

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

February 2016 | Issue No. 238

## Never Ever Give Up

By Kevin Lynes

Where running is concerned, 2013 was a potential “give up” year for me.

A year earlier, I was preparing to have surgeries on both feet due to injuries sustained over several years of running. After nearly a year of Dr. Tom Coniglione and Elite Feet owner James Drain helping me to keep running in spite of pain in the balls of my feet, I finally went to Dr. Sheri Smith at Oklahoma Sports Science and Orthopedic to see what needed to be done to fix the pain and repair a dislocated toe. X-rays showed torn tendons in the second toe on each foot, and my right middle toe was dislocated and needed surgery. The repair was going to include cutting bone to shorten two of the toes.

Ouch, right? You bet!

My lifelong medical history included a heart murmur that continued to get more pronounced as I got older. In 2012 after failing a physical due to the murmur and having to get another echocardiogram for my pre-op for foot surgeries, a second echo came back with unexpected serious results. I had severe aortic stenosis and a badly calcified aortic valve. The stenosis is a narrowing of the aortic valve and restricts the flow of blood to the brain. The calcification is a hardening of the valve that keeps it from performing properly.

It was determined that the only solution was open heart surgery to replace the aortic valve. As you can imagine, I was not prepared for this news. My good friend, blind runner Benny Meier, had aortic valve replacement surgery two years to the day before my surgery and he is still running to this day. I have been one of his guides for many years, and he has been my inspiration to never give up.

On Feb. 1, it will be exactly three years ago since I had the surgery. After four days in Oklahoma Heart Hospital, I was back home for three weeks of recovery. My total recovery was eight weeks as I was forbidden to run or lift over 10 pounds.

After eight weeks, I was allowed to run. I ran with the Landrunner training group and got in six miles. Although



Kevin Lynes and OH!! WHAT A RIDE!!!

my sternum was healed, it was very painful to run or do any exercise, but I was determined that would not stop me.

What did stop me temporarily was surgery on my left foot on May 2, 2013, just three months after heart surgery. Another eight weeks with no running.

Just getting started back again, I had surgery on my right foot on August 29, 2013. Yes, out for another eight weeks. All of these surgeries basically sidelined me for the year of 2013.

But in January 2014, I began marathon training, and four months later, I ran the marathon at the Oklahoma City Memorial

See *Never*, on page 2

# So much for winning the jackpot!

By Bill Goodier, President

Since I did not win the lottery you are reading another letter from me. I thought my lotto ticket based on race distances – 5, 10, 25, 13.1, 26.2 and 50 - would be a real winner. Maybe the lottery commission should be comprised of runners. Oh well, I will have to wait a little longer to purchase my snow covered mountain top property in a remote part of America.

Are you considering a half or marathon this spring? It's not too late to start training. Saturday, January 16 was our first "hill" workout of the season at Remington Park. We had a great turnout. Speaking of which, the training committee decided to clean up our email list and start with a clean slate. In less than a month we have over 1,400 contacts (and we promise not to sell or share your information)! This year we are collecting demographic data to assist us

in our training schedule program. I will not bore you with all the details, but here are just a few. We have runners from eight states, over a dozen cities, from ages 19 and under through 70+, with females outnumbering males 2 to 1. What a diverse and inclusive group we have. So come run a few steps with us! – Jack Rector (paraphrased)

Save the date! On March 21 at 7 pm the club is hosting a screening of "Run Free: The True Story of Caballo Blanco" (from the book *Born to Run*) at B&B Theaters Windsor 10 located at 4623 NW 23rd St., in Oklahoma City. Tickets are \$12 in advance (there is a link to ticket sales at [www.OKCRunning.org](http://www.OKCRunning.org) and on our Facebook page) and \$15 at the door. Purchase your tickets early before it sells out!

Cheers!

Lil' Bill

## Never continued

Marathon. It was by far my slowest marathon, but I was able to get it completed with the help of Tiffany Massie.

Later in the year, on Sept. 28, fellow Landrunner David Ball and I ran the Adirondack Marathon in upstate New York on our birthdays. I did the early start which was two hours before the regular start and David caught me at mile 22!

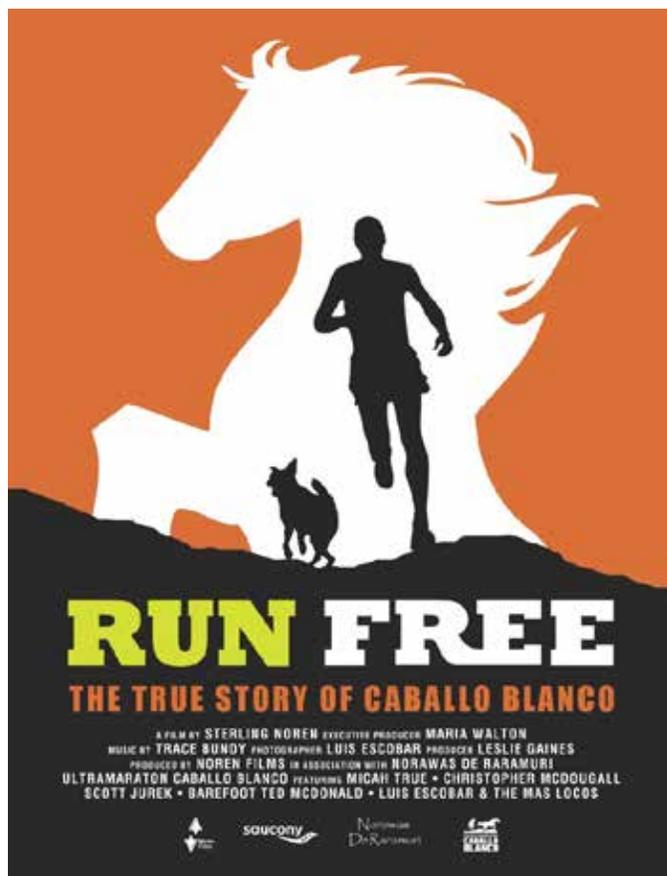
I ran the Oklahoma City Memorial again in 2015 and have run the 24-hour race at 24 The Hard Way in 2014 and 2015.

All since having open-heart surgery and two foot surgeries.

Giving up would have been the easiest thing, but I told myself and everyone who would listen that I would be back to run again. I had to keep myself accountable to all who I told. My wife, Shirley, was very instrumental in my recovery and keeping me motivated to get back to running and to continue to live my normal everyday life.

It has been the best decision I could have made to keep going. No matter what life gives you, never ever give up!

*Editor's Note: This piece was submitted by club member Kevin Lynes. The Landrunner newsletter is always looking for submissions, and they can be emailed to [news@okcrunning.org](mailto:news@okcrunning.org). They must be received by the 15th of the month to be considered for the next month's newsletter.*





# RRCA Oklahoma 25K STATE CHAMPIONSHIP Saturday, February 27, 2016

**Sponsors:**



**Location:**

Stars and Stripes Park  
Lake Hefner, Oklahoma City

**Registration:**

[www.okcrunning.org](http://www.okcrunning.org)  
(no processing fees)

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Proceeds to promote healthy lifestyles through recreational walking and running For more information email: [racedirector@okcrunning.org](mailto:racedirector@okcrunning.org)

# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
02/13	Frigid Five*\$	Mitch Park @ 9:00am
02/13	Runderground 5K	Cox Center @ 12:30pm
02/15	Club Meeting – Series Awards	Kimray, 8 NW 42 @ 6:30pm
02/20	Mighty Mouth 5K*	Stars & Stripes Park @ 2:00pm
02/27	Panera Beacon 25K*, 15K*, 5K*\$	Stars & Stripes Park @ 7:30am
03/05	ZONTA 5K	Midwest City Park @ 7:30am
03/05	OK Hall of Fame Land Run 10K*, 5K	1400 N Classen Dr @ 8:30am
03/12	St Paddy's Day Race 8K*, 5K \$	Lake Hefner East Wharf @ 10:15am
03/19	Wings to Fly 15K*/5K* \$	Fort Reno @ 9:00am
03/20	A2A Races*	Ardmore @ 7:30am
03/21	Run Free – Landrunner movie night	Windsor BB Theatres @ 7:00pm
03/26	Go Girl Run – OKC, \$	Bricktown Ballpark @ 7:00am

\* Denotes Series Races

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

## Landrunners In Action

### 12/12 ROCKET CITY MARATHON, AL

TAMMY CRAWFORD 4:46:03

### 12/13 DALLAS MARATHON, TX

JONATHAN PILLOW 2:45:07  
 JOSEPH WARFIELD 3:34:35  
 MAURICE LEE III 3:58:44  
 JOHN DODDY 4:26:02  
 SHILPA ABBITT 4:49:16  
 JOSEPH MITRO 1:21:19 – HALF  
 ROGER JACOBI 1:41:42 – HALF  
 RUSS SLIFE 1:59:31 – HALF

### 12/19 CENTRAL PARK HOLIDAY 10K, NY

MELAUNA WESCOTT 1:14:06

### 12/30 SNOWDROP ULTRA 55 HR, TX

REBECCA CUNNINGHAM 151.6 MILES  
 CHISHOLM DEUPREE 110.5 MILES  
 JOHN LONGAN 100.1 MILES

### 1/10 FIRST LIGHT MARATHON, AL

NELS BENTSON 6:37:04

### 1/10 WALT DISNEY WORLD, FL

TORI DUPHORNE 6:14:06

### 1/10 GOOFY CHALLENGE 13.1 / 26.2, FL

GREG JOHNSTON 1:30:00 / 3:50:55  
 KAITLIN SCEPANSKI 2:08:12 / 4:16:08  
 ROBIN GARRETSON 1:57:42 / 4:22:13  
 OWEN GARRETSON 2:17:23 / 5:33:53  
 SHARI MARTIN 2:56:55 / 6:51:19  
 BRIAN JOACHIMS 3:37:52 / 6:27:39

### 1/16 THE DUEL MARATHON, TX

JUSTIN KRACHT 3:10:55 – 1ST PLACE  
 CHELSEA SMITH 3:31:20 – 1ST FEMALE  
 BARRY FOX 3:49:19  
 JEFF WAGNER 4:05:29  
 MARLON ONCO 4:13:45  
 JUSTIN CHAN 4:29:56  
 DEREK TITUS 4:43:53  
 BRIAN JOACHIMS 5:04:11  
 JIM WILLIAMS 5:12:47

### 1/17 BEST DAMN 13.1 RACE, FL

GAILE LOVING 2:56:46

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)

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# New Board Member Campbell Hopes To Help Young Runners Find Map For Success

By Jenni Carlson

Dana Campbell's map of Oklahoma is tattered and torn, old and worn.

But to her, it is beautiful.

Printed during the Brad Henry administration, the map is a reminder of a personal challenge that took more than a decade to complete. After running races in Stephens and Cotton counties in the early 2000s, Campbell came home with cool awards and fun goodies. She told a friend, "Maybe I'll try to run in every county and see what all I get."

"Kind of silly at the time," Campbell admitted, "but then, I made it a mission."

Last August, she accomplished it and ran in all 77 counties in Oklahoma – and her map went everywhere with her, picking up highlighter marks and scribbled notes and race director signatures along the way.

Turns out, that run-in-every-county challenge encapsulates why Campbell is one of the new board members for Landrunners. She knows she wouldn't have achieved her goal without the support of others, and now, she hopes she might inspire others. Being part of the Community Assistance Committee gives Campbell a chance to repay the Landrunners for so much assistance while at the same time, she will have a hand in awarding funds and allocating help for people, including children, who want to run.

"I want to help out if somebody has that dream to run," she said. "I think it's important, and that's why I want to be involved."

Campbell says kids who've benefitted from the Landrunners are a lot like her. She didn't grow up with much, and even when she started running in 1986 after doing a 5K in Lawton – "A 5K?" she said. "That just seemed ridiculous" – funds were tight. When she moved to Oklahoma City a decade later, she ran the Redbud and was approached at the end by a tall man full of charm and sweetness.

"You're quite the runner," he said. "I need to tell you about this running club. You need to join."

The tall man was Jack Rector, a mentor to many, but when he told Campbell about Landrunners, she told him she simply didn't have the funds to join.

He told her not to worry; he and his wife would take care of her membership fee.

For years, Rector encouraged Campbell while Landrunners enabled her. With the club's training groups, she prepared for many races, including the Oklahoma



City Memorial Marathon. She never forgot the kindness of Rector or the Landrunners.

Over the years, she served as president of the Edmond Running Club and race director for the Creek Classic, which benefits Deer Creek schools where she is a special education teacher assistant.

But now seemed a good time to up her involvement with the Landrunners.

"I wanted to give back to a club that has put so much into supporting me as a runner," Campbell said. "The encouragement of each member of the club ..."

So many people asked her over the years how her run-every-county challenge was going. They wanted to know where she'd been and where she was going. A few even asked if they could run with her. Even though Campbell got great support from family and friends -- her husband is also a runner, and her two kids were often there operating a video camera or waiting at the finish line to go try a new restaurant, see a site or visit a museum – she is forever grateful for her running family.

Now, Campbell hopes to inspire someone to dream up their own challenge, maybe even map out something grand.

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Camille Herron, 3-time Memorial  
Marathon winner and ACU Member



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# It's Cold Outside? Yeah, Baby, Yeah!

By Jenni Carlson

Winter weather stinks.

This time of year brings blasts of ice and sleet and turns Oklahoma winds arctic, so we can all agree that there are better seasons in our fair state.

But there may not be a better time to run in Oklahoma.

Cold-weather running is great. My favorite, actually. I'm one of those people who heats up quickly on runs, so Oklahoma summers are brutal, but truthfully, any temperature over about 60 degrees and I start sweating just thinking about running. When you run in cooler temps, your core body temperature stays lower, and you can run faster and potentially even further.

So, the runner in me says, "Bring on the winter!"

Granted, those days when it's snowing or sleeting or icing, things can get tricky. Most streets and sidewalks never get cleaned here, so if you do venture out, a pair of Yaktrax or something similar would be advised. (You have no idea how much it pains me to say this, but if the footing is really treacherous and you absolutely, positively have to get in a run, the treadmill (eek!) might be the way to go.) But frankly, with our winter precip usually coming in short bursts – I grew up in Kansas near the Nebraska border, so I consider our ice and snow events to be abbreviated – we're most often dealing with cold temps when it comes to winter running in Oklahoma.

So, how do you deal with cold-weather running?

That was a question that we posed in last month's newsletter and on the club's various internet platforms. There were lots of great responses.

From Allen: "Dress like it's 20 degrees warmer than it is. If it's 42, dress like 62 with a warm-up layer. Someone told me this when I started running last January."

Like Allen, this was a rule of thumb that I heard along the way, and it has helped me think about what would be best to wear. The truth is, you want to be cold at the beginning. You're going to heat up as you go, so if you start out nice and toasty, you're bound to be overheated a mile or so in. (Less if you've got sweatiness tendencies like me!)

My only struggle with the 20-degrees-warmer rule of dress is what temperature to gauge off. If the real temperature is 30 but the wind chill is 16, for example, what do I use? I don't have a great answer for you, but I often split the difference. For my example above, I go with 23 degrees and dress like it's 43 degrees. Does that always work? Not always, but you'll be pretty darn close.

From Lenice Cattley: "Fifty degrees and above: shorts, shorts, shorts! Thirty degrees and below: long pants but not lined for long runs, unless it's below 20 degrees. Always wear light layers to shed off and light running gloves that can clip to your pants."

OK, lots of great suggestions here. Light layers to shed? Yes! Running gloves that can clip to pants? I never thought of that!

But here's one reminder that everyone is different; I can wear almost an innumerable amount of layers on the lower half of my body and my legs will still be cold. It doesn't make sense, but just know that one size does not fit all in what may work for you.

From Amber Shore: "No matter how cold it is outside, after running a mile, I need my head to breathe! Don't get me wrong – it is necessary to keep my ears warm, and if it is below freezing, I need something covering my mouth and ideally my nose. However, the top of my head screams for air if I try to keep a warm hat on it after I'm nice and toasty. Same for my neck. It cries for air and a cool breeze. So, I prefer to wear a headband that covers my ears but lets the top of my cranium get some air."

Did I mention one size does not fit all?

From David Ball: "Mittens over gloves."

From Chad Hetrick: "If you're running in a jacket or base layer that zips up under your chin, loop a zip-tie through the end of the zipper so you can find it. It's annoying to hunt around for the zipper with gloves on your hands."

From Chuck Mikkelson a.k.a. The Newsletter Guru: "A hot handwarmer in each glove. Mittens or socks over gloves when there are single digits temps. For those extremely cold, windy days, I will put a thin layer of Vaseline over my exposed skin."

From Amber Shore: "I make sure I have a cough drop and a Kleenex, too!"

Did I mention we got lots of great responses?

Bottom line -- there's no single formula that works for everyone. You just have to keep trying different combinations until you figure out what works for you. Of course, as soon as you do, the spring will have sprung, the winter will be over, and the gloves, hats and Yak-Traks will start gathering dust on the top shelf of the closet.

But until then, there's lots of great winter running weather to be had.

From Alexandra Amidon: "It's always colder elsewhere – and people are still running. Besides, it's still better than the 'dreadmill'."

The treadmill? Now, there's something that really stinks!

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# How to Boost Brain Power? Keep on Running, Friends

*By Melissa Brevetti*

Fascinating new research that has come out the past few years indicates what many of us running enthusiasts always claimed: running stimulates the brain. Not only does physical exercise make us feel calm and trigger feel-good endorphins, recent studies show that cardio activities are the key to fighting dementia. Although researchers are not exactly sure why exercise triggers the growth of new brain cells, running in particular has positive physiological effects on the human brain.

One particular well-known study from Cambridge University and the U.S. National Institute of Aging used mice to show that running is influential in order keep learning and recalling new information. These scientists compared two groups of mice. The first group trained on a wheel and ran up to fifteen miles a day, and the second group ate on carrots all day. When the mice were tested on their memories and given rewards, the first group of running mice scored nearly twice as high as the non-

running group. Because the scientists were curious to what had exactly occurred, they examined the brain tissues of all the mice and discovered new brain cells had grown in the running mice. Unbelievable!

To conclude, many studies are indicating running helps your brain in various ways, such as fighting depression and growing new brain cells. With this information, we should not feel guilty about sneaking in time to run—I am quite thankful for the growing body of work in which these researchers prove exercise is a significant component in order to keep alert minds and healthy brains. As American runner Steve Prefontaine famously exclaimed after watching his high school cross country team train and before catching the running bug himself, “What kind of crazy nut would spend two or three hours a day just running?” Well, my running friends and enthusiasts, I’m going to argue that perhaps we may be “crazy nuts” but with really good brain power.

## Riders Needed!!

*By Jim Roblyer*

The OKC Landrunners Running Club is currently looking for riders to participate in the club’s “OH!! WHAT A RIDE!!!” program for 2016. The club possesses a modified racing wheel chair, and we are soliciting riders to participate in officially organized road races of various lengths from 5K to marathons. This club project has been active for approximately three years and aims for four - five special racing events per year.

At this time, we are looking for riders who have physical and/or mental challenges and cannot participate in organized events. There is NO COST for the rider, and the rider is pushed by a well trained

physically-fit Landrunner. The rider should be the following: weigh no more than 100 pounds and be able to sit up in the chair so that s/he is mentally alert to appreciate the activity. Also, our riders are fitted to the chair before race day and caretakers must be present as a motivated cheering team. Photos will be taken and published in the Club’s Newsletter. Our next race is the Panera Beacon Run at Lake Hefner on Saturday, February 27, followed by other to be announced race dates. For more information you may contact: Jim Roblyer (Board of Directors and Chairman of “OH!! WHAT A RIDE!!!” program) 405.608.0488.

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# Running with Team Stephen

*By Erik Heine*

The winter months present multiple challenges to me in trying to run with Stephen. The most obvious one is the temperature. Stephen has some sensory issues, and despite our best efforts and logical reasonings, simply will not wear a hat or gloves/mittens. How could I take him outside in sub-40° weather without the appropriate clothing? And if it's windy? Who wants to feel cold wind in the face for an hour? The second issue deals with the conditions of the road. Even if the roads are covered in ice or snow, as they already have been this winter, I can hop onto a treadmill and do a workout, but I can't put his chair on a treadmill with me. The end result, then, is that I'll be starting over this spring with pushing him, having lost much of what I gained through the second half of 2015.

At this time of year, it's easy to think about what we can't do. Whether it's "too cold" or "too dark," whether your running times are "too slow," ways can always be created to explain what cannot be done. The end-of-year holiday season and January hangover adversely affect people. As runners, we often view our races as an all-or-nothing proposition, meaning that a good race is one where a PR is achieved, and all other races are not very good.

In December, I ran Little Willie's Triple Dog Dare Stair Climb Challenge in downtown Oklahoma

City. I'd never done anything like it, and even though it was a total blast and a complete success, it wrecked me for nearly a week. In the days following that event, when I could barely run, let alone get down the stairs without the railing, I started thinking that I had just completed an event that I could never share with Stephen. Yes, Stephen can walk. Yes, Stephen can climb stairs. After two or three flights, though, he is tired. And I thought about how Stephen will not be able to do what I just did, nor could I take him with me. Pushing 100 pounds of boy and chair is fine, but strapping 65 pounds of boy to my back and climbing stairs sounds unpleasant at best.

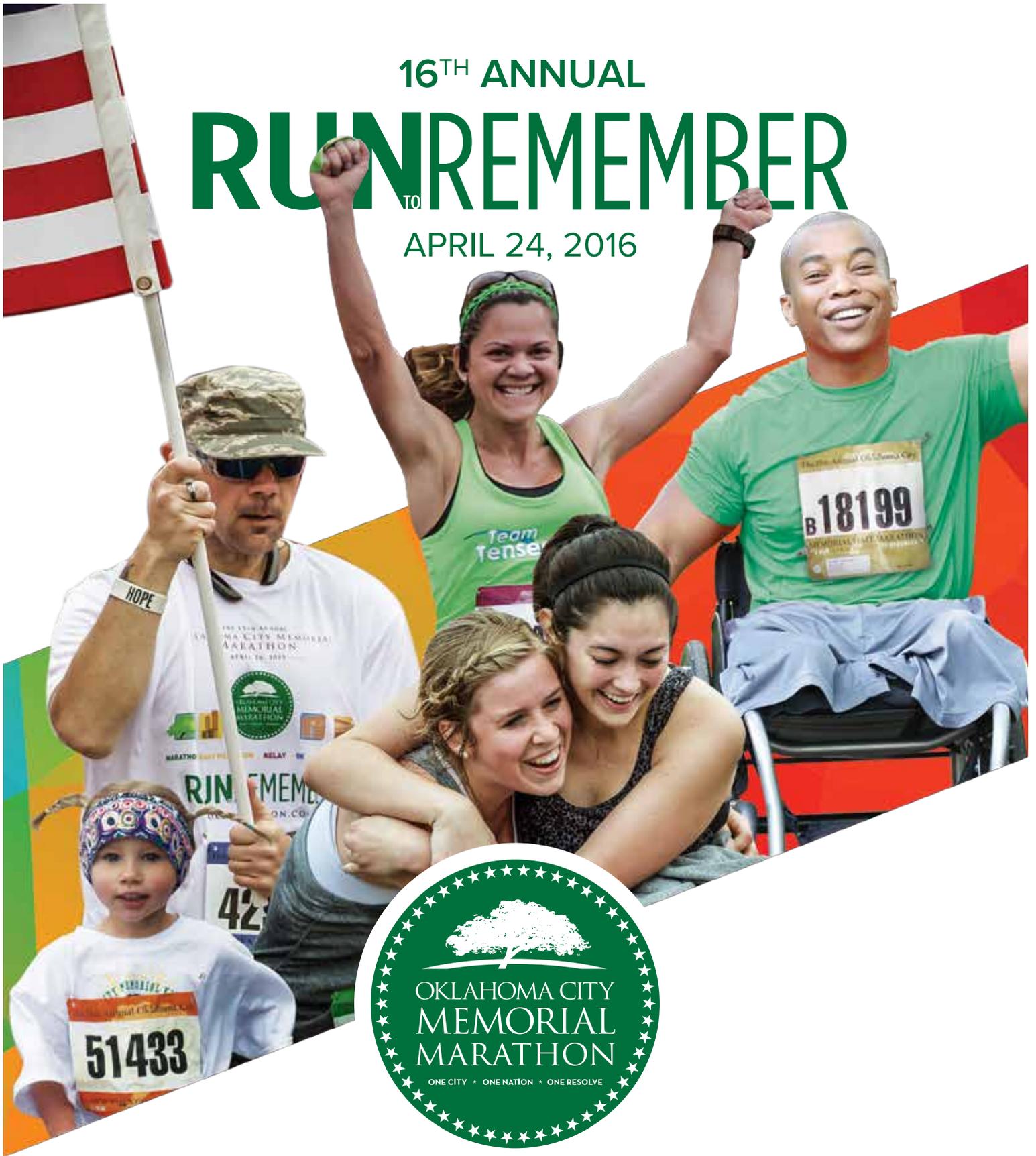
When Stephen was diagnosed with his genetic syndrome at the age of 18 months, the geneticist said to us, "Well, if he was destined to be a genius, he'll just be average." It was a very cold way of telling us not to have any expectations for him to have a normal life. After a long grieving period, we started focusing not on what he couldn't do, but what he can do. He learned to swim, and can swim the length of the pool. He is even learning to backstroke. He can climb ladders and enjoy playscapes like any child. While Stephen will likely never run a 5K or even a mile like many of us, he still gets to be a part of the event when I can push him. And pushing him is something that I can do.

## OKC Landrunner Running Legends

The OKC Landrunners announced 15 Running Legends for 2015 at their annual club banquet on November 7 in the beautiful Will Rogers Park Conservatory. A running legend is defined as an individual over 65 years of age that has made a recognizable contribution/s to the OKC Landrunners' mission statement..(Support health and fitness of all

ages through recreational running). The following were acknowledged: Nels Bentson, Suzie Bostick, Tom Briggs, Kathy Brown, Dr. Tom Coniglione, Jan Cosgrove, Pat Hill, Ron Kuykendall, Sam Loy, Benny Meier, Kathy Moffitt, Jim Roblyer, Don Smith and posthumously...Jim D. Smith and Perry Tennison.

16<sup>TH</sup> ANNUAL  
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# Recipe to Run By

By Adi McCasland

## Black Bean Veggie Enchiladas

### Enchilada Sauce

- 2 ½ cup veggie broth
- 5 Tbs tomato paste
- 2 ½ tsp ground cumin
- 1 ½ tsp dried oregano
- 3 cloves garlic, minced
- 2 tsp tamari
- ½ Tbs lime juice

### Enchiladas

- 3 cloves garlic, minced
- ½ medium yellow onion, finely chopped
- 1 small butternut squash, peeled and diced
- 1 small yellow squash, chopped
- 1 small zucchini, chopped
- 1 tsp ground cumin
- 2 tsp chili powder
- ¾ tsp sea salt
- 1 ¾ cups cooked black beans (or one can rinsed and drained)
- 1 tsp agave
- 10-12 soft corn tortillas

### Garnish

- Sliced avocado
- Chopped fresh cilantro

- 1) Prepare the enchilada sauce by combining the first six ingredients in a medium size saucepan. Bring to a simmer on medium heat and let simmer for 15 minutes. Remove from heat and stir in the lime juice.
- 2) Preheat the oven to 400°. Place the diced butternut squash on a cookie sheet and roast 15 to 20 minutes until cooked through. Leave oven on.
- 3) Lightly spray a sauté pan with a nonstick spray, and heat on a medium setting.
- 4) Sauté the onions and garlic for 5 to 6 minutes until they begin to turn translucent. Add the yellow squash and zucchini and cook 3 to 5 minutes more until they begin to soften. Add the spices, butternut squash, black beans, and agave, and cook 3 more minutes. Remove from heat.
- 5) Wrap the stack of corn tortillas in a damp paper towel and then in foil. Warm the corn tortillas for 5 minutes just to soften. Turn the oven down to 350°. *\*note: keep tortillas wrapped in the damp paper towel until you use them.*
- 6) Spread a thin layer of the enchilada sauce in an 8x11 or 9x9 baking dish. Spoon 3 or 4 tablespoons of the filling into one tortilla, roll tightly, and place seam side down in the baking dish. Repeat with the remaining tortillas.
- 7) Spread the remaining enchilada sauce over the enchiladas.
- 8) Cover the baking dish with foil and bake at 350° for 20 minutes.
- 9) Remove the foil and and serve with fresh cilantro and sliced avocado.



Landrunner Discount Available



**Saturday, March 19**

9 a.m. | Fort Reno, OK

**15K • 5K\* • Miracle Mile**

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USATF Certified Courses | Landrunners Series Events (15K & 5K)  
\*RRCA Oklahoma Championship Event



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*Landrunner Board member Jim Hammond (R) presenting a \$500 Landrunner check to C4K Dudley Hyde (L) and President Stacy McDaniel (C)*

**Oklahoma Dental Hygienists' Association  
presents the 1st Annual**



When: February 20, 2016 @2PM

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

Registration Details

5K Entry Fee: \$30

Fun Run Entry Fee: \$20

Register by Feb. 8th to be guaranteed a t-shirt!

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Funds will be used to educate the public, improve access to preventive care, as well as provide supplies for health fairs, school screenings, etc. for our underserved children & adults in Oklahoma



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5K Run or Fun Walk

Saturday, March 5<sup>th</sup> 2016 @ 7:30 am

MWC Regional Park

Packet Pick-up Party on Friday,  
March 4<sup>th</sup> from 4-8 PM at the MWC FOP Lodge  
8705 SE 15<sup>th</sup> St, MWC, OK 73110

**Register at: [signmeup.com/112084](http://signmeup.com/112084)**

For more information please contact:  
Jackie Peters 405-819-4225



# Join Us For The 11th Annual Lynn Institute St. Paddy's Day Race!

Saturday, March 12th, 2016 @ Lake Hefner East Wharf  
at 10:15 a.m.

Join us for a day filled with St. Paddy's Day Fun!

**8K, 5K, and 1 Mile Fun Run**

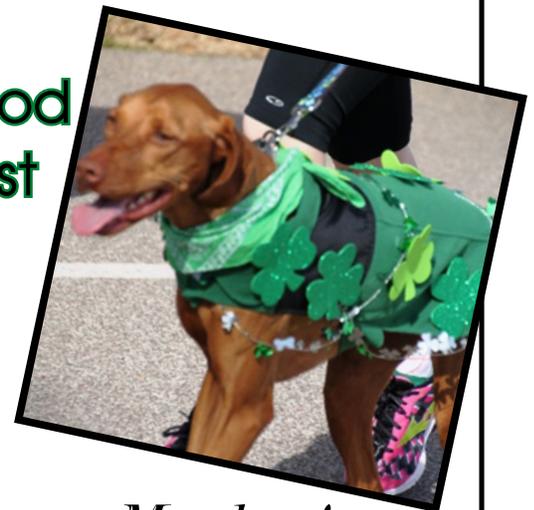
**Live Music**

**Free Beer and Food**

**Costume Contest**

**Pet Friendly**

**Raffle Prizes**



*Discount provided to all Landrunner Members!*

## **Run for Healthier Communities**

All proceeds from the Lynn Institute St. Paddy's Day Race will benefit Lynn Institute for Healthcare Research (LIHR), a nonprofit whose mission is to measurably improve the health of the communities they serve. LIHR is currently developing Lynn Healthy Communities© for local at-risk populations. To learn more, visit [www.lhsi.net/lihr](http://www.lhsi.net/lihr) or call Nikki West at 469-955-8956.



The 5th Annual on Saturday March 5, 2016

# Oklahoma Hall of Fame Land Run

## 10K | 5K | 1-Mile Fun Run

hosted by Oklahoma Hall of Fame Teen Board

March 5, 2016 | Midtown, OKC  
Benefits education programming  
Register at [OklahomaHOF.com](http://OklahomaHOF.com)



OKLAHOMA HALL of FAME  
GAYLORD-PICKENS MUSEUM

WAYPOINT  
INVESTMENT GROUP  
at Wells Fargo Advisors



1400 Classen Drive | Oklahoma City | 405.235.4458 | [OklahomaHOF.com](http://OklahomaHOF.com)

JOIN US at the  
**2016**



THINK  
Different  
PieceWalk  
oma.org

# PieceWalk! & 5k

The largest autism event in Oklahoma!



**May 7, 2016**

**5k - 9am**  
**Walk - 8:30am**  
Bricktown Ballpark

**Food, Fun &**  
**Resource Fair** – funding, helping,  
& increasing **autism awareness!**

 **PieceWalk.org**  
AutismOklahoma.org & 5k

 **Autism**  
OKLAHOMA.ORG



P.O. Box 18113, OKC, OK 73154

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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



### Club Meeting - Series Awards

Monday, February 15 @ 6:30pm  
Kimray Conference Center, 8 NW 42<sup>nd</sup> ST

**Panera Beacon Run 25K, 15K, 5K**  
Saturday, February 27 @ 7:30am

**Landrunner Movie Night - Run Free**  
Monday, March 21, 2016 @ 7:00pm  
B & B Theatres, 4623 NW 23<sup>rd</sup> ST  
Tickets \$12 advance, \$15 at door

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