

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

November 2015 | Issue No. 235

LET'S GET IT RIGHT: Quads and more quads

By Tom Coniglione, MD

We appreciate the positive comments to the monthly medical articles. Landrunner Newsletter readers have positively responded to the monthly articles. The comments are VERY appreciated. Reader comments are helpful in planning future articles.

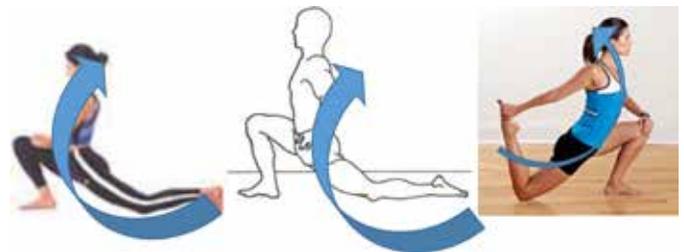
HAS ANYONE TOLD LINDSAY WHAT A GREAT JOB SHE HAS DONE WITH THE NEWSLETTER?

For those who look forward to issues of the newsletter to read something medical, here is a tidbit on quad muscle: stretching and squatting. This short quad stretching review is included because we see so many runners at the training runs who need a refresher on how to stretch the quads.



Is this the way you were taught to stretch your quads? Does it stretch your quads without hurting your foot or your knee? If so, keep stretching this way.

If this stretch hurts the top of your foot OR it hurts your knee, try this (technically more correct) stretch:



A more effective quad stretch places the body into the shape of the letter “C:” the knee and shoulders are back and the waist is thrust forward. If you have a tight low back this may not be comfortable on your back. This stretch will cause less knee pain. The stretch should make the quad tight, but not cause it to burn.

Stop me at a training run and we can review quad stretching.

How about squats and lunges? We are all told to strengthen the quads by doing squats and lunges. As one runner recently reported: “when I do them



my knees burn.” As is typical, this runner also had knee pain when walking up or down stairs. Runners with this type knee pain also report their knees get “stiff” when sitting still for a while.

See **Quads**, on page 6

Run Fast or Run Long

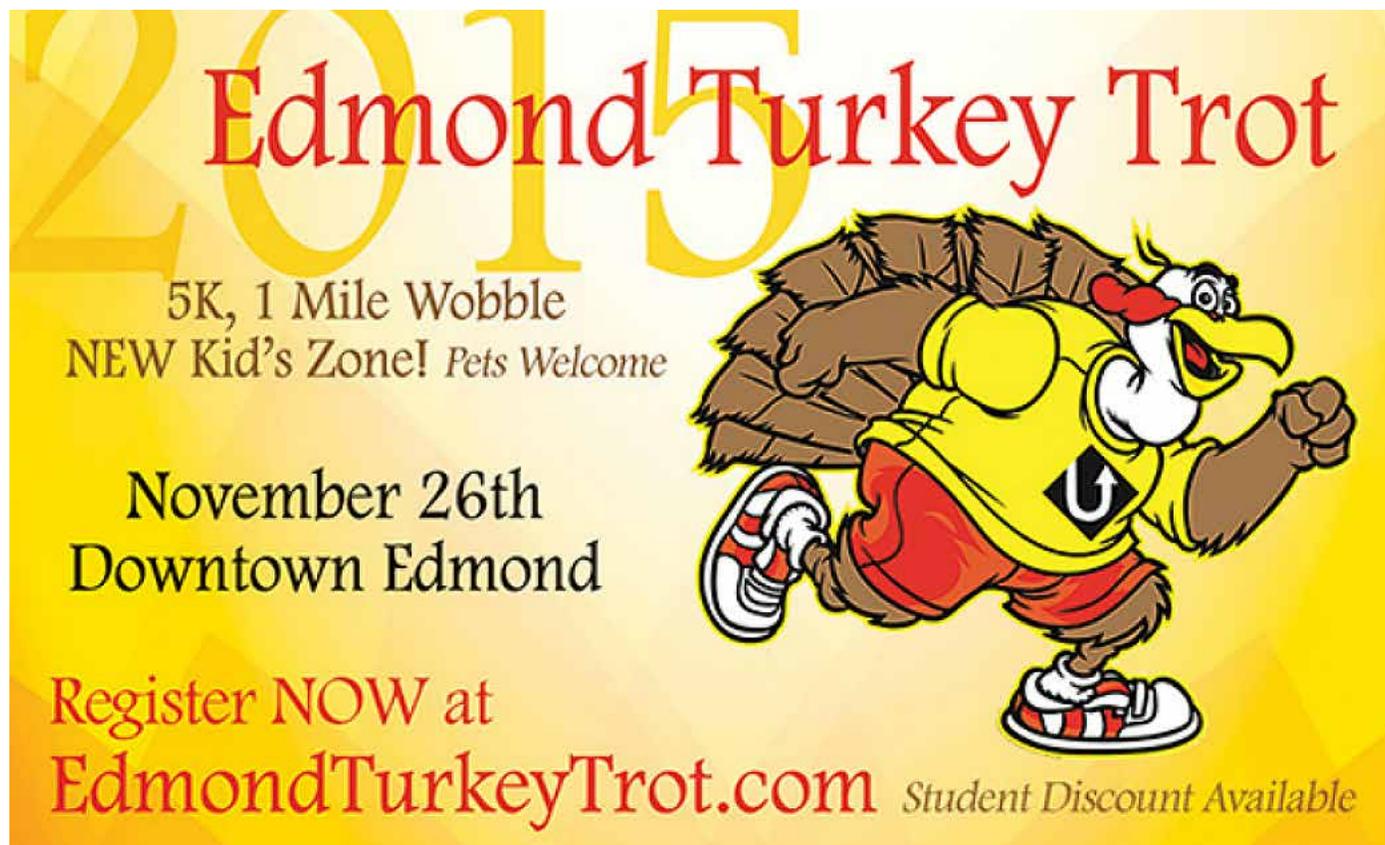
By Maurice Lee III, President

I don't mean this the way you might think. Some may think that I mean short fast runs or long slow runs. But I'm talking about running a few years versus running for the rest of your life.

Almost all of us have dealt with injuries and sometimes those injuries come just before a big race. So we have to make a decision - do I run the race and possibly further injure

myself or at best delay the healing process? Or do I skip the race and allow the healing process to take its course? Often complicating the issue are costs associated with skipping the race.

As an older runner I choose the long view. I allow myself to heal and hopefully live to run another day. But it's an individual choice.

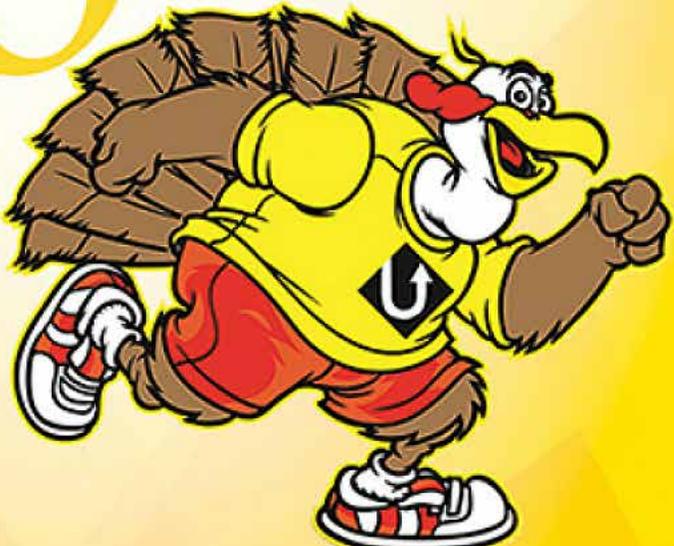


Edmond Turkey Trot

5K, 1 Mile Wobble
NEW Kid's Zone! *Pets Welcome*

November 26th
Downtown Edmond

Register NOW at
EdmondTurkeyTrot.com *Student Discount Available*



The poster features a cartoon turkey mascot in a yellow t-shirt with a 'G' logo and red shorts, running towards the right. The background is yellow with large, faint numbers '2015'.

The Original Oklahoma City Turkey Trot

5k & 1 mile Fun Run



Thanksgiving Day

November 26, 2015

Lake Hefner, East Wharf

Sign up at www.oklahomacityturkeytrot.org



Benefiting the Eagle Ridge Institute foster care, prevention, and residential programs.

For questions or more information call 405-463-7536

Landrunner Calendar of Events

| <u>Date</u> | <u>Event</u> | <u>Location/Time</u> |
|-------------|--------------------------|-----------------------------|
| 11/7 | Central Dash 5K* | Yukon @ 9:00am |
| 11/7 | OKC Landrunner Banquet | 3601 N Grand Blvd @ 6:00pm |
| 11/22 | Route 66 Marathon* Half* | Tulsa @ 8:00am |
| 11/26 | OKC Turkey Trot 5K*\$ | LH, East Wharf @ 8:00am |
| 11/26 | Edmond Turkey Trot 5K*\$ | Edmond @ 8:00am |
| 11/28 | Ugly Sweater Run 5K\$ | Bricktown Ballpark @ 9:00am |
| 12/5 | LW Triple Dog Dare | Leadership Square @ 8:00am |
| 12/5 | The Christmas Carroll 5K | Chickasha, OK @ 8:00am |
| 12/5 | Holiday Hustle 5K / 10K* | OC Eagle Trail @ 9:00am |
| 12/31 | Opening Night 5K\$ | Downtown OKC @ 4:00pm |

* Denotes Series Races

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

Landrunners In Action

9/13 LEHIGH VALLEY MARATHON, PA

| | |
|---------------|---------|
| CHINNI POKALA | 3:54:24 |
|---------------|---------|

9/19 AIR FORCE MARATHON, OH

| | |
|-----------------|---------|
| JEFFREY WAGNER | 4:21:40 |
| ROBIN GARRETSON | 4:23:39 |
| TAMMY CRAWFORD | 4:58:42 |

9/27 RUN FROM THE DUCKS 8 HOUR, TX

| | |
|----------------|-------------|
| JENNIFER STONG | 47.94 MILES |
|----------------|-------------|

9/27 COLORADO SPRINGS HALF, CO

| | |
|-------------------|---------|
| MICHAEL DILLINGER | 2:05:21 |
|-------------------|---------|

10/4 WINEGLASS MARATHON, NY

| | |
|------------------|---------|
| MATTHEW WILCOXEN | 3:28:35 |
| MARY MIKKELSON | 3:39:49 |
| ADI MCCASLAND | 4:35:00 |
| CHUCK MIKKELSON | 5:00:35 |
| KARL KROKSTORM | 5:12:12 |
| AMY KROKSTROM | 5:12:14 |
| JENNIFER HENRY | 5:46:34 |

10/4 TWIN CITIES MARATHON, MN

| | |
|---------------|---------|
| BILL GOODIER | 3:52:59 |
| SHEILA MILLER | 4:55:01 |

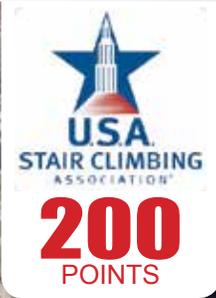
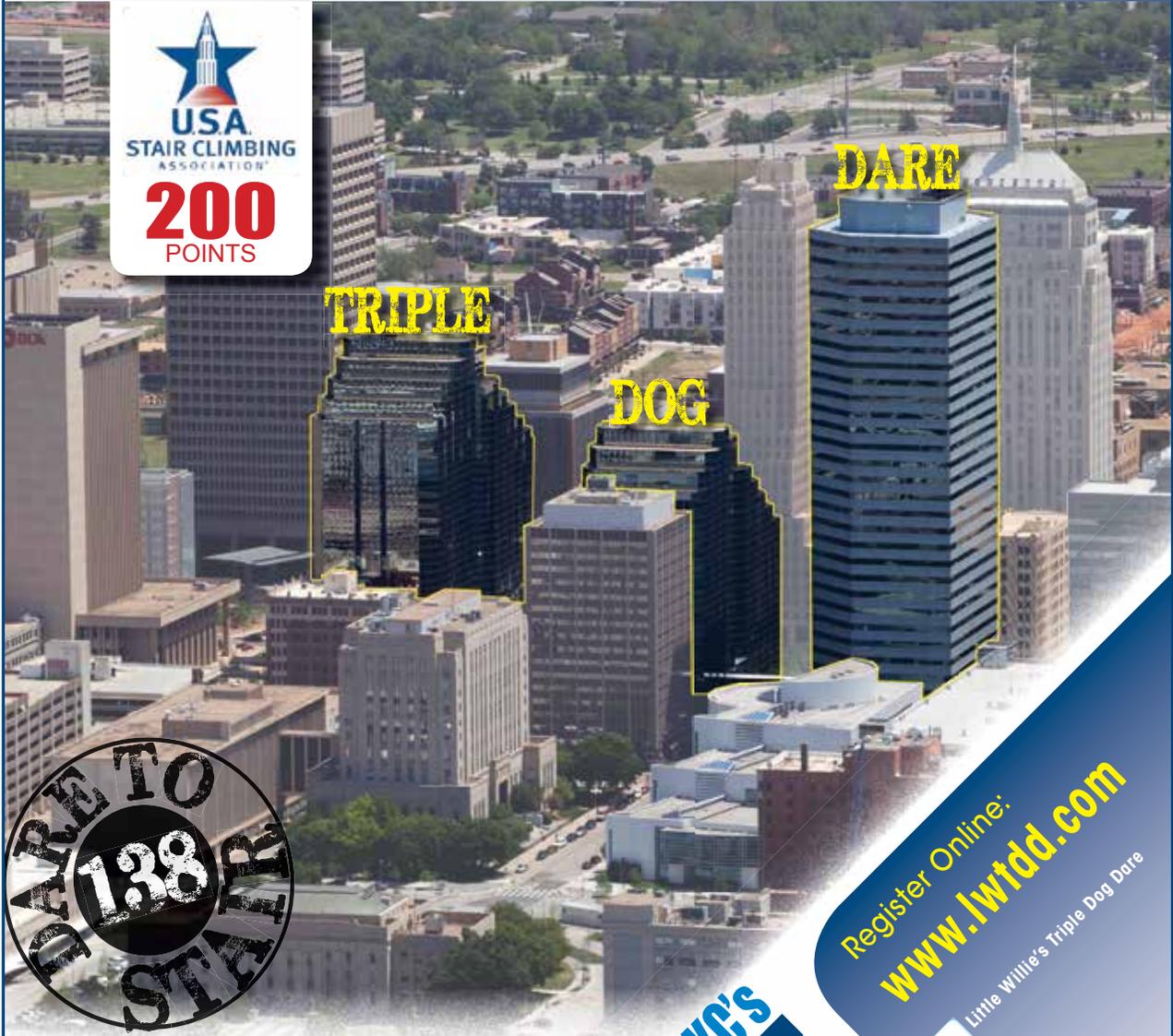
10/11 CHICAGO MARATHON, IL

| | |
|----------------|---------|
| PAUL BRINKMAN | 3:50:45 |
| JOAN CURRAN | 3:56:50 |
| IVAN WAYNE | 4:03:24 |
| CHRIS WOODS | 4:09:50 |
| CHASITY TEETER | 4:13:11 |
| ANU BAJAJI | 4:22:34 |
| LAURA MULLINS | 4:30:01 |
| ERMIDA LAPIC | 4:38:31 |
| WILL BAKULA | 5:10:48 |
| PEGGY BAKULA | 5:18:25 |
| TRINITY FLEUR | 5:19:37 |
| BRENDA MARES | 5:56:57 |
| ANNA STUDSTILL | 6:23:45 |

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

Little Willie's

TRIPLE DOG DARE



Register Online:
www.lwfdd.com
Little Willie's Triple Dog Dare

Saturday | 8:00 AM

12.05.15

Chip timed by DG Racing



All participants receive Little Willie's
**Super Popular, Gotta Have It
TRIPLE DOG DARE SWEATSHIRT**

(Register by Nov. 16th if you're particular about the size)

PRESENTING SPONSORS

INTEGRIS



ALL PROCEEDS BENEFIT:

OKC's SULTANATE STAIRCLIMBING CHALLENGE

Quads continued

To prevent knee burning from squats, trainers and books offer (ineffective) pieces of advice. “Do not let your knees get in front of your ankles.....do wall squats.....turn your feet out 30 degrees.....try ‘sissy squats’.....do step ups.” To keep from boggling your mind, there are no pictures of these techniques.

The basic problem: when there is pressure on the foot with the knees bent, you are set up for knee pain.



When there is pressure on the foot with the knees bent, the knee cap is squashed into the other knee bones. Commonly these runners also have a second toe that is longer than the first toe.



The leg press and extension exercises are no better: the knee cap is squashed into the other knee bones.

Another (final) thought: single leg standing exercise. This is something soccer players taught us. Standing on one leg will strengthen knee and ankle ligaments. Single-leg standing will also enhance balance. You can use this as a quad strengthening exercise – without placing unnecessary pressure on the knee cap.



“The miracle is not that I finished, it is that I had the courage to start.”

“Believe in yourself, know yourself, deny yourself and be humble.”

“Running is my meditation, mind flush, cosmic telephone, mood elevator and spiritual communion.”

7TH ANNUAL **THE HOLIDAY HUSTLE** 5K & 10K

9:00am Start at OC Eagle Trail • Packet Pick-up 7:00 to 8:30am
Pancake Breakfast Following Race • Fast, Flat USATF Certified Course
Kid's Run & Prize Money

DEC 5TH 2015
REGISTER AT WWW.OC.EDU/HOLIDAYHUSTLE

OC OKLAHOMA CHRISTIAN UNIVERSITY

16TH ANNUAL RUNREMEMBER

TO
APRIL 24, 2016



★ REGISTER TODAY ★



OKCMARATHON.COM



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

Landrunners Host Redman Water Stop

By Gena Barnhill

As runners we test our limits and push ourselves to see what we can achieve on the roads and trails. Every year the Landrunners get a chance to witness an amazing athletic combination of swim, bike, and run at the Redman Triathlon. This year on September 26, we had the chance to volunteer and encourage those triathletes competing in the half iron man distance hoping to qualify for next year’s National Long Course Championships, as well as those athletes doing the full Redman distance of 140.6 combined miles.

The Landrunners showed up in circus themed costumes and club shirts to provide the “best” aid station on the run portion of the event. We even had Landrunners who live 70 miles away come to experience this volunteer event. Over 80 members of our running club gave out drinks, food, hugs, and cheers throughout the day and into the night. Many times we heard “Thank You” and appreciation from the runners as they came through our area. However, I think anyone who witnessed the amazing determination of these athletes agree that we were the ones who were blessed that day. If you missed out on the fun, mark your calendars to join us and volunteer next year for the Redman Triathlon, which will be the ITU Long Distance Triathlon World Championships in September of 2016.



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OKLAHOMA CITY™

16
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NIGHT
FINALE

5K

2015 DECEMBER 31 2016

5K STARTS AT 4PM
RACE THROUGHOUT DOWNTOWN OKC
LIVE ENTERTAINMENT THROUGHOUT COURSE
MOST FESTIVELY DRESSED WINS ORIGINAL ARTWORK!

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CHICKASHA OPTIMIST

presents

The 1st Annual

Christmas Carroll 5 K RUN

IN MEMORY OF ROD CARROLL

Medals will be presented by a few of the Thunder Gods, including Chickasha's own Katelyssa Singleton

SATURDAY | DECEMBER 5, 2015 | 8:00AM

SOUTHERN OAKS CHURCH OF CHRIST
3320 S 16TH ST • CHICKASHA • OKLAHOMA

Come see Santa!

Sponsored by the

CHICKASHA OPTIMIST CLUB 

CHICKASHA RUN CLUB

- \$25.00 ENTRY FEE FOR 5K WITH GOODY BAG & SHIRT
- \$100.00 ENTRY FEE FOR 5K 5 PERSON TEAM WITH GOODY BAG & SHIRT
- \$20.00 ENTRY FEE FOR 1 MILE WITH SHIRT
- \$10.00 ENTRY FEE FOR 1 MILE WITHOUT SHIRT



REGISTER AT SIGNMEUP.COM OR ON DAY OF EVENT



This is the first year for the Christmas Carroll 5K Run. Our goal/mission is to fund a Chickasha High School memorial scholarship honoring the memory of Rod Carroll, who was a member of the Chickasha Optimist Club at the time of his death. Rod lived out his passion of working with kids and families by working as a school counselor, a Licensed Professional Counselor, and as a Minister of the Gospel for many years in the Chickasha and Ninnekah communities. Rod enjoyed running and his goal was to get in shape so he could participate in various 5K races and events. He was a beloved husband, father, poppy and friend to many. He always had a smile as bright as the sun, a twinkle in his eye, and a servant's heart. Rod lost his life on March 1, 2014, when he stopped to assist a car that had wrecked on H.E. Bailey Turnpike. He died doing what he did best - helping others and being a "Good Samaritan."

Pancakes will be served to all the runners by the Optimist Club

CHECK US OUT ON



PROCEEDS GO TO A SCHOLARSHIP FUND FOR HIGH SCHOOL SENIORS



**TULSA, OKLAHOMA
NOVEMBER 21-22, 2015**



FREE JACKET FOR MARATHON & HALF-MARATHON PARTICIPANTS.

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

**REGISTER TODAY AT
ROUTE66MARATHON.COM**

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





Oklahoma City • November 28th • 9:00 a.m.
USE CODE LANDRUNNER FOR \$10 OFF | THEUGLYSWEATERRUN.COM





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November 2015

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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



Landrunner Fall Banquet

November 7, 2015

Ed Lycan Conservatory @ Will Rogers Park

Get your tickets today!!!

**Walker 2 Landrunner 5K Program
& Fall Marathon Training Runs**
every weekend

Go to okcrunning.org for more details