

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

April 2016 | Issue No. 240

## More Than Abel

By Jenni Carlson

Kim Abel runs the Oklahoma City Memorial Marathon to remember.

To remember when she couldn't run.

"This is a race I've got to do every year," she said. "It's a part of my story."

And what a story it is.

About five years ago, Abel's running history involved high school track and cross country, but she took both as an elective class. She was in it to get a grade, not win a race.

"I didn't ever really enjoy it," she said.

But about five years ago when she was in her mid-20s, Abel ran a 5K with some folks from work – and loved it. She enjoyed the stress reliever that running was. She relished having that "me time". She decided that she was going to run a marathon.

In 2012, she did in OKC at the Memorial Marathon.

And she loved that experience so much she signed up for the 2013 race as soon as registration opened.

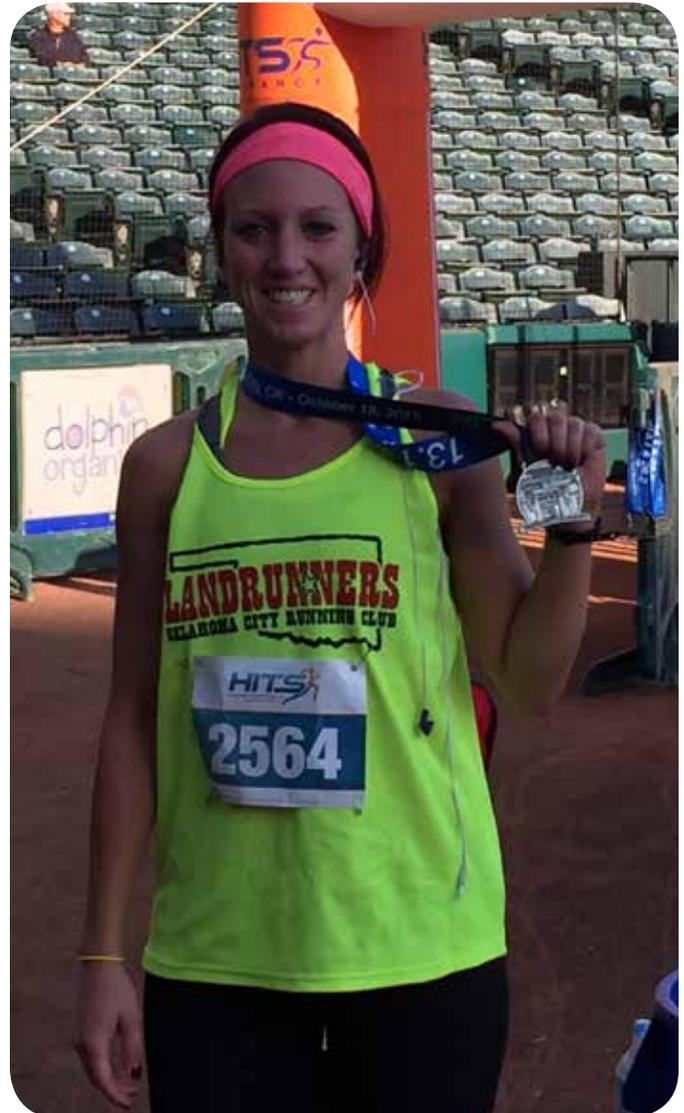
But on Dec. 1, 2012, about a month or so before she began training, she experienced some intense pain in her lower back. She tried ice. She tried heat. She tried pain meds. Nothing seemed to make it any better, and when she woke up the next day with tingling in her feet, she decided to go to the emergency room.

Sciatica was the prognosis and Abel went home with a bottle of pain pills.

A few days later, she was back in the ER with pain and tingling up to her knees. Again, she went home with a sciatica diagnosis and pain pills.

She continued to lose feeling in her lower body. She couldn't walk down the hall without holding onto the wall.

"I feel like I'm dying," she told her dad at one point.



Kim Abel

See **Abel**, on page 6

# President's Letter

*By Bill Goodier, President*

Sunday, March 20, the Landrunners transported 42 runners on the bus to the A2A races. Seats on the first bus sold out quickly so we upgraded to a larger bus. This year the weather was fantastic! The start was a balmy 35 with light winds out of the north. It did not take long for the wind to pick up and push us along the course! The Landrunners were well represented – Katie Kramer-Ochoa was the overall female marathon winner with a time of 3:08 and Gretchen Bruner, overall female half marathon winner, finished in 1:37. Other Landrunner top three overall finishers included: Marathon, Ian Campbell (3rd - 2:52), Jennifer Stong (3rd - 3:25); Half Marathon, Jeremy Bardin (3rd - 1:29); Just4Kicks 20.6, yours truly, Bill Goodier (2nd - 2:44), Mike Gibson (3rd - 2:58), Betsy Hilburn (3rd - 3:45). There were also a number of age group winners! Congratulations to all our runners!

As I write this, we have completed week 12 (our second 20 mile training) in our spring marathon training. I hope your training is on target. This year the training committee has found some great locations for us to

train. I am amazed how Oklahoma City metro leaders have embraced the fitness community - specifically the expansion of the trail system. It's hard to believe the group ran twice at the river trails (12 and 14 mile training runs) without over lapping routes. OKC has come a long way over the last decade but still has a way to go before it can be considered bike and/or runner friendly although several projects are on the table to continue the expansion.

Edmond has announced the Arcadia Lake trail project. This trail, once completed, will provide us more training options. The proposal includes 18 miles of multi-use paved trails. Phase one construction of the 3.1 mile Spring Creek section commenced October 2015. You can follow the Arcadia Trail development by visiting [arcadialaketrail.com](http://arcadialaketrail.com). I encourage you to follow and support the trail and bike lane developments throughout the metro. We are blessed to live in the OKC metro.

Cheers!

Lil' Bill



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**PARKINSON'S RALLY WALK AND 5K**

PARKINSON FOUNDATION OF OKLAHOMA

**MAY 1** 2 PM @ Wheeler Park  
on the Oklahoma River

[parkinsonoklahoma.com](http://parkinsonoklahoma.com) [okcwalk2016.kintera.org](http://okcwalk2016.kintera.org)



Landrunners Training Run



ACU Run Clinic with 3-time OKCMM winner & ACU member, Camille Herron



OKC Memorial Marathon



*You're dedicated  
to running.*

*We're dedicated to you.*

**5 Metro Locations**

**789-7900**

**[allegiancecu.org](http://allegiancecu.org)**

***We'll see you  
April 24th on Mile 6  
in Sparrow Park!***



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# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
04/02	OUCHA Health Dash 5K*/10K*	1106 Stonewall Ave @ 9:00am
04/09	Redbud Classic Bike	6301 Waterford Blvd @ 7:00am
04/10	Redbud Classic 5K, 10K*	6301 Waterford Blvd @ 2:00pm
04/16	Yoga 4 Runners	@ Soul Yoga 8028 N May Ave @ 2:30pm
04/24	OKC Memorial Marathon*	NW 5th & Harvey @ 6:30am
04/30	Yoga 4 Runners	@ Soul Yoga 8028 N May Ave @ 2:30pm
05/01	Parkinson's Walk and 5K*	Wheeler Park @ 2:00pm
05/07	OK Autism Piecewalk 5K*\$	Bricktown Ball Park @ 8:30am
05/14	Miracle Miles 5K / 10K	Stars and Stripes Park @ 8:00am
05/21	Okie Relays – 41.2	Texhoma, OK @ 7:00am
05/28	Run on Route 66 5K	Downtown Bethany @ 9:15am

\* Denotes Series Races

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

## Landrunners In Action

### 2/13 AUSTIN HALF MARATHON, TX

DEBRA CARLSON	1:40:40
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### 2/28 COWTOWN MARATHON, TX

JENNIFER STONG	4:18:55 – ULTRA
LAURA MAXWELL	5:59:30 – ULTRA
KIM ABEL	3:46:29
CHASITY TEETER	3:53:08
DEREK TITUS	4:04:05
MARLON ONCO	4:11:38
SARA HARJO	4:42:05
BRIAN JACOBSON	5:03:51
SHILPA ABBITT	5:09:45
TERRY COOK	5:24:19
LESLIE BUFORD	1:34:08 – HALF
DONALD STONG	1:34:46 – HALF
KRISTIN MOLLOY	1:56:50 – HALF
ELLEN REEDER	2:21:36 – HALF
MATT KINMAN	2:48:44 – HALF

### 3/5 SNICKER MARATHON, GA

NELS BENTSON	6:06:31
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### 3/6 LITTLE ROCK MARATHON, AR

JOSEPH WARFIELD	3:35:22
SHILPA ABBITT	5:08:42
TORI DUPHORNE	5:46:29
JONATHAN PILLOW	1:15:26 – HALF

### 3/13 WICHITA BREWING CO. MARATHON, KS

JAMIE KILPATRICK	5:15:43
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Click the link on [www.okcrunning.org/](http://www.okcrunning.org/) newsletter page to submit out of state results. Send photos and stories to [news@okcrunning.org](mailto:news@okcrunning.org)



# MIRACLE MILES

05.14.16 | OKLAHOMA CITY, OK

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**5K & 10K REGISTRATION JUST \$25**  
**COMFEDCU.ORG/MIRACLEMILES**

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*Communication*  
FEDERAL CREDIT UNION

**Abel, continued**

On Dec. 7 when Abel fell while taking a shower, her mom had enough.

“We’re taking you to the ER,” her mom said, “and they’re figuring out what is wrong with you.”

By then, the left side of Abel’s face had started to droop. Doctors decided to do a spinal tap, and when they did they realized that she had Guillain-Barre syndrome, a rare sickness that has been in the news recently as a suspected side effect in the Zika virus outbreak in Central America. It causes the immune system to attack the nervous system, causing muscle weakness and even paralysis in some cases.

“If it would’ve taken one more day to figure out,” Abel said of her diagnosis, “(doctors said) I would’ve needed a ventilator.”

Doctors were never able to determine why Abel developed Guillain-Barre. The strain that she had can be caused by contaminated food, contaminated water or raw meat.

But whatever the cause, Abel spent 11 days in acute care in the hospital, then another month-plus doing rehab. For much of that time, she worked on simple tasks. Climbing out of bed. Getting out of a chair. Standing up. Walking required the help of two people. And yet Abel’s goal literally every step of the way was to run the 2013 Memorial Marathon.

When she completed her outpatient rehab in February, only two months before the race, she could finally walk without a walker.

“Can I go back to the gym?” she asked her therapists.

“Yes,” she was told, “but you need to take it easy.”

So, she did, starting out on the treadmill going “really, really, really slow.”

“It was frustrating because I wanted to run and I couldn’t,” she said. “But ... I just set goals each day. I tried to set something bigger each day. That’s how I kept getting better and better.”

When race day came, Abel knew her training wasn’t where it needed to be. She would probably have to walk some, but she was determined to finish.

She started strong. The first six miles went well. The next dozen or so were tough, but she’d run then walk, run then walk. But with six miles to go, she wasn’t sure she could finish. She thought about stepping off the course. But then she remembered everything she’d already accomplished.

She remembered why she was running.

In 5 hours, 41 minutes, Abel crossed the finish line.

“It was an emotional day for sure,” she said.

Since then, Abel has run the Memorial Marathon two more times and plans to run it again this year – and every year she’s able from here on out. Even though she’s challenged herself to more endurance races, including a half ironman, the Memorial Marathon will be a race she always does.

Finishing it will always been a testimony to others and a reminder to herself.

“Anything can be done,” she said, “if you stick with it.”



16<sup>TH</sup> ANNUAL  
**RUNREMEMBER**  
TO  
APRIL 24, 2016



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

# Cancer Free

*By Becky Faaborg*

My running journey began years ago at the OKCMM expo picking up packets for family coming into town. I was so impressed with the excitement and positive energy of the expo, I decided I wanted to experience and capture that energy as a runner too! I soon joined the Landrunners but felt that I “wasn’t really a runner”, but an imposter. How could I even imagine myself a runner? At the organized runs, I met members, developed wonderful friendships and realized I could be a runner! Our running club is about camaraderie, support and lifting each other up while we run/walk our own pace, complete our own mileage and share stories afterwards. I ventured slowly into the OKCMM events and participated in relay teams from 2009 to 2011. Training ramped up in 2011 preparing for my first half marathon to be run in December 2011. Well-meaning plans were interrupted and cast away by an unwelcome cancer diagnosis in September 2011. The runner (insane)-mentality kicked in with the diagnosis - I was disappointed the Dallas half marathon was not to be! My husband encouraged me to find a half marathon before surgery and I knew many Landrunners were going on the bus to the Prairie Fire in Wichita, Kansas. Jim and I drove to Wichita and I completed my first half marathon on October 9, 2011. My Landrunner friends provided high fives, “good job” and familiar faces.

What a joyous and emotional experience to run across the finish line with a sense of wonder and “I did it”! As I ran the last stretch to the finish line, tears flowed and I punched the air with my fist – basically telling cancer “you do not have me, you are GONE!” The finish line photo of my fist in the air was my talisman for recovery from major surgery ten days later on October 19, 2011, for Stage 3 ovarian cancer. The photo was taped to my IV pump, then on the wall during the days of recovery at OU Medical Center. The same photo was with me during chemotherapy sessions at Stephenson Cancer Center. I was known as “the runner” at OU Presbyterian and the Stephenson Cancer Infusion Center. I saw myself as a fighter, a runner AND a survivor!



*Becky Faaborg*

One of my goals which kept me looking forward during chemotherapy was to participate in the 2012 Prairie Fire half marathon. I reached that goal and ran/walked my second half marathon at Prairie Fire in Wichita along with my daughter, Jessica Hukill. My two sisters and several Landrunners joined us near the finish line! This time I crossed the finish WITHOUT cancer. A year between half marathon #1 and half marathon #2, I experienced a marathon of a different sort.

April 24, 2016 will be a day of remembrance for those lost and injured in the Murrah Federal building bombing. This date will also be a day of remembrance of my last day of chemotherapy on April 24, 2012. This will be my 16th half marathon and I am cancer-free!

Many members of the OKC Running club are cancer survivors and/or are currently going through treatment. Let’s send them positive healing energy and prayers, comfort and high fives! To all the survivors out there – “Good Job”!

JOIN US at the

2016



# 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

# Historical Running of Humans: I Feel the Need for...Distance

By Melissa Brevetti, Ph.D.

The famous line from Top Gun - "I feel the need for speed" is not quite accurate. Many scientists, in fact, assert that humans can outrun any animal on the planet due to humans evolving and needing to run long distances. Even so, I do not recommend testing this theory at your home or zoo. The "endurance-running hypothesis" was initially proposed in 1984, but recent research studies support that, yes, the human anatomy is especially built for distance. Millions of years ago when humans would follow and chase prey, they would track the animal until it overheated or tired. Thus, running down prey was once the only way to survive. Historically, and still today, people can outrun every other animal at the marathon distance.

Furthermore, the human body is designed to be effective at endurance running—from our strong leg springs (i.e., achilles tendons) to our upright posture, which can increase lung capacity, from our enlarged heel bone to a stable, balanced head that can rotate independently, and from our short toe structure pushing off the ground to plentiful sweat glands for cooling. Humans were built to run and this is a key conclusion to how human bodies function and stay healthy. Harvard anthropologist Daniel Lieberman and University of Utah biologist Dennis Bramble have studied running anatomy as well as how humans excel at endurance. "Most animals are designed for speed, for power, not for endurance," Lieberman clarifies. "And we are a special species in having been selected for endurance, not speed." To illuminate the idea that exercise is essential, he believes that "exercise is actually woven into our body's natural selection, in a special way." Running, in other words, is the purest form of health and activity.

Now we have come full circle to this article's beginning concept: humans do excel at distance running in a unique way. Although speed is fun, other animals, such as cheetahs, wild dogs and gazelles, can sprint and leave us looking and feeling like an obese tortoise. However, let us pause and remember the children's story of "The Tortoise and the Hare," and how the turtle ultimately finished first because he had the mental capability to keep pushing. Humans are different from animals in that we do not have inborn endurance; that is, marathon runners must physically train in order to become strong at running. That being said, we also have the ability to stay mentally motivated and inspire as we set goals. Do I still feel the need for speed? Well, of course, but that type of speed might have to wait until one of those wild animals starts chasing me—and if you ever see me moving that fast, it is a good bet that you need to run crazy fast too.



**7<sup>th</sup> Annual  
Founder's Day  
5K/1 Mile Benefit Run  
June 25, 2016  
FUQUA PARK, DUNCAN, OK**

**BARGAIN**



5k early registration \$20  
\$25 (May 1-June 24)  
Race day \$30

T-shirt guaranteed until June 10<sup>th</sup>

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

# QUESTION - - -

Would you be interested in running on the GRASS in Cross Country Style races?



## **INTRODUCTION** - - -

We're the **ENDURO Sports Network™**.

Over the past few decades, we've timed and/or organized well over 1000 school track & cross country meets in the state of Oklahoma alone. We have a great relationship with a large number of Oklahoma's track and cross country coaches.

We are, therefore, in a unique position to partner with some of Oklahoma's most dedicated Cross Country coaches to offer 5k races "on the Grass" (on their respective school XC courses) that would be open to adult runners of all ages in Oklahoma.

All "on the Grass" races are fundraisers for the respective school running programs. The first (potential) race would be scheduled for August, and the final 2016 race in December --- which would be the 5K "on the Grass" OK Championships.

So, if you think that an opportunity to run "on the Grass" would be of interest / benefit to you, we would like to hear from you.

Please take a moment to respond to: [brannan@runenduro.com](mailto:brannan@runenduro.com)

We appreciate your feedback.

We hope to hear from as many people as possible - - - yes - no - maybe - more questions - suggestions - etc.

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# Lightning Safety Tips

By Mary Mikkelson

When a thunderstorm delayed the start of a Landrunner marathon training run recently, it caused many of us to remember the delayed start for the OKC Memorial Marathon in 2014. Just like that race, the training run was officially delayed until the lightning had passed but some runners chose to brave the conditions anyway. While we waited, some commented about how close the lightning strikes were based on the time between the flashes and the subsequent thunder. Although we are frequently reminded about tornado safety, I realized it had been some time since I had a refresher on lightning safety so I'm sharing my findings just in case you haven't reviewed them in awhile.

The following tips and comments are all from the National Weather Service –

Lightning is the *most underrated* weather hazard. On average, only floods kill more people in the United States each year. Lightning makes every single thunderstorm a potential killer, whether the storm produces one single bolt or 10,000 bolts.

In the United States, lightning routinely kills more people each year than tornadoes or hurricanes. Tornadoes, hail and wind gusts get the most attention, but only lightning can strike outside the storm itself. Lightning is the first thunderstorm hazard to arrive and the last to leave.

Remember the “flash to bang” method to estimate lightning from your location - if you see lightning, count the number of seconds until you hear thunder. Divide the number of seconds by five to get the distance the lightning is away from you. For example, if you see lightning and it takes ten seconds before you hear the thunder, then the lightning is two miles away from you (ten divided by five = two miles, too close!).

## Lightning: What You Need to Know -

- **NO PLACE** outside is safe when thunderstorms are in the area!!
- If you hear thunder, lightning is close enough to strike you.
- When you hear thunder, immediately move to safe shelter: a substantial building with electricity or plumbing or an enclosed, metal-topped vehicle with windows up.
- Stay in safe shelter at least 30 minutes after you hear the last sound of thunder.
- If you are caught outside with no safe shelter anywhere nearby the following actions may reduce your risk:
  - Immediately get off elevated areas such as hills, mountain ridges or peaks
  - Never lie flat on the ground (lying flat increases your chance of being affected by potentially deadly ground current)
  - Never shelter under an isolated tree
  - Never use a cliff or rocky overhang for shelter
  - Immediately get out and away from ponds, lakes and other bodies of water
  - Stay away from objects that conduct electricity (barbed wire fences, power lines, windmills, etc.)

Lightning often strikes more than three miles from the center of the thunderstorm, far outside the rain or thunderstorm cloud. “Bolts from the blue” can strike 10-15 miles from the thunderstorm.

You don't have to be directly hit by lightning to be injured. When lightning strikes a tree or other object, much of the energy travels outward from the strike in and along the ground surface. This is known as the ground current. Anyone outside near a lightning strike is potentially a victim of ground current.

To help you and your family stay safe, keep this phrase in mind - **When thunder roars, go indoors!**

# 2016 Bethany 66 Festival

## RUN ON ROUTE 66

### 5k & 1 mile fun run

NEW COURSE - designed/measured by the  
ENDURO Sports Network™ / USATF Certified



**Date:** May 28, 2016

**Location:** 38th & Asbury  
(downtown Bethany)

### Start Times:

5k - - - 9:15am

1 mile fun run - 9:25am

### Entry Fees

Adults: \$20 (on-line/early registration)

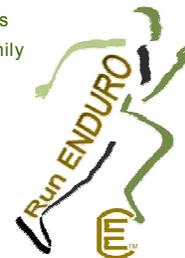
Students: \$10 (on-line/early registration)

add a T-shirt --- Students: \$5 / Adults: \$10

Early entry deadline: Wednesday - May 25<sup>TH</sup> - 10pm

Race Day Entry Fee: Adults - \$30 / Students - \$15 (T-shirt not included)

This race is organized by the  
ENDURO Sports Network™  
... local, affordable activities  
that support student, family  
and community health™



### Early Packet Pickup (must register before 5-25-16 @ 10pm)

NW corner of the large parking lot that's just south of the NW 39<sup>TH</sup> & Asbury intersection.

(see the on-line event video at: [www.runonroute66.com](http://www.runonroute66.com))

### Awards (Presentation will begin at 9:45)

Students: 1<sup>ST</sup>, 2<sup>ND</sup>, 3<sup>RD</sup> place for each grade

(3<sup>RD</sup> grade & under, 4<sup>TH</sup>, 5<sup>TH</sup>, 6<sup>TH</sup>, 7<sup>TH</sup>, 8<sup>TH</sup>, 9<sup>TH</sup>, 10<sup>TH</sup>, 11<sup>TH</sup>, 12<sup>TH</sup>)

Adults: Overall Male and Female, plus 1<sup>ST</sup>, 2<sup>ND</sup>, 3<sup>RD</sup> place for each age group

(17-19, 20-24, 25-29, 30-34, 35-39, 40-44, . . . 80 & above)

**Bring the whole family.** - - - After the race, enjoy the music, crafts, games, food, pony ride and more. And, don't forget the children's parade. Children - come dressed as your favorite "Action Figure" or "Princess". Line up at 10:45. Parade starts at 11:00.

To register for "Run on Route 66", please visit:

[www.runonroute66.com](http://www.runonroute66.com)

# OKC Memorial Marathon Running Inspiration: Karrie Hughes-Beardsley

*By Melissa Brevetti, Ph.D.*

On the morning of April 29, 2001, the first OKC Memorial Marathon began with approximately 5,000 runners in order to honor victims, fundraise for the memorial, and celebrate life itself. Now our race has grown tremendously over the years as tens of thousands people run and volunteer from all over the globe. Indeed, the race is now called one of the twelve “Must-Run Marathons” of the world by *Runner’s World*. A small group of extraordinary people have run every year since the inauguration in 2001, and I would like to share about our Karrie Hughes-Beardsley who will run her 16th OKC Memorial Marathon this year.

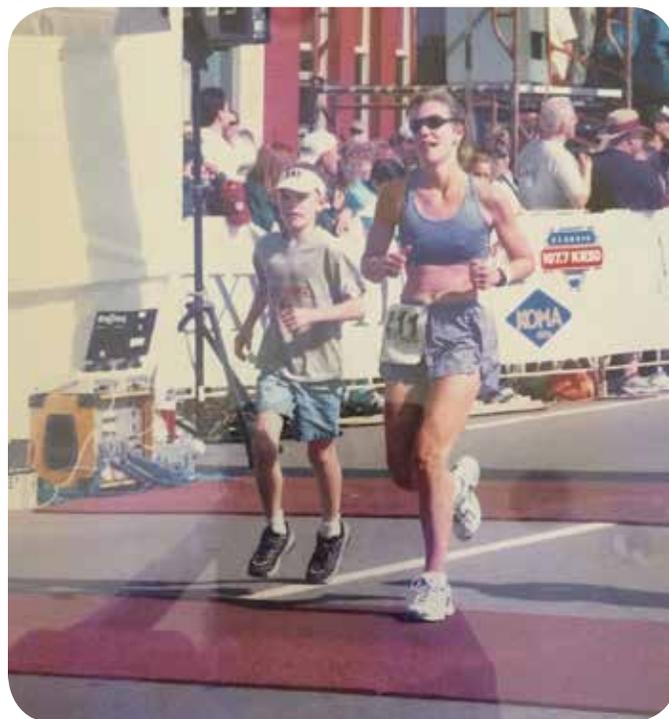
When I asked Karrie what was special about the OKC Memorial Marathon, she passionately voiced that we truly are running for a reason. Her emphasis was that we run and look at the 168 banners of victim’s names to remember and honor their lives. She described, “We are running for a reason. We are running for those who died in the Murrah Building... It’s got a heartbeat.” I could not explain it better; the marathon is incredibly special for so many reasons. Karrie continued, “Look at those signs [with the names]. It lifts you up. Those people are cheering us on.” We discussed that there is a healing in running as we participate to represent the indomitable spirit of Oklahoma City.

On a personal note, Karrie is the dear running friend who got me involved with the Landrunners, because many people do not initially realize the opportunity and motivation to train in group runs. Although my first OKC Memorial Marathon was in 2003, I do remember the early, small roots with the famous and elite forest green “Marathon Finisher” cotton t-shirts. Karrie mentioned that the most memorable race was the year that she and I got caught in the hailstorm. Some years are hot, some are chilly; however, this was a crazy year in 2011 when the race was delayed and the downpour came.

That year several of us had decided to try the early start at 4:00 a.m., which really existed back then. Unfortunately, our “crew” left us when the regular start got delayed due to the incoming storm, and they took our invaluable jackets and Gu. Karrie and I were forced to continue running without support for many

more hours than we planned, as well as barter for garbage bags (makeshift jackets) at the 7-Eleven gas station. Both of us always chuckle about that memory because the possibly homeless person wanted to cut the heads in the garbage bags. He whipped out a “machete knife,” according to Karrie’s memory, and I recalled a “Jim Bowie Alamo-Looking” weapon that came from his shoe. Throughout all the challenges of the race, Karrie and I stuck with each other the entire time and took care of each other—we read the names, discussed the OKC bombing, and celebrated the gift of life.

In running, as in life, challenges engender courage and tenacity. We, to put it lightly, were thrilled to finish that hailstorm year and honor the reasons of the race. Despite the alarming weather and even though it took almost eight hours from my recollections, it was an unforgettable marathon adventure. Karrie is such an inspiration that we should run with purpose and gratitude. May we all honor this celebration of life and give a special thank you to the pioneers, not only the runners but fans and organizers, with big dreams for OKC in 2001.



*Karrie Beardsley finishing 2002 Memorial Marathon*

1,000 foot net course drop

Where going downhill is a good thing. [TRUE]



Santa Fe Thunder is  
**NEW MEXICO** *True*

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# Time for the big race! Now what?

By Jenni Carlson

Race day is here.

Well, actually, if you're reading this when the newsletter first comes out, the Oklahoma City Memorial Marathon is still three-plus weeks away. But after months of training, it feels like the finish line is in sight.

Or the start line.

Whatever.

Lots of runners use the Memorial Marathon as their first full or half marathon, and as a half-marathon newbie last spring, I clearly remember the excitement and the terror when the calendar turned to April. But last year, my terror was lessened (somewhat!) when I got a message from Amy Downs. Many of you know her. She survived the Murrah Building bombing, and since then, she has become a running and biking enthusiast. She is a huge inspiration to me, but last spring, she was a huge help, too.

A few weeks before the Memorial Marathon, Amy sent me some race day tips. I didn't even know I needed race day tips, but boy, did they come in handy.

I thought I'd share some of what Amy said then as well as some tips from other Landrunner members.

\*A few weeks before race day, take your race day outfit for a test drive. Especially if you plan to wear something that you've never worn for a race, you'll want to wear it on one of your long runs. Find out if it rubs you wrong. Check out if it rides up weird.

Funny story: I followed this advice last year and everything was great on my long training run. But then about four blocks into the race, I felt something weird. I had a very short panic attack before realizing that the stuff I'd put in the back pocket of my shorts was pulling them down because I hadn't tied the drawstring. Oops.

\*Cheap \$1 gloves could come in handy if it's cold. There's lots of standing around at the start line, and then, if you're like me, your hands are the last thing to warm up while you're running. Use a pair of cheap-o gloves, and then if you shed them or lose one in trying to get to the finish line with all your gear, it won't be a big loss.

\*Thrift store sweatshirts or long-sleeved shirts are another good option if there's a chill. Spend 50 cents or a buck on something warm, wear it at the start line, then shed it after a mile or so.

\*Bag Balm is your friend. This is true whether the weather is hot or cold. Chafing is an issue when you're running more than two or three hours, and even though there are anti-chafing products designed specifically for runners, Bag Balm is a cheaper options that you can find at places like Walgreens and CVS.

\*Use your salt shaker liberally the day before the race if it's going to be warm. Giving your body plenty of salt to compensate for what you lose in your sweat is important, and getting a little extra the day before is never a bad idea.

\*Getting salt during the race is important, too. Small, crunchy pretzels have become an on-course staple in recent years, but a couple suggestions. Don't put the whole thing in your mouth at once. Trying to chew and swallow a dry, salty pretzel while running and breathing hard is near impossible. And really, you don't have to eat the pretzels at all. Just lick the salt off.

Don't like pretzels? Wrap a couple slices of jerky in aluminum foil, carry them with you, then let the jerky dissolve slowly in your mouth.

\*Smile at the finish line. Or throw your hands in the air. Or do a cartwheel. At the very least, think about what you're going to do when you finish. There will be cameras everywhere snapping pictures. You don't want to be looking down at your feet when they catch you crossing the line.

And don't finish right behind someone. They could totally cover you up in pictures. Slow down if you need to create a little space with people in front of you.

Remember, you worked hard for this moment. Relish it!

## Once the race is done...

Once you finish a big race, how do you recover? What tips and tricks have helped you get back on the road quickly? How long do you wait before running another race? We want to hear what's worked for you in the past. Email us at [news@okcrunning.org](mailto:news@okcrunning.org) by April 15, and you might see your idea in May's newsletter.



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# Running With Team Stephen

By Erik Heine

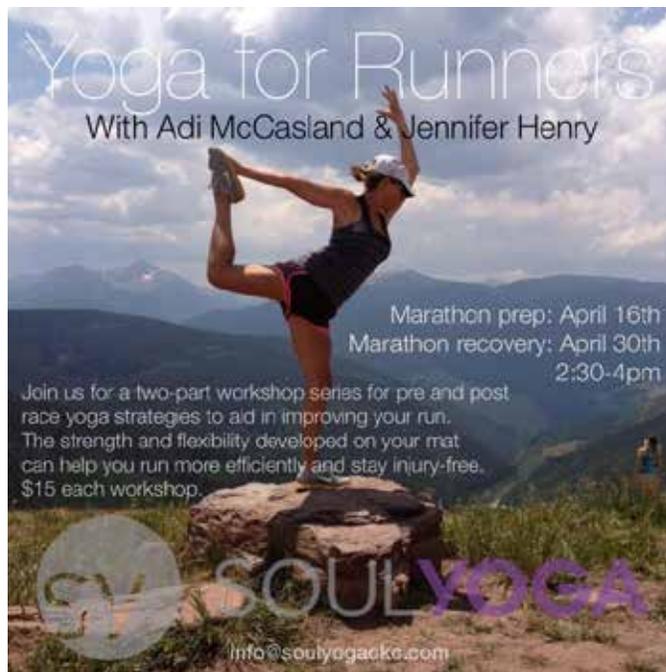
Spring is here! For many of us that means that it's time to train for either the OKC Memorial Half Marathon or Marathon. For some, it's the very first time to attempt this distance. For others, it's routine, a way of life. I've run multiple half marathons and assorted distances up to, and beyond, 26.2 miles, but this will be the first time that I will be running a half marathon pushing Stephen.

We've been lucky this "winter" that the temperatures have been unusually warm. The benefit to me is that I've had no less than six weekends to run with Stephen, which has given me a chance to rebuild what I had worked on last summer and fall. Stephen needs to have his iPad with him in order to communicate with me. He will not wear hats or gloves so if the temperature is too low, I cannot take him outside to run.

What I've learned this winter is how to be more patient. Typically these first months of the calendar year are solo runs for me. And when I start to push Stephen, it's a difficult proposition at best. My legs will return but I have to be patient. I have to remember not every run is going to go the way in which I envision it. One Saturday I just didn't have it and

had to quit after just four miles. Stephen wasn't done, but I was. He was patient with me. A couple of weeks later I wanted to do ten miles with him. Shortly before we reached mile nine he used his iPad to type "Done. Bed." He was tired of being in the chair. Rather than try to finish the run, we stopped as we passed the house. I need to be mindful of his desires and needs. He was patient with me so I need to be patient with him. We did reach our goal of 11 miles, though. On that day as we were nearing the end, I told Stephen that we only had two minutes to go. He opened a video called "My Favorite Sport," an episode of the program Signing Time. He then forwarded to where the sign for "team" was introduced and I heard, "Yay team! Go Go Go!" come from his iPad.

Not every run will go the way we want it to go. Rarely does anything go according to plan. The best we can do is be patient, put in the work, and believe that our time will come. Team Stephen will be running the OKC Memorial Half Marathon, getting to start with the wheelchairs to prevent any problems in the first couple of miles. Please say hi—before, during, or after—that day. Good luck to all runners. May your patience be rewarded.



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# General Running Safety Tips

The following are some general running safety tips courtesy of the Road Runners Club of America (RRCA). Please keep these in mind during your runs.

- **Don't wear headphones.** Use your ears to be aware of your surroundings. Your ears may help you avoid dangers that your eyes may miss during evening or early morning runs. (Although not recommended by the RRCA, if you simply cannot run without music, keep the volume low and/or leave one earbud out.)

- Run against traffic so you can observe approaching automobiles. By facing on-coming traffic, you may be able to react quicker than if it is behind you.

- Look both ways before crossing intersections. Be sure the driver of a car acknowledges your right-of-way before crossing in front of a vehicle. Obey traffic signals.

- Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information.

- Always stay alert and aware of what is going on around you. The more aware you are, the less vulnerable you are.

- Carry a cell phone or change for a phone call. Know the locations of public phones along your regular route.

- Trust your intuition about a person or an area. React on your intuition and avoid a person or situation if you are unsure. If something tells you a situation is not "right", it probably isn't.

- Alter or vary your running route pattern; run in familiar areas if possible. In unfamiliar areas, such as while traveling, contact a local RRCA club or running store. Know where open businesses or stores are located in case of emergency.

- Run with a partner or run with a dog.

- Write down or leave word of the direction of your run. Tell friends and family of your favorite running routes.

- Avoid unpopulated areas, deserted streets, and overgrown trails. Avoid unlit areas, especially at night. Run clear of parked cars or bushes.

- Ignore verbal harassment and do not verbally harass others. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.

- Wear reflective material if you must run before dawn or after dark. Avoid running on the street when it is dark.

- Practice memorizing license tags or identifying characteristics of strangers.

- Carry a noisemaker and/or mace. Get training in self-defense.

- When using multi-use trails, follow the rules of the road. If you alter your direction, look over your shoulder before crossing the trail to avoid a potential collision with an oncoming cyclist or passing runner.

- Call police immediately if something happens to you or someone else, or you notice anyone out of the ordinary. It is important to report incidents immediately



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**Landrunner Training Runs**

**See website for details**

**Landrunner Club Meeting**

**TBA for April**

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