

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

July 2016 | Issue No. 243

Memorial Marathon Becomes A Race Like No Other For Kathryne Cates

By Jenni Carlson

The Oklahoma City Memorial Marathon might seem long ago and far away, but for Kathryne Cates, the memories from this year's race will linger for a lifetime.

She ran while battling breast cancer.

Kathryne discovered earlier this year during a routine check-up that she had the disease. Even though the 45-year-old Oklahoma City resident had surgery and started chemotherapy, she decided to continue training for the Memorial Marathon. Her intention was to run the full marathon for the first time, but near the end of February, her body told her that the half marathon was the way to go.

Still, many family and friends were stunned that she was going to run at all.

"People think, 'Oh, you have cancer, you're just going to lay on the couch all day and be sick,'" she said. "That's not what I'm about."

And she proved it, finishing the half at the Memorial Marathon for the fifth time.

Here, in Kathryne's words, is her race experience:

This time was completely different because not only did I have to prepare for the run like I have done in the past, but I also had to pay much more attention to eating well, hydrating extra well



Jessica Hukill, Kathryne Cates & Becky Faaborg

and paying close attention to any signs that I might be getting sick since I was immunosuppressed.

I woke up extra early and met my training group at 5:45 for our group photo. I snacked on some peanut butter oatmeal bites I made the night before and sipped on water constantly. My last long training run the week before the race had not gone well, which made me more nervous and unsure how the run was going to go that day. I knew that staying extra well hydrated was critical to finishing the race.

See **Kathryne**, on page 6

President’s Letter

By Bill Goodier, President

Is it already that time again? The 20th of the month – the newsletter deadline – comes so quickly each month! I equate the feeling to a child on school break. I sign off and think “Great, I have four weeks until the next President’s letter”. Though invariably those four weeks feel more like four days.

The Landrunner Summer Social was held last month at Dr. Tom’s house. “Thank You!” to Dr. Tom for his hospitality, Vaden Dean and David Greer for being our chefs, and Matthew “Willie” Wilcoxon for helping to get things setup. I really appreciated it! We had over 50 in attendance – including several children who took advantage of the pool. I also want to thank everyone for bringing their favorite side dish or desert – and adult beverages.

This month we will meet at Louie’s on the Lake for our trail sweep followed by pizza (provided by the club). The Oklahoma City Running Club is the original adopters of the Lake Hefner Trails. The club has committed to

“sweeping” the trails twice a year. We provide the gloves, trash bags, and assign you to a section of the trails. Once completed, return to Louie’s for pizza, compliments of the OCRC.

**Thursday, July 21 at 6pm
Louie’s on the Lake – East Wharf**

I will save the full story for another time, but this year I chose to run a marathon in August. Yes, what was I thinking to choose an August marathon? I wasn’t since I am not a hot weather runner. If you too struggle in the summer heat, maybe one of this month’s articles will help. The Landrunners are fortunate to have talented runners who are also talented writers. This month a couple of them have written articles to assist with running in the heat. If you enjoy running in the heat, you are not alone. We have included an article for you as well. No matter what weather you prefer, stay hydrated, rested, healthy, and most of all, do not forget the sunscreen!

Cheers!

Lil’ Bill

Summer Days: The Effects of Heat on Running Pace

By Melissa Brevetti, Ph.D.

As we run during these summer days, we should remember the effects of hot weather on running performance. Human bodies face challenges physiologically while we run in the heat—for example, increased heart rate, reduced blood flow, and dehydration. We then must also modify our expectations. In hot weather, being realistic and adjusting times are key for long-term success, because we should listen to our bodies. This is what an athlete embodies in order to keep progressing.

According to Matt Johnson (2014) with Runner Academy, pace will slow down dramatically when temperature rises. His calculations below substantiate that fact and how heat affects:

Air Temp	Pace Per Mile	Impact
50° F	8:00 min./mile	None
60° F	8:12 min./mile	2-3% Increase
70° F	8:31 min./mile	6-7% Increase
80° F	9:06 min./mile	12-15% Increase
85° F	9:31 min./mile	18-20% Increase

Wow. On a positive note though, training in the Oklahoma heat and humidity means that you are completing some tough training runs. Your body, in fact, will push to the same heart-rate or effort, so you are getting the same physiological benefits. Do be careful of fluid loss and take walk breaks if needed. Even though you may feel like there is little progress and slow times, these runs will prepare you to run faster when cooler weather arrives. Summer days can be rewarding and can lead to fast races in the fall season. In the words of Jamie Kilpatrick, “Sun. Fun. Run.”

Well Done Landrunners



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Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
07/04	Stars & Stripes Forever 5K*\$	Stars & Stripes Park @ 7:00am
07/04	Fireball Classic 5K / 10K	Ada, OK @ 7:00am
07/08	Run with the Bulls*	Postponed until 10/1/2016
07/21	Landrunner Trail Sweep & Free Pizza	Louie's on the Lake @ 6:00pm
08/27	Run for the Next Generation 5K	Norman, OK @ 8:00am
08/27	Caleb's Cause 5K*\$	Lake Hefner East Wharf @ 9:00am
08/27	Run on Grass 5K	Carl Albert HS @ 8:00am
09/03	Brookhaven 5K Run*	Norman, OK @ 7:50am

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

Landrunners In Action

5/7 WICHITA FALLS DAM HALF MARATHON, TX

MELAUNA WESCOTT	2:51:06
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5/13 DIVAS HALF MARATHON, MO

WANDA ROSS	3:00:00
KAREN CRANE	3:00:01

5/21 JOPLIN MEMORIAL MARATHON, MO

KATIE KRAMER-OCHOA	3:07:15
BILL DYCUS	3:19:10
JENNIFER STONG	3:21:31
DARLENE SPRY	5:35:43
BETSY HILBURN	1:53:12 – HALF
KELLY HILBURN	2:08:30 – HALF
JILL ELDBERRY	2:31:25 – HALF

5/22 TEXASMAN X-50 TRIATHLON, TX

HANNAH WILLIAMS	4:11:36
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5/30 TEXAS THREESOME HALF MARATHON, TX

MELAUNA WESCOTT	2:43:03
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6/4 WAR EAGLE TRAIL RACE, AR

DAVID BERNSTEIN	3:51:00 – 25K
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6/4 HOSPITAL HILL HALF MARATHON, MO

JEFF WAGNER	1:42:17
STEVE WELLS	1:58:14
JIM STOTLER	2:04:45
MELAUNA WESCOTT	2:37:44
MELAUNA WESCOTT	35:37 – 5K

6/11 ANGEL FIRE ENDURANCE RUN, NM

ADI McCASLAND	10:45:03 – 50K
BRIAN JOACHIMS	12:31:38 – 50K
TIM ISAMAN	3:38:07 – 25K
MELAUNA WESCOTT	4:46:03 – 25K

6/12 REVEL ROCKIES MARATHON, CO

MARLON ONCO	3:56:37
MELAUNA WESCOTT	2:40:23 – HALF

6/12 LIGHT AT THE END OF THE TUNNEL MARATHON, WA

PAUL FRIESE	3:55:27
TORI DUPHORNE	5:48:48

6/18 GRANDMA'S MARATHON, MN

KATIE KRAMER-OCHOA	3:20:26
JEFF WAGNER	3:41:00
ANGELA MORRIS	3:42:29
JUSTIN CHAN	4:08:14
MARK BALLARD	4:09:52
HOLLY MISTLER	4:52:40
BRENT MISTLER	4:52:41

6/19 VANCOUVER USA HALF MARATHON, WA

ROGER LEMMONS	1:28:43
COURTNEY LEMMONS	1:49:52

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

The date has changed - - -

"Run with the Bulls - OKC" (5k)

was originally scheduled for Friday evening on July 8TH.

However, "Run with the Bulls" will now be the "kickoff" event for the **"2016 Stockyards Stampede"**.



Save the NEW date:
October 1ST (Saturday)
- - - **8:00am**



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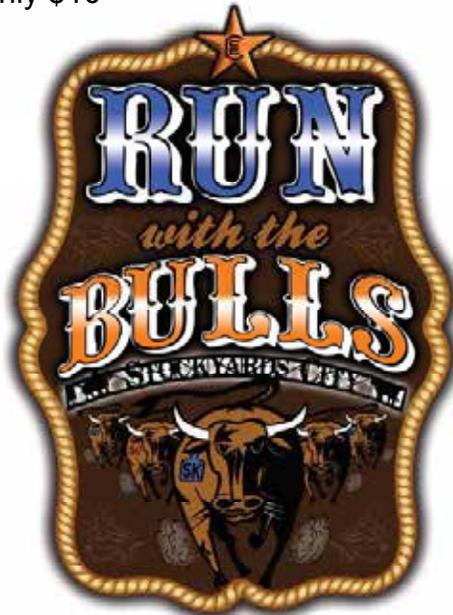
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Kathryne, continued

I think my biggest challenge normally is I tend to push myself too hard. This time I had to put all that aside and do what was best for me and my health. My red blood cell count dropped lower than I predicted it would. I had to adjust to being much more short of breath than usual, listening to my body and knowing when I needed to take a walk break.

Fortunately, my running partner Kelly Dumont had grown accustomed to listening to me breath while we were training and was really good about anticipating when I needed to walk.

Since I walked a lot of this race, I noticed things along the route that I hadn't really noticed before -- the Thunder playoff murals on the buildings surrounding Chesapeake Arena and the musicians that played along the route. Usually, I wear earbuds and listen to my own music, but this time, I wanted to take in all the sounds. I loved all the different kinds of music played for us!

I had the most fun at Gorilla Hill. The whole neighborhood turns race day into a big party. It's always a great pick-me-up running through there.

The most powerful part of the route I never noticed before was the U.S. flags planted in front of the state capitol. Kelly and I stopped there and reflected on that awful day 21 years ago. This part of the route was eerily silent compared to the festive environment we experienced the rest of the run. It gave me chills.

As I ran down Broadway and the finish came into view, I remember thinking I've never been so happy to finish a race! That long, uphill run against the wind on Classen Boulevard really wore me down. At the finish, I was actually surprised how good I felt and that I wasn't going to need IV fluids or any other assistance. I was exhausted, but I knew I was ok.

I proved to myself I could undergo cancer treatment without having to sacrifice a strenuous activity I love. Training for the race helped distract me from the everyday stress as well. I had such a

rough time emotionally when I was first diagnosed with cancer, as anybody would. Still being able to run has been key to getting me through treatment.

I just finished my last chemotherapy treatment (in mid-May) and will be starting radiation in (June). I'm still running, albeit even slower with more frequent walk breaks. I have learned that even on the days I physically feel the worst, what helps me the most is getting some kind of physical activity in -- even if it's just a short walk.

Looking back at the race and the fact I completed it makes me feel really good about how much better my running will be this fall after I've started to recover from the anemia and constant fatigue. I'm really looking forward to running faster and longer and feeling like my old self again.

9th Annual



Heels for Hope
"Kicking Ovarian Cancer with Style" FOUNDATION

5K Run • 1 Mile Walk

25-Yard High Heel & Feather Boa Dash
Wiley Post Park, 2021 S Robinson Ave.
On the Oklahoma River
Registration at 12:00 PM
Dash begins at 1:30 PM
Race begins at 2:00 PM

9-18-16

For more information:
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RRCA Coaching Certification

By Maurice Lee III

I recently received the opportunity, through the generosity of the National Black Marathoners Association (NBMA), to take the RRCA Certification course. I applied for and received a scholarship that enabled me to take the course at no cost to me.

The goal of the course is to provide trained individuals to work as coaching professionals for the sport of distance running at all levels, from beginner to advanced runners. The RRCA achieves this goal by providing a systematic teaching process for the body of knowledge.

I had two great instructors, and the class consisted of a wide range of students. The course covered an overview, case studies, information on the types of runners and their training needs, and putting it together with physiology.

After all the instruction on runners, types of training in macro and micro programs, we were broken up into groups to build a periodized program for three types of runners.

After completing the program, I had two more requirements. First, pass an online test consisting of 100 questions with a grade of 85 or better, and second, obtain a CPR and first aid certification.

I completed both, sent in my credentials and received my certification.

As part of my agreement with the NBMA, I am available for advice and offer the knowledge I've gained to any and all members of our running club. You can contact me at leemoe3@aol.com.

My thanks to the NBMA and my outstanding instructors.

Podcast Update

By Maurice Lee III

Here is an update to my June podcast article with a summary of the past month.

Endurance Planet – Some might find the episode titled “TriNews:Ironman Season Trivia” interesting. This episode covers the latest Ironman results and some trivia about winners and countries of origin. There are a few other episodes, ATC (Ask the Coach) which I think is too long, but if you want information on MAF (Maffatone Heartrate Training) and Ketogenic athletes, you might like it.

Embedded – There were two new episodes. First, “The School” - this episode covered the fact that public schools are closing at a high rate, and followed the closing of a high school in Pennsylvania. I thought it was good, but not great. Second, “The Artic” had a reporter spend three months in Greenland trying to understand why that country has the highest suicide rate in the world. This was a great episode, in my opinion.

Stem Talk – One episode last month covers the history and future of weather prediction with Dr. Kelvin Droegemeir who works at the School of Meteorology, University of Oklahoma. I enjoyed this episode.

StartUp Podcast – An episode I enjoyed was “From the Cell to the Sell”. This is the story of a major drug dealer from Brooklyn who ended up in prison. Overweight and with numerous health problems he developed a fitness program that helped him overcome these obstacles. When he was released, he started a company that utilizes this program and he goes to an investor conference seeking money to help him expand.

Planet Money – There were several episodes last month. One, Cow Noir, explores modern cattle rustling and might hold some local interest because the rancher covered is in Spencer, Oklahoma.

Radiolab – “Presents: More Perfect – The Political Thicket” The question of how much power the Supreme Court should have explores “Baker v. Carr” a case some say opened the door to the SCOTUS getting involved in political decisions. It was interesting to me.

Enjoy listening and as I said before, if you have any suggestions, please let me know at News@OKCRunning.org with “Podcast” in the subject line.

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5K & 1 MI FUN RUN



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RUNNING, SWEATING, DRINKING: Fact And Fiction

By Tom Coniglione, MD

This article will be different from the usual ones you find here. First, the bottom line. Then some basic physiology (: (), something about “cumulative dehydration” a few paradoxes and a brief explanation why the field of exercise hydration is murky. Then the bottom line of “take home” messages again.

Bottom lines:

1. Every runner loses sweat at his/her own rate. You replace what you lose, not what the books tell you to replace.

2. Thirst is an adequate guide to replacing sweat loss.

3. Sweating heavily and not replacing what we lose can lead to “cumulative dehydration.”

4. Replace what you lost yesterday before you run today.

Physiology and paradoxes. Books: A loss of 2% of body weight (as sweat) can impair athletic performance by ~6%. Actually, any sweat loss can impair performance – before that 2% threshold. If 2% dehydrated impairs performance by 6±%, what happens when the athlete is 5% dehydrated? Can an athlete survive if he is 10% dehydrated?

Loss of approximately 10-15% body weight as water is about the point at which death occurs. Almost all of our (medical) knowledge regarding dehydration and health/death comes from babies. Is any of this pertinent to endurance athletes?

To some extent it is pertinent because there is a lot of research devoted to examining dehydrated athletes.

Paradox: triathletes and marathon winners have (regularly) been found to be 6-8% dehydrated. One ironman distance winner was 12% dehydrated. What gives? Distance athletes are not babies. Research in sick babies cannot be applied to endurance athletes. The available research is woefully inadequate.

Hydration is individual: Runners who took part in the sweat studies we did here learned this fact.

The books say runners lose 2-3 pounds/pints of fluid (sweat) for each hour they run. In researching information for this article, I found a statement made in 2015 by an expert in the field of endurance exercise: “runners lose 1 liter (1000 ml or 2 pints) for each hour they exercise.” Incidentally, 1 pint = 1 pound = 16 ounces.

In our sweat study, we found hourly sweat losses up to 5-½ pounds/pints per hour of running. We found, as other researchers have found, taller lankier men lost more than shorter squattier men.

Overall, women lost less than men. However, there is a woman runner we know that is a heavy sweater. When we run next to her, it is like taking a shower; she sweats more than the guys. Separate from the sweat study, we asked her to test herself. She lost 4-½ pounds an hour.

Naturally, the environmental conditions (temperature, humidity, wind speed and direction, etc.) dictate the amount of sweat we make. It is important to know how much sweat/weight we lose per hour of running under various environmental conditions.

Thirst: Regularly, we are asked: do I drink when I’m thirsty or do I drink before I get thirsty? Short answer to a complex question: thirst alone should dictate your fluid intake.

Adding murkiness to the water..... There are (many) athletes we treat for heat injuries who assure us they were never thirsty. Others say that by the time they realized they were thirsty it was too late: they went down.

What to do? In the miserably, humid mornings drink early and more than usual. If you find you gained weight during that run, you drank too much. If you get a headache during the run, you probably drank too much.

See Running, on page 12

HITACHI
Inspire the Next

RUN FOR THE NEXT GENERATION

7th Annual 5K & Kid's Fun Run
August 27th | Norman, OK



Benefitting
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and
Families**

5K Run/Walk (Ages 12+)

- \$25 registration fee
Includes snacks, water & grab bag
First 150 registrants receive a free technical t-shirt
- OKC Landrunner members receive a \$5 discount on registration

Kid's Fun Run (Ages 5-11)

- \$8 registration fee
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Event registration
www.runforthenextgen16.eventbrite.com

For more information visit
www.ccfnorman.org/special-events

Running, continued

Drinking too much leads to hyponatremia: that's serious. We would rather treat 100 dehydrated athletes than one who has hyponatremia. In endurance events, we treat everything.

Cumulative dehydration: In searching past articles in the LANDRUNNER NEWSLETTER, I found I started using this term in 2008. Then I used that term because it described exactly what we were seeing in the runners. Actually, Gary Cohen was the first to use that term in 1982. My apologies.

Cumulative dehydration: you get dehydrated from running or working in the yard. Before your next run you have not replaced all the fluid you lost from days before. Therefore, you start a run already dehydrated.

Repeat this cycle a few times and you will feel sluggish, tired, fatigued, etc. Running will be work. You will feel like you need a nap after a run. It is mid-afternoon before your dark yellow urine appears.

Hydration research: Scientists who do exercise experiments will study a handful of athletes under laboratory conditions. For research, the conditions must be pure and well defined so other scientists can reproduce the experiment to validate the conclusions.

Thus, we have experiments involving small numbers of athletes. The conditions in the experiment are never "real world" conditions. What happens is that we get experiments measuring sweat involving 25 cyclists in a lab with temperature and humidity controlled. Can their results be extrapolated to every day runners?

Well, the results (in cyclists in the lab) are often applied to runners on the street. That is why we get such unrealistic recommendations: runners lose 1000 ml per hour of running.

Every runner must know how much he or she sweats under various environmental conditions.

Take home messages:

1. Every runner loses sweat at his/her own rate. You replace what you lose, not what the books tell you to replace.

2. Thirst (should be) an adequate guide to replacing sweat losses.

3. Sweating heavily and not replacing what we lose can lead to "cumulative dehydration." (weigh yourself)

4. Replace what you lost yesterday before you run today.

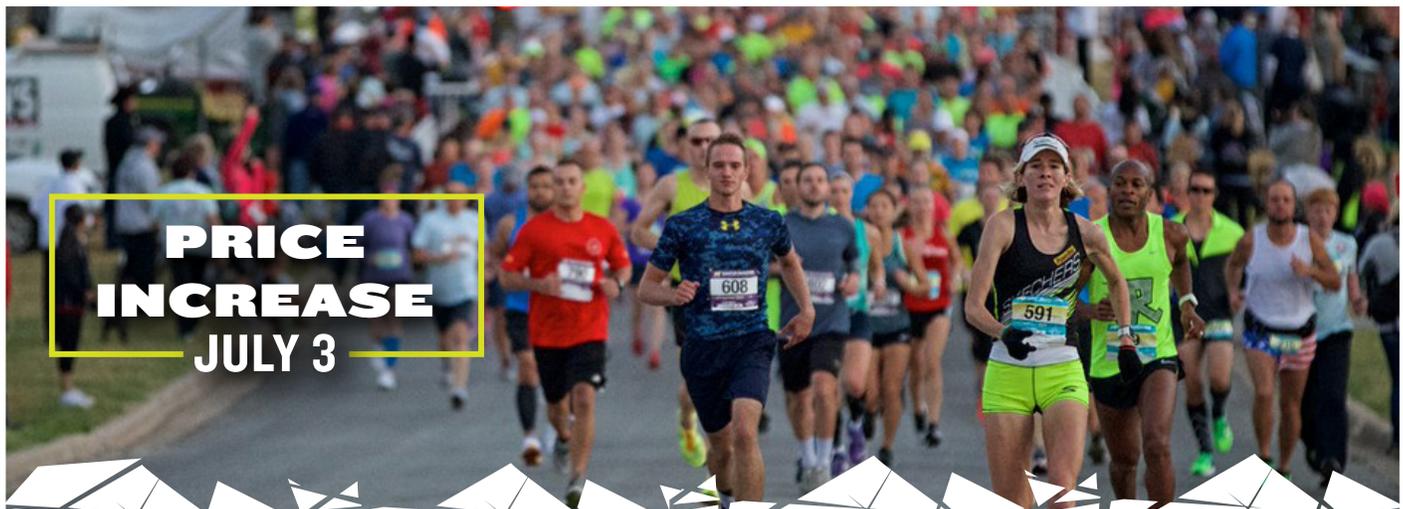
Water is the best replacement fluid we have. If you are replacing more than four pints in a short period of time, we probably need some salt with the water. The salt content of the sports drinks ("ades") is inadequate. Eat pretzels.

To get a broader perspective on the topic of hydration and running, refer back to LANDRUNNER NEWSLETTERS in 2004, 2005, 2006, 2008, 2011 and probably a few others I missed.

11th annual

10.02.16

SPIRIT OF SURVIVAL



PRICE INCREASE
JULY 3



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



USATF CERTIFIED	FAMILY EVENTS
Half Marathon 13.1 miles	Kids Marathon 25 miles before Race Day and 1.2 miles on Race Day
Quarter Marathon 6.55 miles	Leah M. Fitch Spirit Walk One mile
5K 3.1 miles	

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Why I Love the Heat

By Matthew Wilcoxon

Here's a typical scenario for me in the summer: I'm sitting at my desk about lunch time on a summer day, and I catch a glimpse of the weather. It's 101° outside and not a cloud in the sky. Now work is the last thing on my mind, and all I can think about is getting out of this building and hitting the trails for some wonderful miles in the sun. I'll skip eating lunch and instead change into my shorts and shoes and get a couple miles around the office, grab a quick shower at the gym before heading back to my desk feeling sweaty and thoroughly happy. My afternoon will now be productive. Now, before you say "I used to like that guy, but now he's just weird," let me explain. Well, maybe not explain so much as give you some reasons why I like the heat. You can still think I'm weird. That's perfectly understandable.

First, there is less clothing required. Simplicity is at the heart of my running. Running, to me, is therapy, so I want to turn to it quickly at those moments when I need some help. I don't want to spend an hour looking for my gloves, hat, long-sleeved shirt, coat, pants, etc. before I'm able to get out on the run. I like to grab a pair of shorts and my shoes and go. Planning has never been my strong suit so summertime running forgives all my lack of planning by making my running requirements simple. Thank you, Mother Nature.

Also, you get the same benefit for less time. If I run five miles in 115°, I give myself credit for 10 miles of effort. Running at "normal" temperatures puts your body under stress. We do it so we can force our bodies to get stronger. Just being in the heat puts your body under stress so when you run, you're starting from a higher level of effort from the beginning. Your body is dealing with the extreme heat and then it has to also deal with the exertion you're putting forth to run. This doubling effect will force the body to become better at dealing

with the stresses you're putting it through. This will be evident in the fall when the temperature drops and so do your race times! Teach your body to run under stress in the summer, and once it's adapted (becomes stronger), Mother Nature will remove the heat and your body feels like running is the easiest thing ever!

Mostly though, running in the heat is about finding those personal limits and pushing through them. Running, in and of itself, is a way of pushing your limits...finding that level of pain you can tolerate and then pushing past it to find out that you're a whole lot stronger than you thought you were. Once you do that a couple times, you become addicted and want to find out what else you can do better. Maybe you find a longer distance, maybe you go faster, whatever you do it's a journey of self-discovery. Then along comes Mother Nature with some external hurdles. For me, these are just other opportunities to discover another level of my internal abilities. You don't make great strides living in the average, rather, you have to go to the extremes to find those moments of personal fulfillment, and the heat, cold, snow, rain, hills, etc. are just another way to do that. Mother Nature is giving you the gift of an obstacle. Don't back down. Take it and use it.

Summer running may never be your favorite. Everyone is different. Finding a little bit of joy in something you dislike makes you a happier person though, so suck it up and get out there and run!

Disclaimer: Please read all the other columns in this newsletter about **HOW** to run in the heat. Extreme heat is deadly and you should respect it by taking precautions and easing into it. Pushing yourself to your limits is wonderful but doing it with reckless abandon can be dangerous and is disrespectful to your body.

Run on Grass

in a Cross Country style race

August 27TH



"**Carl Albert XC Open**" - - - starts at 8:00am

Carl Albert High School Cross Country Fund-raiser

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Adults: \$20

(entry fee includes a T-shirt)

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



Landrunner Trail Sweep

Free Pizza for all Sweepers

Louie's on the Lake - LH East Wharf

Thursday, July 21 @ 6:00pm

Walker to 5K Training

See website to signup

Fall Marathon & Half Marathon Training

Tentative July 23, 2016

Club Meeting - TBA

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