

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

August 2015 | Issue No. 232

## Vail Valor Half Marathon, Vail, CO

By Wendy Pitt

Memorial Day 2015, beautiful course, winding paved bike path with a temperature around 31 degrees at start. This was a “recovery” race since I ran the Oklahoma City Memorial Marathon four weeks before. I actually left my cell phone in the hotel so I could just “tune in” to nature. My whole plan was to go as slow as I wanted to and just live in the moment.

All was going well until literally TEN FEET from the finish line: I hyperextended my left leg and landed hard. I felt a very unpleasant “crunch” in the front of my knee & immediate pain. I caught myself before falling but had to hobble those last ten feet.

My left knee really hurt to bend and was very unstable (felt like it would collapse any minute). I went to my hotel and immediately iced, elevated, rested & took IB.

The next day it was not any better and I was really worried I tore my ACL. I hobbled the half mile to the Vail Emergency Room (I figured surely at the bottom of a ski mountain the doctors will know what I did to my knee, right?)

Well two hours later the answer was not a torn ACL or meniscus: somehow I freaking BROKE MY PATELLA!!! They had never seen a patella fracture that wasn't the result of a fall!

Soooo: I am in a full leg brace to keep my leg straight for the next 6-8 weeks before I can start PT.

It's not exactly how I envisioned spending my summer as I had just started riding a bike and doing triathlons.

BUT I intend to stay fit working my upper body and core...I may even do a 5k on crutches (I can walk on my

leg because the patella doesn't bear any weight; crutches are optional for long distance).

AND since I just started a new job I can spend the first couple of months really getting to know my coworkers and new electronic health system.

I may be down but I'm not out; I've had to take time off from running before and I always return to it with renewed joy and enthusiasm.



Wendy Pitt

# Snootiness

By Maurice Lee III, President

Like many of you, I belong to various groups within Facebook and other social media. From time to time questions come up like:

- How do you know you're a runner?
- When do you become an ultra-marathoner?
- Did you really "run a marathon" if you didn't run the whole time?
- Why are bikers/runners so rude?
- Why are trail runners more eco-friendly than road runners?

All of these so called questions or assumptions are wrong or not really a question. You know you're a runner if you run. Not if you run a sub 10:00, 9:00, 8:00, or lower pace. You're an ultra-marathoner if you run more than 26.2 miles. Yes, you've run a marathon even if you didn't "run" the whole time. One group is not more rude or closer to nature than another. Or at least it has nothing to do with the group you're in. Embrace everyone, embrace all who seek a healthier lifestyle.



Find us on



SUNSET THERAPEUTIC RIDING CENTER **RUN**

Saturday,  
SEPTEMBER 12, 2015

5K & 10K 8:30am •

Family Fun Trot 9:40am

Boathouse District:

725 S Lincoln Blvd, OKC, OK 73129

Early Registration by August 24, 2015

& receive a T-shirt

\$25/Family Fun Trot • \$30/5K • \$35/10K

Unique Medals for the first 350 Finishers

For more details visit

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

Sunset TRC's mission is to empower, educate and enrich the lives of Oklahoma's children with special needs and at risk youth through equine facilitated activities in a family centered atmosphere.

[www.sunsettrc.org](http://www.sunsettrc.org) • 405-350-5688





EDMOND FINE ARTS  
— INSTITUTE —  
Discover. Create. Perform.

5K to

Monet

27 E Edwards Street - Edmond, OK

Saturday  
August 22, 2015



8:00am

5K

8:05am

1 MILE

fun  
run

register online @ [www.edmondfinearts.com](http://www.edmondfinearts.com)

# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
8/17	Club Meeting	Kimray, 42 NW 42 & 6:30pm
8/22	5K to Monet*\$	Edmond @ 8:00am
8/22	Run for the Next Generation 5K	Norman @ 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
8/29	TRC GloRun 2015	Mitch Park @ 6:00pm
9/5	Brookhaven 5K	Norman @ 7:50am
9/12	Hoof'N IT 5K & 10K \$	Boathouse @ 8:30am
9/20	Santa Fe Thunder 13.1*	Santa Fe, MN @ 8:00am
9/26	Down Syndrome Festival & 5K	Bricktown Ballpark @ 8:00am
9/26	Robery Brady 5K*	7340 W Memorial Rd @ 7:00pm
10/4	Spirit of Survival	Lawton, OK @ 7:30am

\* Denotes Series Races

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

## Landrunners In Action

### 6/6 HOSPITAL HILL HALF, KS

DUSTIN SALLEE	1:29:32
HUNTER SALLEE	1:32:46

### 6/13 IRONMAN TRIATHLON 70.3, ID

HANNAH WILLIAMS	5:52:27
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### 6/19 SUMMER SOLSTICE 6 HOUR, TX

JENNIFER STONG	37 MILES – 1ST FEMALE
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### 6/20 GRANDMA'S MARATHON, MN

JUSTIN KRACHT	3:03:37
KATIE KRAMER-OCHOA	3:08:20
CHELSEA SMITH	3:32:56
AARON OCHOA	3:41:38
JOSEPH PARIZEK	3:45:03
MARK BALLARD	3:46:28
JUSTIN CHAN	3:49:46
ANGELA MORRIS	3:50:47
JOE MEANS	4:29:24

OWEN GARRETSON	5:13:05
SEAN McCLINTOCK	5:13:31
JANET HAMLIN	5:30:27
MARY McDANIEL	5:30:27

### 6/21 VANCOUVER USA MARATHON, WA

MARY MIKKELSON	3:41:14
CHUCK MIKKELSON	5:24:13

### 6/21 DOUBLE ROAD RACE SF 8K, CA

LEE WESCOTT	48:17
MELAUNA WESCOTT	1:05:08

### 7/12 MISSOULA MARATHON, MT

TORI DUPHORNE	5:51:59
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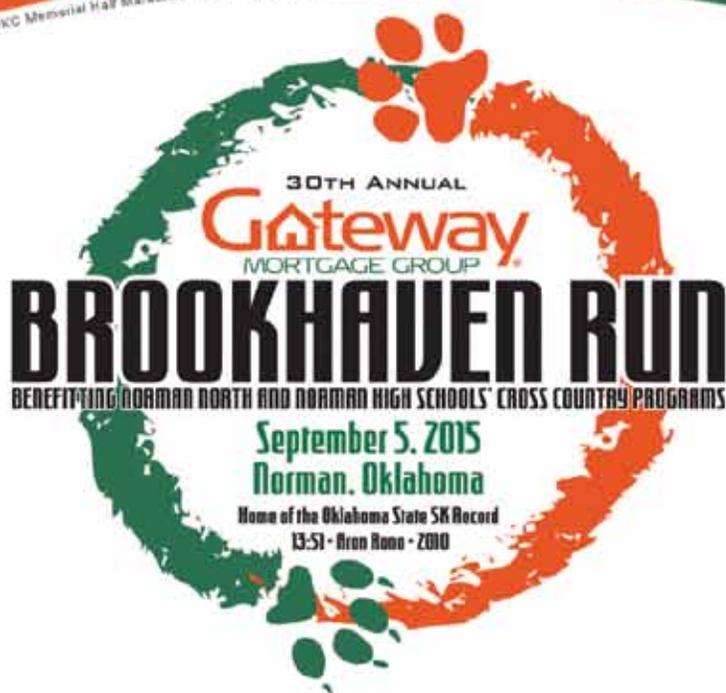
### 7/19 NAPA TO SONOMA HALF, CA

IVAN WAYNE	1:42:32
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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)



Ashley Miller, 2010 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!***

**EVENT DETAILS AND REGISTRATION: [BROOKHAVENRUN.COM](http://BROOKHAVENRUN.COM) | 405-447-8445**

**30 YEARS RUNNING**

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# Running With Team Stephen

*By Erik Heine*

Team Stephen first appeared in October 2014 at 24 The Hard Way. I was on sabbatical from Oklahoma City University and took the opportunity to train for the race. My family and I encountered Kevin Lynes and Jim Roblyer among other members of the Landrunners community. In talking with Jim, we were presented with the chance to participate in the Oh, What a Ride!!! program and ran the Northcare Reindeer Run 10K in December. It was cold and misty, but Team Stephen was in business with an assist from the Landrunners. Stephen loved going faster than he ever thought he could and it became my goal to give this to him as often as possible.

Here's a little about my son, Stephen. Stephen has Rubinstein-Taybi Syndrome, a random genetic mutation that causes cognitive and motor delays. He is non-verbal and communicates with an iPad app and sign language, but he can read. He loves to run, but can only run 20-30 meters at a time. Every child likes to go fast, whether it's on a roller coaster or running as long and as fast as possible. For Stephen, his motor delays prevent him from going fast on his own, but I can give him that opportunity by pushing him.

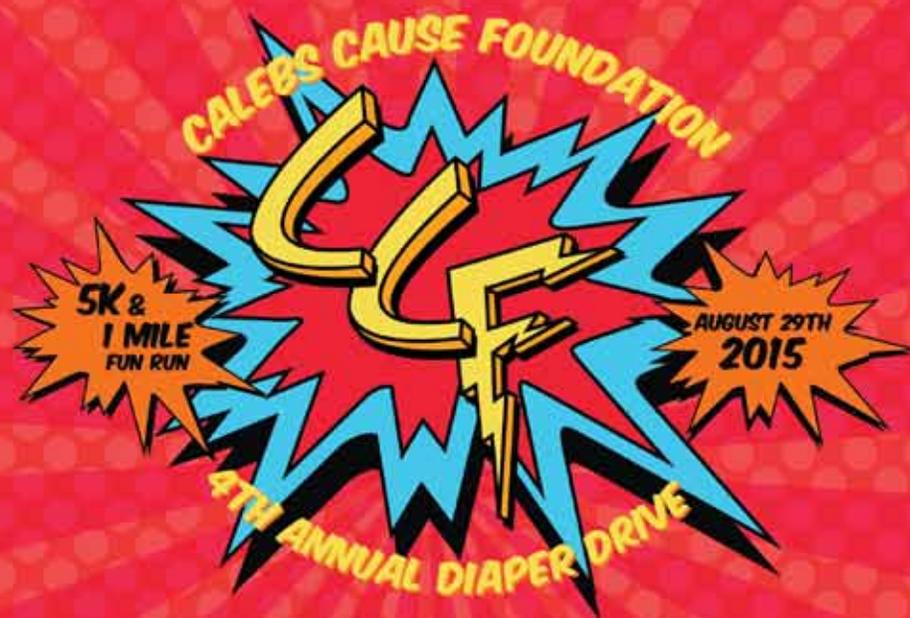
Over the winter, we investigated push chairs—a device that isn't racing-specific, but also doesn't look like a medical wheelchair—as a means to help him navigate longer walking situations, as well as being accessible to be used in a racing scenario. In May, it finally arrived. I got to take Stephen for a short 0.5K run before he had to leave for school the following day and he absolutely loved it. The joy that he shows on his face when he's being pushed is unlike anything I've seen or experienced. Since then,

we've gotten to run around the neighborhood a few times, only on weekends due to traffic, but June 20, 2015 was our first official race together.

The MTM Run for Recognition 5K benefits Special Olympics Oklahoma, an organization that is very important to our family. We wore our matching Green Lantern shirts. Green Lantern is the superhero of choice in our house because anything that he can imagine can become real. Since Stephen doesn't talk, he relates easily to Green Lantern. The morning was sunny, warm, humid, and windy. The course was hilly, and while hills never seem easy, they become much more difficult pushing 90 pounds of son and chair! Despite the conditions we had a great first race together finishing 11th overall in a time of 23:25.

Three days later we got to do something amazing.

Team Stephen rounded up some friends and family members and got to carry the Special Olympics Flame of Hope for a mile on its tour of the United States, which will conclude in Los Angeles coinciding with the 2015 Special Olympics World Games. We were able to recognize the Landrunners while carrying the torch for all the support and opportunities that they've given to us. One member of the extended Team Stephen family told me that he started running because he was inspired by my participation in 24THW. Team Stephen runs to give hope to others and to show that no obstacle is too great to overcome. Never let what you can't do get in the way of what you desire to do.



*USATF Certified Course*

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

Packet pick-up will be available on race day between 8 AM - 9 AM.  
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](http://RunCalebsCause.org).

This course is USATF certified and electronically timed by UltraMax Sports.

Visit us on Facebook: [FACEBOOK.COM/CALEBSCAUSEFOUNDATION](https://www.facebook.com/CALEBSCAUSEFOUNDATION)  
For event details and registration, visit: [CALEBSCAUSEFOUNDATION.ORG](http://CALEBSCAUSEFOUNDATION.ORG)

Register today at  
[RUNCALEBSCAUSE.ORG](http://RUNCALEBSCAUSE.ORG)

# Now What Do I Do?

By Tom Coniglione, MD

It does not happen to every runner. It does not happen very often but it happens to enough of us: that time when we are totally unable to run. There are injuries, then there are injuries.

*L's story: She is 28, a runner and CrossFit enthusiast. Two months before we saw her, she developed pain in the right knee that was present when her right foot impacted the ground. As time progressed she developed pain in the right hip/groin again, when impacting the ground, especially the impact of plyometrics in CrossFit.*

*Her hip exam was normal. She had pain in the right groin when that area was stressed. Hopping on her right leg was not possible. This combination of findings strongly suggested she had a right groin bone injury. Even though she recently had x-rays elsewhere that were normal, we x-rayed her right hip again. It was*

training runs or races. It is just too difficult to be in the environment. Some element of support is important as we try to get back to meaningful running.

When we have a serious injury, what can we do? The answer depends on the nature of the injury. A couple of specifics, then some generalities.

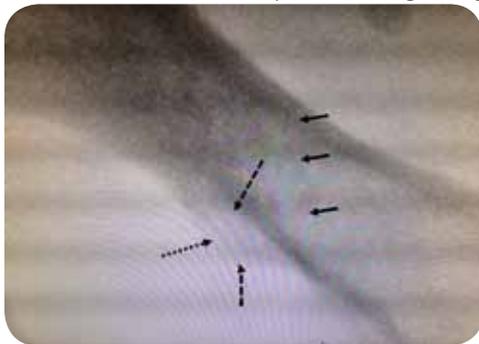
## SPECIFIC MEASURES FOR INJURIES.

A **pelvic stress fracture** is related to impact: hitting the ground with running or jumping. *In the case of L, she was doing lots of impact: running and plyometrics in CrossFit. When we first met, she said her pain was worse with the plyometrics than it was with the running. Based on this information, we decided the plyometrics had to be eliminated first. She could do some light running and continue the high intensity CrossFit, but without the plyometrics.*

*The knee pain - injuries of the hip can start with pain in the knee. Knee injuries can start with pain in the hip. Not fair, but that type of "referred pain" is common.*

Recovery from many types of **knee** injuries is more complex. General aspects of recovery from a knee injury include elimination of squats and lunges. Don't worry, there are other ways to build the quads. Burpees can be a powerful way to build many muscles and they are a good aerobic workout.

Burpees can be considered a "stress test." If you can do burpees without knee, Achilles or plantar fascia pain, those are all normal. Down dog.....



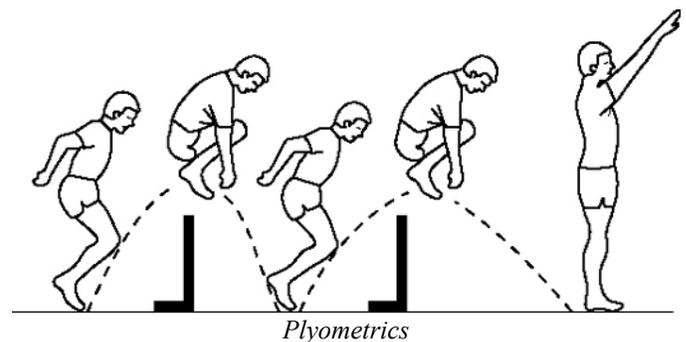
There is a slightly darker irregular line running from top to bottom (solid arrow).  
On the underside of the bone there is a lighter area (dashed arrows). This area represents early phases of healing.

*pretty obvious: a stress fracture in the pelvis.*

It does not happen often, but at times running is simply not a good idea: something serious is awry. When we can't run or when we have to make a major change in our running, runners react. Several patterns of reaction are common.

Some of us become angry, sad or frustrated. Not to be shamed, those are normal reactions. Depending on the severity of the injury, such reactions may persist for a while. Frankly depression is possible. Some degree of anxiety is common.

What happens next varies. Some runners seek engagement with other runners. This is a good time to volunteer. Some runners find it difficult to attend



**See Now What, on page 10**



Run for  
**AWARENESS**

Run for  
**ACCEPTANCE**



Run for  
**INCLUSION**

Run for  
**DOWN SYNDROME**

When: September 26, 2015

Where: Chickasaw Bricktown Ballpark

What: Down Syndrome 5K

Cost: \$35 (includes medal and t-shirt)



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

**What Now continued**



*Box Jumps*

**Hamstring strains** require stretching, less speed and slower on the down hills. At times, we need our favorite physical therapist.

**Plantar fasciitis** requires a night splint, stretching and some correction of the mechanics of the foot.



*Down Dog*

**GENERAL MEASURES FOR INJURY RECOVERY**

When we realize we have an injury and some major changes in our running are necessary, **do something positive: buy shoes.** Buying shoes is a conscious recognition that we will run again. Journal: write down how you feel. Imagery: each day think about the bone healing. Think about putting on your running shoes before that first run.

**Outlets:** we must have alternate activity. This is another reason why we should always be cross training; when we are hurt we have a fallback plan. Traditional cross training includes cycling (60-80 RPM), the elliptical machine and swimming. Water workouts are important. Get in the deep end of the pool and tread water. The collegiate runners come back and beg for permission to get out of the pool. Pool running works also.

There are some new concepts to consider for alternate activities. Arc trainers provide an alternative to the elliptical machine. Rowing has become very popular as well it should. Rowing is an excellent form of aerobic exercise.

“There is no such thing as an average runner; all runners are above average.”

“In the beginning, you say ‘I run.’ With more confidence, you say “I am a runner.”



*Burpees*



*Lunges*



# HITS

**RUNNING FESTIVALS**

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**OKLAHOMA CITY, OK**  
**OCT. 18, 2015**

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Be there when HITS Running Festivals returns to OKC with a new flat, fast course finishing inside Chickasaw Bricktown Ballpark.

> MILE

> 5K

> 10K

> HALF MARATHON

> MARATHON

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\*does not apply to Friends & Family Mile

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Photos by Crimson Clover Photo Oklahoma City Dodgers Baseball, Oklahoma City Convention & Visitors Bureau



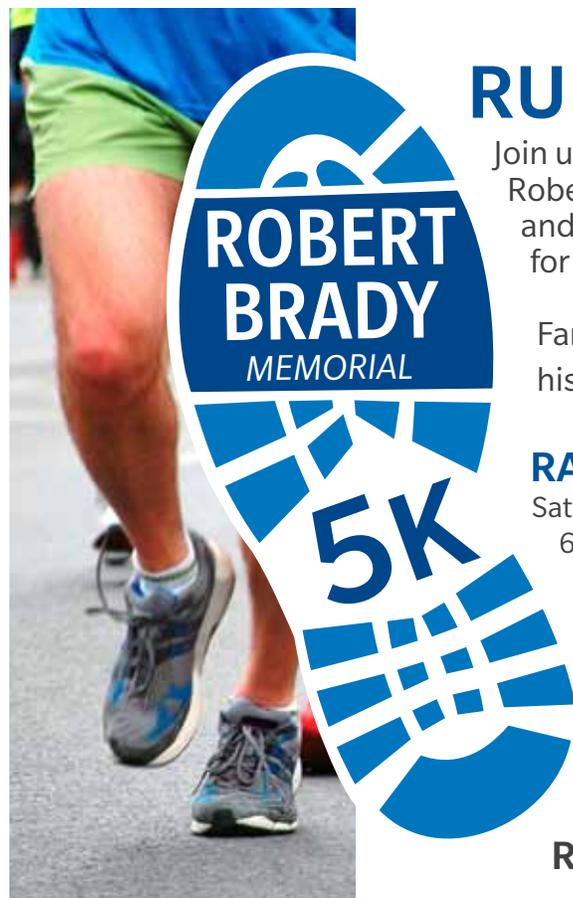
# Landrunners Present Check to C4K

The Oklahoma City Landrunners recently made a \$1,250 donation to help support Oklahoma Cleats for Kids (C4K) back to school running shoe program. Funds will go towards the purchase of more shoes, C4K-branded donation bins, execution of multiple fittings and other program cost to make the largest impact possible in our community.

The club will also host a collection of slightly used running shoes to kick off the club's fall half marathon / marathon training on August 1 at Nichols Hills Plaza. LET'S FILL THE BINS!!!



*Jim Roblyer presenting a check to Stacy McDaniel, C4K President*



## RUNNING FOR ROBERT

Join us for our fifth annual 5K run/walk, honoring Robert Brady. Robert had a passion for running, health and wellness; and equal to that passion was his love for giving back to the community.

Farmers Insurance dedicates this annual race to his memory.

### RACE DETAILS

Saturday, September 26, 2015  
6 p.m. - Sign-in and registration  
7 p.m. - Run/walk starts

Farmers Insurance  
7340 W. Memorial Road  
Oklahoma City, OK 73142

Register now at [signmeup.com](http://signmeup.com)

Sponsored by



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OCT 17 | CRYSTAL LAKE

5K timed run on the new trails!

\$25 register today

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OKC** and 5K RUN  
FOOD & MUSIC  
*Festival*

See the Landrunners web site  
for a \$5 off discount code



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LOCAL NONPROFIT BREAKING BARRIERS FOR BRIGHTER FUTURES



# Choctaw Challenge - OH!! WHAT A RIDE!!!

*By Donita Goodin*

This year's Race Leader, Ruby Galbraith won the hearts of many paving the way for the fifth annual Choctaw Challenge. Ruby will be going into the second grade at Indian Meridian Elementary School in Choctaw, Oklahoma. Ruby is not your ordinary future second grader as many things set her apart from your average second grader. Like any good race event, runners were lined up prior to the gunshot with time on their hands. Fully expecting a nervous nod of the head "no", the Race Director asked the Race Leader if she would like to say a few words. To her surprise, Ruby not only wanted to talk but gave an eloquent speech about how appreciative she was to be this year's race leader. You'll be lucky to schedule a play date with her as her social calendar remains quite full. She has developed many passions at her ripe age. Her day to day activities may consist of ballet, hip hop, swimming, horseback riding, etc. Now she can add racing in 5K's to her list as she is already signed up for another event and has simply described the experience as "awesome!"

Proceeds for the Choctaw Challenge benefit Tri-City Youth & Family Center, Inc. The outpatient behavioral health agency is celebrating its forty-first year as a nonprofit agency providing Outreach and Counseling to Eastern Oklahoma and parts of Pottawatomie and Lincoln counties. Oklahoma ranks 45th nationally as it pertains to having behavioral health needs with an estimated 876,000 to 985,000 Oklahomans being in need. The

5K and one mile run is the agency's annual fundraising event helping to offset the increase in need with the anticipated budget shortfalls for FY 2016. Race Director Donita Goodin shared her appreciation for the wonderful community involvement making this year's event a success, "Each and every year I am flattered to receive the amount of compliments which I view as a direct reflection of how supportive our community is of both our agency and the race." Rarely will you travel to an event in which you will find such community hospitality.

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



*Landrunner John Hargrove and Ruby Galbraith.*

*Photo by Ryan Horton*

# Recipes to Run By

By Mary Mikkelson

## Blueberry Almond Coffee Cake

### Ingredients

- 1 cup all-purpose flour (can also use all-purpose gluten-free flour)
- 1/2 cup granulated sugar
- 3/4 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 1 to 1-1/2 cup fresh blueberries, divided
- 2/3 cup low-fat buttermilk
- 2 tablespoons butter, melted
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1 large egg

### For the topping:

- 1/4 cup sliced almonds
- 1 tablespoon brown sugar
- 1/2 teaspoon ground cinnamon

Preheat oven to 350°.

Combine first five dry ingredients in a large bowl.

Add 2/3 to 1 cup blueberries, and toss well.

Combine buttermilk, melted butter, extracts, and egg; stir well with a whisk.

Add wet mixture to flour mixture, stirring just until flour mixture is moist.

Spoon batter into an 8-inch square baking pan coated with cooking spray, spreading evenly.

Top with 1/3 to 1/2 cup blueberries.

Combine almonds, brown sugar, and cinnamon, and sprinkle over blueberries.

Bake at 350° for 35 minutes or until a wooden pick inserted in center comes out clean.

Note: I normally double the recipe and bake in a 9x13-inch pan for approximately the same time.



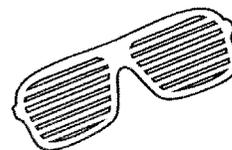
PRESENTS

2015

# GIORUN

5K

& 1 MILE FUN RUN



LIVE DJ • GLOSTICKS

PAINTBOOTH • GLO TUNNELS

BLACKLIGHTS

August 29TH

Mitch Park in Edmond

Proceeds go to TRC, The Recovery Center a not-for-profit

Facility that provides services to individuals seeking recovery from alcohol and drugs.

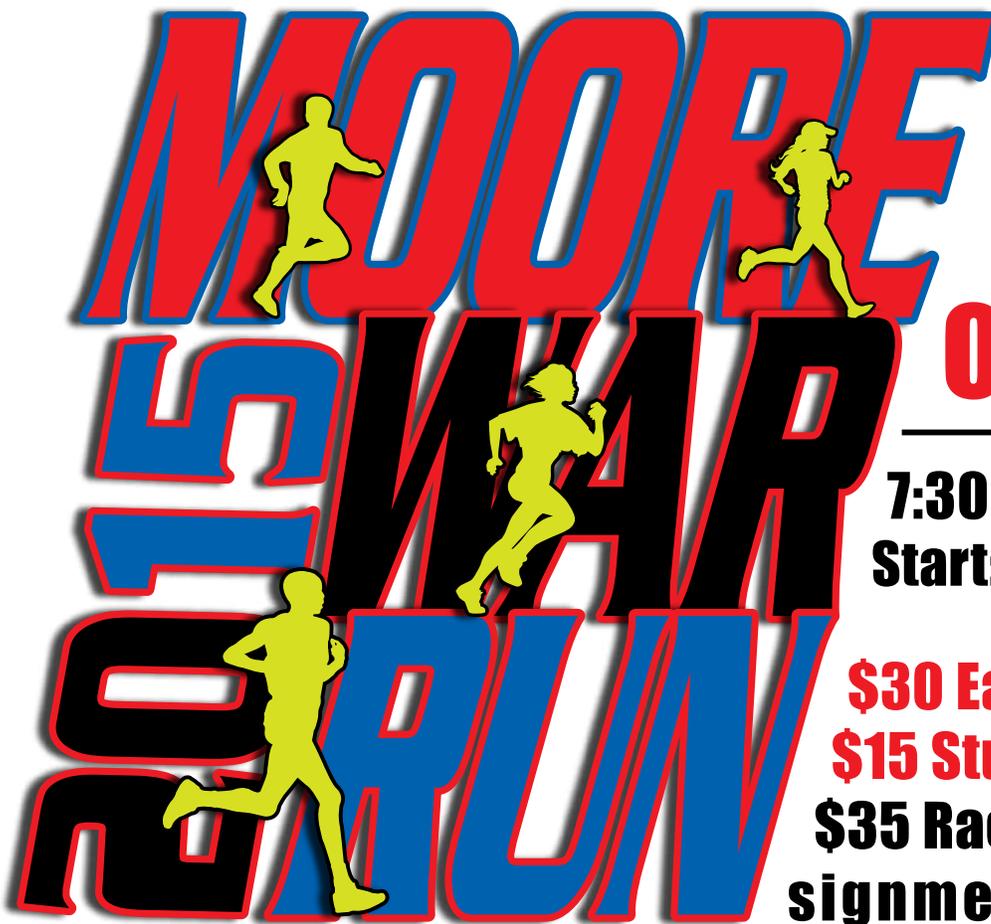
For more information on TRC

Please visit [trcok.com](http://trcok.com)

To Register, Sponsor or Volunteer for the glorun Visit [glorunokc.com](http://glorunokc.com)

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





**Aug. 29th**

**5K RUN  
OR WALK**

**7:30 am, Saturday  
Start: Moore High School**

**\$30 Early Registration  
\$15 Students  
\$35 Race Day  
[signmeup.com/108567](http://signmeup.com/108567)**

**Proceeds Benefit  
Moore and Westmoore Alumni Associations  
and Southmoore Scholarship Fund**

**Pasta Party & Early Packet Pickup  
6-8:30 pm, Friday, August 28th, 2015  
Tickets \$5  
Westmoore High School**

**For more information: [www.MooreWarRun.com](http://www.MooreWarRun.com) • 405.202.1708 • #MooreWarRun**





# TULSA, OKLAHOMA NOVEMBER 21-22, 2015



**FREE JACKET FOR MARATHON & HALF-MARATHON PARTICIPANTS.**

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MARATHON RELAY | 5K RUN AND WALK  
FUN RUN AND WALK**

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**ROUTE 66**  
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*presented by*  
BLUE CROSS AND BLUE SHIELD OF OKLAHOMA



**PRICE  
INCREASE  
AUGUST 3**

**10 YEAR ANNIVERSARY CELEBRATION**

# Spirit of Survival 10.04.15

**HALF MARATHON / QUARTER MARATHON / 5K  
KIDS MARATHON / SPIRIT WALK**

**DOWNTOWN LAWTON, OKLAHOMA**

## **SPECIAL GUESTS**



### **DICK HOYT**

**KEYNOTE ADDRESS SPEAKER**

**FRIDAY, OCTOBER 2 • 12PM  
HILTON GARDEN INN BALLROOM**

The Spirit of Survival is proud to host Dick Hoyt for his first and only appearance in Oklahoma. Dick will be the keynote address speaker for the Spirit of Survival Luncheon on Friday, October 2 at 12 Noon at the Hilton Garden Inn in Lawton, Oklahoma. **Tickets are available for purchase for only \$25 each online.** The cost of the luncheon includes a wonderful meal and a reserved seat for his keynote address "Yes You Can".



### **BART YASSO**

**PASTA DINNER SPEAKER**

**SATURDAY, OCTOBER 3 • 5 – 7PM  
HILTON GARDEN INN BALLROOM**

Bart will be the featured speaker Pasta Dinner the night before the race on Saturday, October 3 from 5 – 7 pm. **Tickets are \$10 each and include all you can eat pasta, salad, dessert and beverages** as you hear more from Bart about his amazing "Life on the Run", and have the opportunity to get last minute race advice and photographs. Bart will also be available to sign autographs and take photos with race participants.

**FOR MORE INFORMATION ABOUT APPEARANCES BY  
DICK HOYT & BART YASSO VISIT SPIRITOFSURVIVAL.COM**



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Run for the  
next generation.

6th Annual

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1800 E. Imhoff Rd., Norman, OK

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August 2015

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## Join or Renew Online Today!

Check your mailing label for your renewal date.

Join or renew your subscription online at [www.okcrunning.org](http://www.okcrunning.org) or:

1. Write a check for **\$20** to OKC Running Club
2. Mail Check with your mailing label (above) or new member application (available online) to:

Oklahoma City Running Club  
PO Box 18113  
Oklahoma City, OK 73154

Visit The Landrunners Online:

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

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



**Landrunner Fall Training**  
Start August 1

**Landrunner Club Meeting**  
Monday, August 17 @ 6:30pm  
Kimray Conference Center  
8 NW 42th St

**Landrunner Fall Banquet**  
November 7, 2015  
Details - TBA

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