		<u>6/7 STEAMBOAT HALF MARATHON, CO</u>	DIANA LINDSEY
	JEFF WOLF	8:47:17			1:58:45
	JOHN BATTALIOU	9:24:10			
	DAVID BERNSTEIN	9:52:05			
<u>5/17 DIVA HALF MARATHON, MO</u>	NANCY DICKINSON	2:32:45			
<u>5/23 BILL SNYDER HIGHWAY HALF, KS</u>	JUSTIN KRACHT	1:25:57			

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



Ashley Miller, 2015 OKC Memorial Half Marathon Champion (photo by Chris Barnes)



7:25 am: 1 Mile Fun Run | 7:50 am: 5K Main Event
Brookhaven Village, Home of OK RUNNER
W. Robinson & NW 36th, Norman, OK

Oklahoma's #1 5K and one of the state's oldest running events (30 years)
Run with the most elite field of professional runners in the state!

New course!
More scenic and faster than ever!

30 YEARS RUNNING

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

Boston continued

Kathy is not only a runner but also previously spent a lot of time in the saddle completing the Freewheel bike ride about nine times from the late 80's to 2004, Hotter 'N Hell six times in the 80's and the famous Lake Hefner Streak Bike Ride in the 90's (25 and 50 miles) several times.

On a personal note – Kathy has three sons and worked for 40+ years in the Putnam City public schools helping students with special needs.

Kathy demonstrates her love of running by not only participating in local events but also volunteering. She is well known for her litter control efforts around Lake Hefner with the Landrunners and has been awarded her very own pistol grip controlled litter stick. Even during her recent illness when she was unable to run, she was frequently seen at races handing out medals at the finish line always with a smile on her face.



Photo by OK Sports and Fitness

Kathy is a great ambassador for the running community and an inspiration to all of us. This honor couldn't have been given to a nicer person. Congratulations, Kathy, and we are so glad to see you back out running with us!!

Running With The Iron Cowboy

By Mike Sullivan

So there's this guy named James Lawrence. He's going to do 50 iron distance triathlons in 50 states in 50 days. Yes, you read that correctly. No, not sprints; no, you can't ask how long his iron distance race was. Okay maybe this once - an iron distance triathlon is 2.4 miles of swimming followed by 112 miles on the bike followed by 26.2 miles of running. James plans to do it 50 times in a row.

Yes, I hear you, "It can't be done," you say. I said the same thing. I didn't get excited when my sister-in-law and my brother told me about it. What number is Oklahoma I wanted to know? "Eleven" Oh he'll never get this far. But get here he did, complete it he did, then off to Dallas, Texas for number 12.

"So, James, do you prefer Iron or Mr. Cowboy?" He just grinned, "James is fine." My hope was to run the marathon with him. No, I'm not in marathon shape, but for heaven's sake he's doing 50 iron distance races. What's one measly marathon? We were off on a quick two miler before the 5K with Oklahoma City runners. There were four of us in that "warm up" group, including the tour guide for the day, Sarah Bell, an iron-distance athlete from Oklahoma City who had also completed the 112-mile bike earlier in the day.

On the way back on our little two mile excursion, I said the first of two phrases I would later regret. After helping James pull his cotton t-shirt over his head, I told him I'd be glad

to hold on to it until we got back. "It's already pretty nasty," he said. "No problem, I'm glad to mule whatever you need." James's eyes lit up. The word "mule" indicated someone who knew what it was to pace for someone else. Little did he know I had no clue what was involved. I was just trying to show off my runner cred.

Immediately he pulled off the hydration belt he was wearing and handed it to me. Shortly after he explained that I needed to hand him something to drink every 10 minutes. My obsessive compulsive nature beamed - I don't need to set a timer ... no problem ... you'll get a bottle every 600 seconds ... guaranteed.

We easily completed the two miles, then the 5K with the community, and went out for another loop to kill time until local legend Rocky Chen could get there to work James on the massage table. On this loop I asked him about an event I read about in the Las Vegas paper. The story was that he won a contest when he was 19 years old sitting on a Ferris wheel longer than anyone else. James stayed aboard 10 days, getting off twice a day for 10 minutes to eat and use the bathroom.

"Where'd you hear about that?" he asked.

"It was in a Las Vegas Newspaper article about you."

See Cowboy, on page 8

CALEBS CAUSE FOUNDATION

**5K &
1 MILE
FUN RUN**

**AUGUST 29TH
2015**

4TH ANNUAL DIAPER DRIVE

**AUGUST 29 • 9 AM
LAKE HEFNER IN FRONT OF RESTAURANTS**

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Register online early! T-shirts are provided for runners while supplies last.

Caleb's Cause Foundation has been helping to provide diapers to local families in need since 2012. This year, our goal is to raise over 100,000 diapers and we need your help!

Our theme this year is Heroes for Diapers, so super-hero themed apparel is encouraged. Register today at RunCalebsCause.org.

For event details and registration, visit: **CALEBSCAUSEFOUNDATION.ORG**

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Cowboy continued

“Where’d they hear about it?”

“The reporter wrote that he sat down with you before you left Nevada to head to Flagstaff, Arizona.”

“I do not remember that conversation.”

Understandable and not surprising at all.

James was apologetic about having to stop to get worked on. “It’s a long haul,” I said. “Your race is not just tonight, you have to take care of yourself.”

“I know, I just don’t want to be out here all night,” he said.

“Don’t worry, we’re here for you. We’ll hang out as long as it takes.”

There it was - the second phrase of the night I’d live to regret.

When Rocky began to work on James, we had about 8.5 miles under our belt. If you’ve ever been on his table, you’ll understand that you don’t want to get up. It must have been two hours when Rocky finished up with James. “I didn’t want to get up ... it was great,” James said as we departed.

It was during this long break that I started fighting the urge to call it a night. My bed was calling seeing as I turn into a pumpkin at 9:00p.m. and it was quickly approaching 10p.m. There’s no way he’ll remember my promises when this journey ends. My mind was really fighting back on this deal.

The plan was to do the run course for the Redman Triathlon, a 6.55-mile loop, until the marathon was complete. But at mile one of the loop, James asked Sarah if there was any way we could just do one out and back to complete the distance. Great, I thought, there goes my chance to bail. I was already feeling the effects of not really being trained up, but I had the hydration and the food. I was the mule for the Iron Cowboy. I couldn’t bail; I’d hang till the end.

We discussed and debated the best way to maximize this loop so James would have just a little left to do once we arrived back at his RV. Knowing he could always run a short out and back to complete the 26.2 miles, James insisted “I’d rather have a half mile left than go over the mileage.” At this point in the night, the group was down to about a dozen folks. Mark Humphreys was also in the group. He had started the day with James on the swim. He came out to join in the 5K, but dinner plans got in the way. He left and returned during James’s bodywork down time. The group decided the best place to turn around was a water fountain a little over seven miles out. This would give everyone the opportunity to fill their bottles for the return trip and would leave approximately three miles for the final loop.

The problem for me is this water fountain is three blocks from my house. Talk about temptation!

His wingmen showed up on bikes and asked if there was anything he needed. James replied, “How about a Dr. Pepper?” Always the helpful bunch, the Okies in the group began explaining where they could get that Dr. Pepper for James at midnight on a Tuesday and off they went.

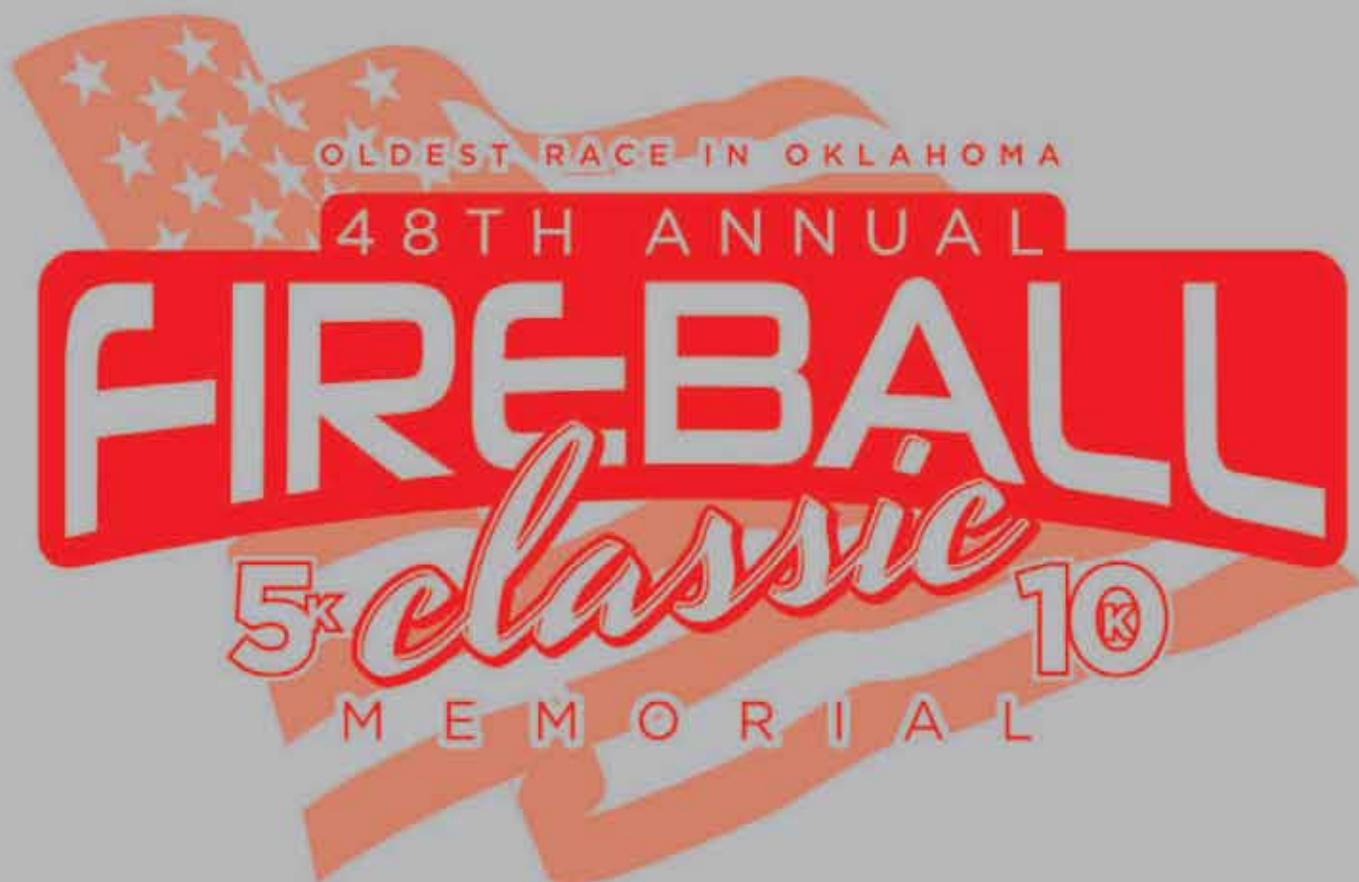
It was at this point on the return trip across the dam that I really started to struggle. I would walk a bit then run to catch back up, ever mindful of the 10 minute status for hydration. The group decided to do a short little out and back to add a little distance to the loop. I handed James a drink and headed to the final water fountain to fill his bottles back up. I’d get a quick rest while they did a quick out and back. It was there, sitting on a bench by that water fountain that I finally succumbed to my fatigue. I was so grateful that the group was still 10 strong and I could hand off James’ water bottles to someone else. They’d do the inlets along the lake and I’d stay on the bike path and walk/run. I could stay near the group that way, but shorten the distance. I was only able to manage a long walk, short shuffle-jog for the final three miles of my night.

I hung around while the crew finished up the 26.2 with James. I had mixed feelings - proud to have been a witness to history and play a small, quiet part. While I was disappointed not to have gone the distance, I took respite in the fact that on this night, the Oklahoma Standard was on full display and there were plenty of folks to pick up the challenge and support the Iron Cowboy. I tell myself that if it had only been a couple of us, I would have pushed through. I’ll never know, but I was so relieved there were so many great Okies out there.

He came across the finish line between two red, white and blue fountain fireworks hearing the cheers of the five or so folks gathered at the finish. He paused a few minutes to say thanks and take the obligatory photos. As he said goodbye, he shook every hand in the group. When he got to Sara, his chaperone for the day, he embraced her. He gave her a big hug, showing his appreciation for all she had given to help his day.

He turned to me. I stuck out my hand and told him I was sorry I wasn’t able to hang with him. He ignored my hand and gave me a quick hug. The kind you see professional athletes give each other at the end of a hard fought contest. “You did great, Mike. Thank you.”

It was in that moment that my pride soared and I truly understood why if anyone could accomplish this daunting challenge, it’s James Lawrence. You see no one accomplishes anything great without the help of others. The bigger the challenge, the more people you need and the more you need people. James draws you in with his grit and determination, but he takes the time to make you feel special. It’s why there will be a cast of thousands to join him and support him on his journey.



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6:30 am Color Guard 7:00 am 10K~7:05 am 5K

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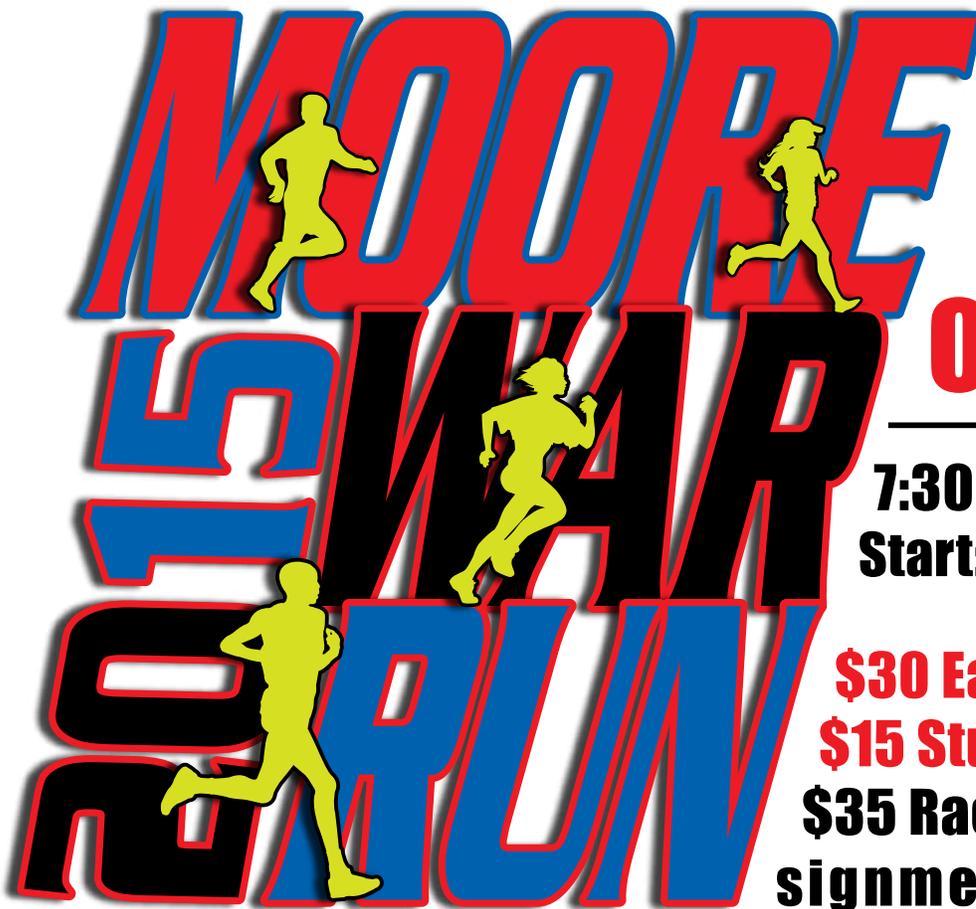
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Aug. 29th

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**\$30 Early Registration
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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



Landrunner Trail Sweep

TBA

see website for details

Landrunner Club Meeting

Monday, July 20 @ 6:30pm
Kimray Conference Center
8 NW 42th St

Go to okcrunning.org for more details