

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

September 2016 | Issue No. 245

Reading, 'Riting, 'Rithmetic... And Running? When And How To Introduce Kids To Running

By Jenni Carlson

My 4-year-old daughter knows two things about my running.

One, whenever I get home from a run, I am sweaty.

Two, she has magically granted me "cheetah speed."

I'm still waiting for that speed to kick in – or if it has, these are the slowest cheetahs of all time! -- but I love that Millie feels that she has a role in my running. She is a part of it.

But all of this has got me wondering in recent months – when could she actually be a part? What age could she start running a bit? How old do kids need to be? I'm not thinking about anything competitive. I just want her to be exposed to running and perhaps build a passion that will last a lifetime.

After all, I didn't come to running until pretty late in life. I was well into my 30s before I started running on a regular basis, and a lot of that was because of beliefs and norms from earlier in life. I thought running was only for really fit people, and I wasn't anywhere close to fit. I figured there was no way I could do it. And besides, wasn't running just punishment anyway?

Late to practice? Run a mile.

Forget your gear? Run a lap.

I don't want Millie to have opinions about running that simply aren't true. Now I know, anyone can run. Fast. Slow. Short. Tall. Chunky. Thin. None of that matters, and I suspect the best way to show her that is to get her running.

So, I went looking for information about how best to do that.

A 2007 article from Runner's World – though I have no reason to believe it isn't still true nearly a decade later – indicates that both medical and athletic experts say kids shouldn't be running in any sort of structured way before starting kindergarten.

The reason?

Most children don't achieve a mature running gait until they are 5, and running with an uncoordinated gait can cause injury. So can running when you have a short attention span or immature vision, as kids younger than 5 often do.

So when kids are under 5, it's best to keep the distances extremely short. Run from here to that tree in the yard? OK. Run from here to Gotebo? Not so much.

Once kids hit the 5- to 8-year-old range, expand their running a bit. Mix running and walking intervals. Play tag. Do a mile fun run. But under the

See **Reading**, on page 6

President's Letter

By *Bill Goodier, President*

The roar of the crowd and the heat rising from the track are intense. I'm rounding the last turn when I stumble to the track. I get to my feet only to realize I've fallen out of bed! I am sure many of you have been inspired this year while watching the world's best athletes. The 2016 Olympics have come and gone (by the time you read this). This year I've watched more "replays" and internet coverage – my schedule has prevented me from watching live. The best part is YouTube gives you the abridged version and no commercials. As a child I always watched ABC Wide World of Sports – With the Thrill of Victory and the Agony of Defeat! Vinko Bogataj, the Yugoslavian (Slovenian) ski jumper, was ABC's symbol of defeat, when he crashed at the bottom of the ski jump. So too, Rio has provided the world with some amazing victories and painful (to watch) defeats. The adrenaline rush from watching these extraordinary athletes motivates and inspires amateur athletes to work harder in our respective sports.

May I suggest another way to channel your energy – volunteering! (My not so subtle segue!) The OCRK has many dedicated volunteers, those who setup water stops, work with the race series, put together this newsletter every month and

many who work behind the scenes with little public recognition, including our Board of Directors. I am very thankful for all our volunteers!

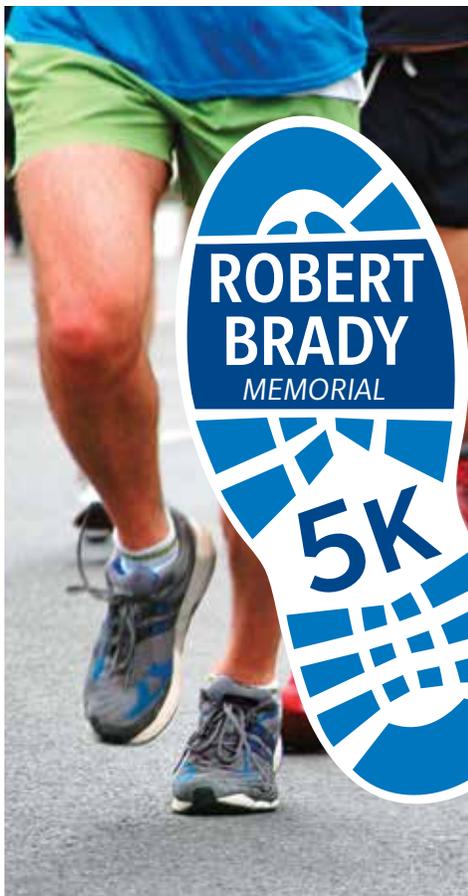
Each month the board meets to discuss the club's activities, review the financials, and plan activities. Here is where we need your help. This year we have decided to move the fall banquet to the spring and we need a banquet coordinator. It's not difficult, but it does require someone with organizational, planning, and some budgetary skills. The banquet is one of the highlights of the club where the Landrunner Distinguished Service Award (DSA) and Landrunner Impact Award are presented. If you are interested in helping organize the banquet, please contact me at admin@okcrunning.org.

It is also that time of year when we nominate and elect board members. Once again here is where you can help. We have several vacancies on the board! If you have ever wanted to serve on a board, give back to the club, or become more involved, we need you!

Have a great Labor Day Weekend!

Cheers!

Lil' Bill



RUNNING FOR ROBERT

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

Farmers Insurance dedicates this annual race to his memory.

RACE DETAILS

Saturday, September 24, 2016
6 p.m. – Sign-in and registration
7 p.m. – Run/walk starts

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

Sponsored by



Register now at signmeup.com

9th Annual



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:

www.heelsforhope.org

Info@heelsforhope.org • Visit us on Facebook



Proceeds benefit the Heels for Hope Foundation

*In memory of Rosemary Persa
Ovarian Cancer Warrior*



Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
09/03	Brookhaven 5K Run*	Norman, OK @ 7:50am
09/10	Recall Run 5K	Pauls Valley @ 9:30am
09/17	Swazi 5K*	SNU Bethany @ 8:00am
09/17	Renaissance Run 5K	Midwest City @ 8:30am
09/18	Santa Fe Thunder 13.1*, 5K*\$	Santa Fe, NM @ 8:00am
09/18	Heels for Hope 5K*\$	Wiley Post Park @ 2:00pm
09/19	Club Meeting	Kimray, 8 NW 42nd St @ 6:30pm
09/24	Landrunner Redman Water Stop	Volunteers Wanted- Lake Hefner
09/24	Faith, Family, Friends 10K*, 5K*	Mitch Park, Edmond @ 9:00am
09/24	Robert Brady Memorial 5K	7340 W Memorial Rd @ 7:00pm
09/25	Red Run 5K*	Myriad Gardens @ 9:00am
10/01	Down Syndrome Festival & 5K	Chickasaw Ballpark @ 8:00am
10/01	Run with the Bulls 5K*	Stockyard City @ 8:00am
10/02	Spirit of Survival* & Bus Trip	Lawton, OK @ 7:30am
10/15	The Great Rat Race 5K & 10K	Watonga @ 8:30am
10/22	Monster Dash 5K	Reaves Park, Norman @ 9:00am
10/22	A Run Down Scarey Place 5K*	Plaza District @ 10:00am

* Denotes Series Races

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

Landrunners In Action

7/14 RENEGADE SUMMER 5M TRAIL RUN, CA	
ROGELIO CAMPOS	46:40
KATHLEEN CAMPOS	1:07:15

7/24 RMC TRIATHLON (.5/15/3.1), WI	
ANTHONY ALLEMAN	1:54:57

7/23 PSYCHO PSUMMER 50K, KS	
CHELSEA SMITH	6:32:11
JUSTIN KRACHT	6:47:10

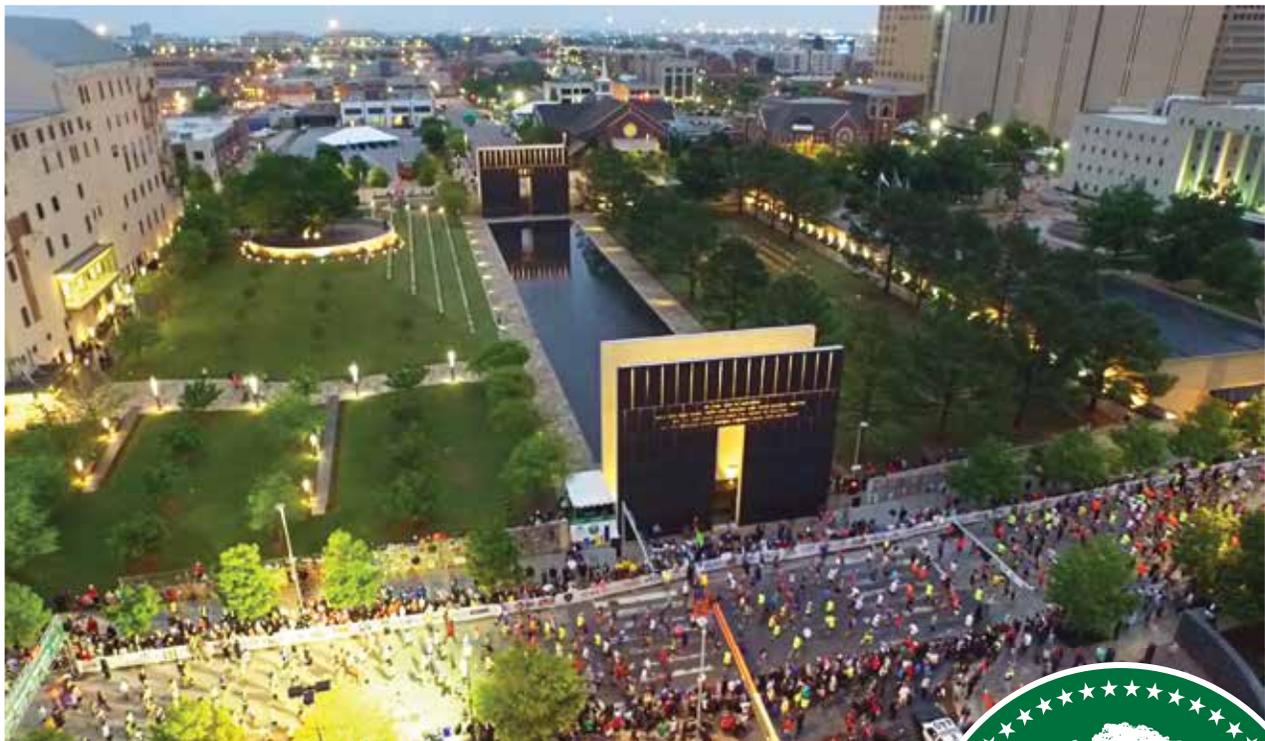
Click the link on www.okcrunning.org/newsletter page to submit out of state results. Send photos and stories to news@okcrunning.org

**“ONE OF 12 MUST-RUN
MARATHONS IN THE WORLD”**

— *Runner's World Magazine*

17TH ANNUAL
Run to Remember

APRIL 30, 2017



Runners pass the West Gate, April 2016.

REGISTER AT okcMARATHON.com

Registration opens Labor Day, **Sept. 5**



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



Reading, continued

age of 8, experts say running a 5K isn't the best idea if you want to avoid injury and/or burnout.

It might not be a great idea even as kids get older. In the preteen years, from 9 to 12, experts say focusing on the mile is a good tactic. Since kids are growing so much in their preteen years, running more than a couple miles at any one time isn't advised. And the mile is a distance that is challenging for kids, especially when they have a sprint-only approach to running. The mile can help teach pacing and endurance.

I know, of course, there are exceptions to these rules.

There are kids in every area of life that overachieve. No reason to think that isn't the case in running. I mean, look at some of the studies that have been done in Africa, a place where running is a widely used mode of travel. Another Runner's World story, this one from 2010, says that by the time Kenyan youth reach high school, they have run as much as 10,000 miles more than their American counterparts.

The same story cited a Scandinavian researcher's study from 1995 in which Kenyan school children cover an average of 8 to 12 kilometers a day.

That works out to 35 to 50 miles a week.

I doubt Millie will reach that level any time soon, but I can't wait until the day that she laces up her shoes and joins me on a run. Maybe we'll just go around the block. Maybe we'll tap into our cheetah speed and come back to the house all sweaty. But whatever happens, we'll have fun.

That's my goal for her the first time she runs – and every time thereafter.



Register at www.aidswalkokc.org or www.eventbrite.com [Keyword: Red Run 2016]

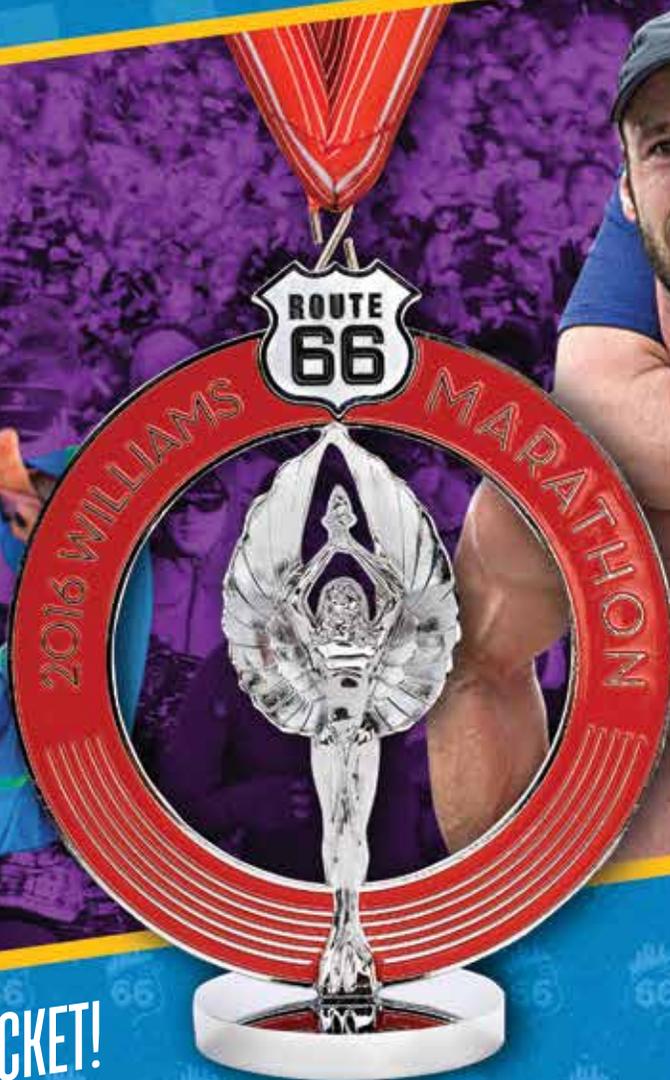
  

September 25 @ 9am
Myriad Gardens, OKC

Sanctioned and Certified by USA Track & Field #OK16012KH

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NOV 19-20 IN TULSA, OK!



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REGISTER TODAY @ ROUTE66MARATHON.COM

Williams

ROUTE 66 MARATHON

presented by BLUE CROSS AND BLUE SHIELD OF OKLAHOMA

JACKETS FOR MARATHON AND HALF-MARATHON PARTICIPANTS

26.2 Fascinating and Fast Facts

By Melissa Brevetti, Ph.D.

1. The word “Marathon” comes from the ancient Greek legend of Pheidippides who announced the victory at the Battle of Marathon to the Athenian people.

2. It is believed that he actually ran 21.4 miles.

3. Pheidippides shared the news of victory over the Persians and then died, according to the fabled story.

4. The first official marathon was held in 1886.

5. Although there were only 17 runners, they ran from the Marathon Bridge to the Olympic Stadium.

6. Spyridon Louis was the winner of the first Modern Olympic Games Marathon in 1896.

7. He ran the race in 2 hours, 58 minutes, and 50 seconds.

8. The oldest annual marathon is the Boston Marathon, which was started in 1897.

9. The 26.2 miles became standardized in 1921.

10. The fastest men’s marathon time is 2 hours, 2 minutes, and 57 seconds by Dennis Kimetto.

11. Jimmy Fallon announced the record and also stated, “He [Kimetto] also set another record, for being the first guy from Kenya to be named Dennis.”

12. The fastest women’s marathon time is 2 hours, 15 minutes, and 25 seconds by Paula Radcliffe.

13. At age 14, Radcliffe was diagnosed with asthma but took up running anyway.

14. The world’s slowest marathon time is reported as 5 days and 8 hours by Lloyd Scott.

15. Scott is a former professional soccer player and wore a 130-pound diving suit to raise money for charity during that marathon run.

16. It is estimated that 0.5% of the American population has trained and completed a marathon.

17. The largest marathon in history is the 2013 New York Marathon with 50,740 participants.

18. Sir Ranulph Fiennes ran 7 marathons in 7 days on 7 continents.

19. Dean Karnazes ran 50 marathons in 50 consecutive days in 50 states.

20. October is the most popular month for marathons with approximately 120 races.

21. The median registration fee for an American Marathon is \$75.

22. The most expensive marathon is the New York Marathon at \$266.

23. In 1977, the Chicago Marathon registration fee was \$5.

24. In 2016, the Chicago Marathon registration fee is approximately \$145.

25. Oprah ran the Washington, D.C., Marine Corps Marathon in 4 hours and 29 minutes back in 1994.

26. After the race, she declared that running the marathon is “better than winning an Emmy.”

26.2 I saved the best for last... Fauja Singh, the oldest person who completed a marathon, did so... at age 101. Wow.

Dare to dream and make your own fascinating and fast facts. Reach for greatness, my fellow Running Friends.

Scarey Place

A RUN DOWN SCAREY PLACE

Join us for a 5k run down haunted Carey Place!

Saturday, Oct. 22 at 10 am • Plaza District, OKC

For more info on the race or the legend, visit www.arundownscareyplace.com

Hosted by the Perinatal Center of Oklahoma and benefiting Positive Tomorrows.

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**



Register at: **www.runenduro.com**



12TH Grade & Under

Oklahoma Students Run FREE™

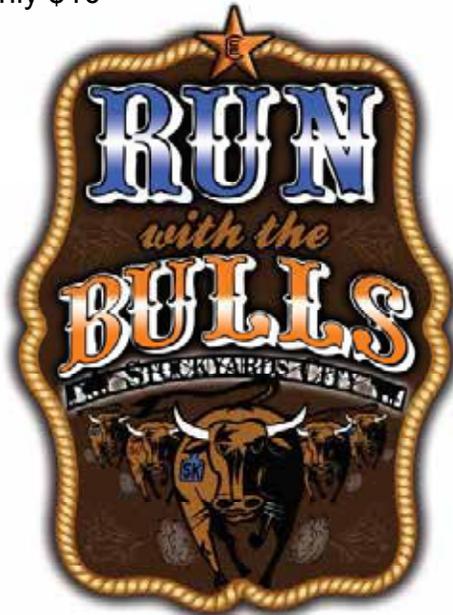
Adults: \$15 (T-shirt not included in entry fee)

T-Shirts are available - - - only \$10

- - - local, **affordable** activities that support student, family and community health™

runwiththebullsokc.com

Sponsored by the **ENDURO Sports Network™**



Oklahoma students run FREE in all Run ENDURO - on the Road™ events.

THE ACHILLES HILL Or The Achilles Shoe

By Tom Coniglione, MD

It used to happen in marathon training when we did the first hill run: two or three runners developed an Achilles injury. When minimalist shoes came along, they became the most common cause of an Achilles injury.

Now plyometrics are an additional cause of an Achilles injury. The “big 3” (running, minimalist shoes and plyometrics) are risks for Achilles injuries.

The majority of runners with an injured Achilles are men. The male to female ratio is approximately 10:1. Inflammation of the Achilles tendon can come about through overuse as well as a number of contributory factors.



ACHILLES TENDONITIS: causes
Excess training/speed
Minimalist shoes
Hills
Pronation
High arch
Plyometrics

Immobilization, as in sitting still for a while or sleeping, causes the Achilles to stiffen, only to hurt again when we stand to walk. Typically the Achilles is stiff at the beginning of a run. Most injured runners start off slow, taking baby steps. As they continue to run the Achilles pain decreases. One runner said “it would never hurt if I could run all the time.” Often walking up stairs causes pain.

When we examine the Achilles we can feel it swollen or sore about 2” above the heel. Sometimes the tendon is warm. At times there is a knot or lump that can be felt within the tendon; a knot is not a favorable sign. Once in a while we can feel a leathery creaking in the tendon as the foot moves up and down; another bad sign.



When there is a lump in the Achilles tendon, we know two things. First, this Achilles injury has been coming on for a long time: months. Second, it will take months before this Achilles injury resolves. The Achilles tendon has a poor blood supply. Poor blood supply means quick to injure and slow to heal.

Definitely apply ice and rest the tendon. Further treatment depends on the reason the Achilles was injured.

Usually raising the heel will help by taking tension off the Achilles tendon. Western style (cowboy) boots or high heels work well. Wear boots if you have them. For our bootless male runners, we add (at least) 1/2” heel pads to the back of the shoe.

Plyometrics include box jumps, jumping jacks, boot camp or CrossFit explosive exercises or hopping. If you are doing some activity where pressure is applied to the front of the foot/toes, stop doing it.

Achilles tendon straps do not help. Taping the Achilles does not help. Gentle stretching is necessary. Start gently! Walking is acceptable as long as it does not reproduce the pain. Biking does not worsen Achilles tendonitis. Wearing a night splint usually helps.

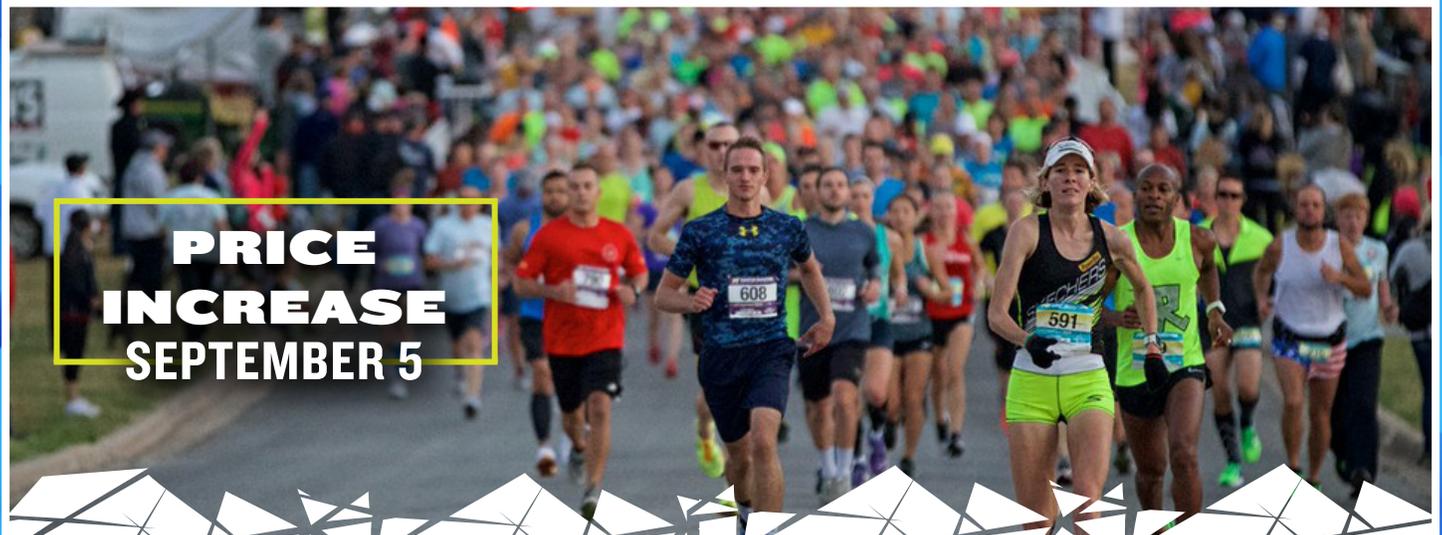
Activities where you explode off the ground, such as plyometrics, will stress the Achilles. When running faster, you leave the ground off the toes, which stresses the Achilles. When running slower, there is less pressure on the toes.

See *Achilles*, on page 12

11th annual

10.02.16

SPIRIT OF SURVIVAL



**PRICE
INCREASE
SEPTEMBER 5**

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



Altus • Lawton • Duncan

CANCER CENTERS

of Southwest Oklahoma

All proceeds will be used to fund cancer research and clinical trials being conducted at the Cancer Centers of Southwest Oklahoma.

HOPE ■ COURAGE ■ CURE

USATF CERTIFIED

Half Marathon

13.1 miles

**Quarter
Marathon**

6.55 miles

5K

3.1 miles

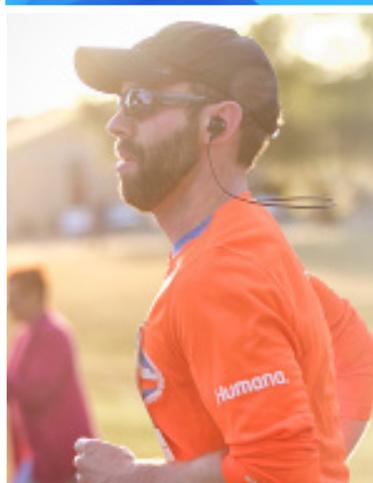
FAMILY EVENTS

Kids Marathon

25 miles before Race Day and 1.2 miles on Race Day

**Leah M. Fitch
Spirit Walk**

One mile



by the Oklahoma Travel Industry Association

www.spiritofsurvival.com



Achilles, continued

Walking should not stress the Achilles. However, when walking fast the trailing foot leaves the ground pushing off with the toes. When walking slower there is less pressure on the toes.

Often, slower running (less toe pressure) is better than faster walking.

If there is pronation in the (heel) rear foot, it must be corrected. Some orthotics are better than

others. If the pronation is in the front of the foot, that also must be corrected. Typical orthotics do not correct front foot pronation.

Whatever shoe you are wearing that is working well for you is the shoe you should continue to use.

If you have an Achilles problem, first figure out WHY, then correct the problem. Be patient with this injury.

2017 Board of Directors Nominations

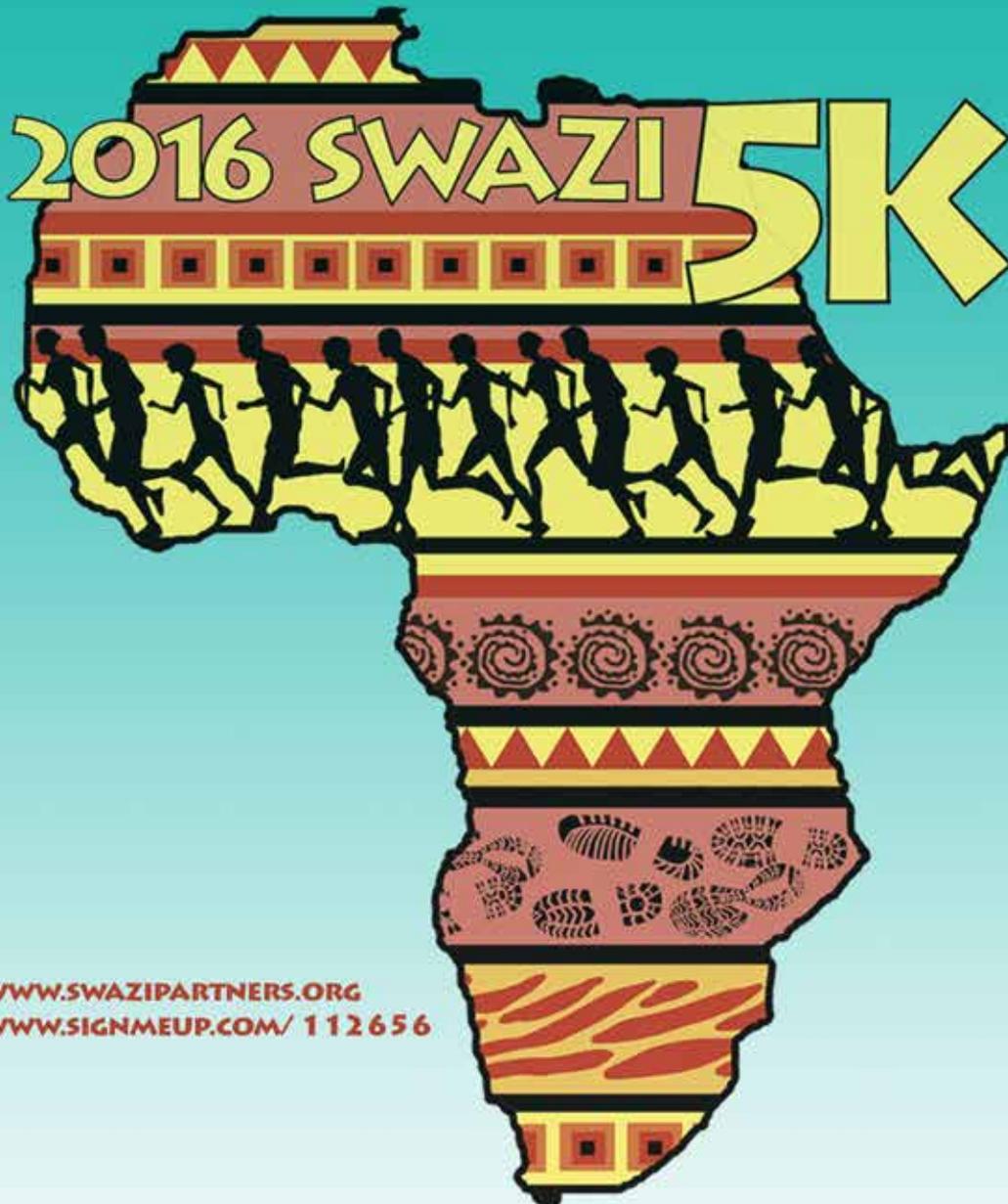
The OKC Running Club Board of Directors shall be comprised of no more than twenty-five (25) members. At the August meeting of each calendar year, the President shall appoint a five (5) member nominating committee who shall develop a slate of Board candidates for the following year. All candidates must be members in good standing of the club. Notice of the elections shall be provided to members in good standing prior to the October meeting. Board members shall be elected by a majority vote of the club members present, in person or by proxy, at the October monthly meeting of the OKC Running Club. Board members shall serve for the calendar year following the election. If a Board member fails to attend three Board of Director meetings in succession, the said Board member shall be considered as having resigned. A vacant member's position may be filled by nomination and majority vote by the club membership present, in person or by proxy, at a monthly meeting.

2017 Nominating committee: Maurice Lee (Chairperson), Mark Ballard, Gena Barnhill, Dana Campbell-Sternlof and Chuck Mikkelson.

If you or someone you know would like to serve on the board please submit name, email, phone and a brief bio either to a nominating committee member, by email to president@okcrunning.org, by mail to the club's PO Box 18113 OKC, OK 73154, or use the online nominating link on the website before September 19, 2016.

A list of candidates will appear in the October newsletter and the election will be held at the club's monthly meeting on October 17, 2016.

The 2017 newly elected Board of Directors will then meet in November to elect the Officers and appoint committees for the 2017 term.



WWW.SWAZIPARTNERS.ORG
WWW.SIGNMEUP.COM/112656

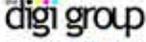
SEPTEMBER 17TH, 2016

SOUTHERN NAZARENE UNIVERSITY

PROCEEDS HELP FUND THE SWAZILAND PARTNERSHIP AND THE BETHANY AFTER SCHOOL PROGRAM

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 Hamilton & Associates, Inc. Certified Public Accountants Members of AICPA and CPAA Paul Rothwell, MD	Jeff Sabine, MD	 CARSON ROOFING	 Chick-fil'de 7004 NW Expressway, OKC	 Bethany First Church of the Nazarenes	 Troy D. Rhodes & COMPANY, INC.	 CHARLESTON'S 5807 NW Expressway ADG		
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Fall Training

By Matthew Wilcoxon

The Landrunners have kicked off the 2016 fall marathon and half marathon training season! Our fall training season is always geared towards the Tulsa Route 66 marathon but we know that many of you run fall marathons all over the country. Talking to some of you at our first few runs, I know that we have runners training for Chicago, New York, Marine Corps, Prairie Fire, and some that have begun preparing for Boston already. I love that we have a diverse group that will go all over this country and the world representing OKC. Whatever race you are considering, and even if you don't plan on racing, come out and run with us this fall.

One important change this year is that we have gone cup less. This change saves the club money which allows us to keep our membership dues low and still provide water and Powerade at the free training runs as well as bus trips and other fun activities that promote and support running in OKC. So bring your handheld water bottle or buy a hydrapouch (just \$5) from us before the run and enjoy the company of a few hundred of your closest friends.

We're adding a few new locations this year but we'll still have the crowd favorites like the Remington Park hills, Nichols Hills Plaza, and Lake Hefner. Keep up to date with the latest changes by signing up for the emails on our website.



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*Account approval, conditions, qualifications, limits, timeframes, enrollments, and other requirements apply. Qualifications and rewards may vary by account. Monthly receipt of electronic statements is a condition of this account. Enrollment in electronic services (e.g. online banking, electronic statements, [Kasasa 360]) and log-ons may be required to meet some of the account's qualifications. Limit 1 account per social security number. There are no recurring monthly service charges or fees to open or close this account. Contact one of our credit union representatives for additional information, details, restrictions, processing limitations and enrollment instructions. Federally insured by NCUA. iTunes is a registered trademark of Apple, Inc. Amazon.com is a registered trademark of Amazon.com Inc.. Google Play is a registered trademark of Google, Inc. Apple Inc. Amazon.com and Google, Inc. is/are not participants in or sponsors of this program. Kasasa and Kasasa Tunes are trademarks of Kasasa, Ltd., registered in the U.S.A. Kasasa and Kasasa Tunes are trademarks of Kasasa, Ltd., registered in the U.S.A.

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The Maffetone Method – Heart Rate Training Part II

By Maurice Lee III

A quick recap of the Maffetone Method. Train at or below your “MAF Heartrate” which is 180 minus your age. When you start training, do a one mile test consisting of a two mile warmup and then one mile at or below MAF Heartrate. Then train solely at your MAF Heartrate. Six weeks later perform another mile test and if the training is working for you, you should be able to run faster at the same heartrate.

Continuing with Dr. Maffetone’s method, he provides a two week test to see if you have an intolerance for carbohydrates. Dr. Maffetone

claims that following his method will help in developing the aerobic system, increase your fat burning capabilities, decrease joint pain, and decrease chronic inflammation.

To summarize the complete Maffetone method, it includes heart rate training, testing for an intolerance to carbohydrates, eliminating bad eating habits, and improving stress management.

Most of this information was obtained from the website: <https://philmaffetone.com>

Podcast Update

By Maurice Lee III

The past month was not a great one for the podcasts I listen to.

Endurance Planet – There were two episodes that interested me: (1) “Maintaining Healthy Hormones for Athletes” and (2) “How to use the Autoimmune Paleo Diet”.

Stem Talk – How the right nutrition and exercise can help treat cancer. This is an interesting episode that dispels some health myths. Be advised it is very long, about 90 minutes. They also do a story about preparing for the exploration of Mars and its moons focusing on dealing with long periods of time in space, such as the effects of no gravity.

Planet Money – This month they are following oil from the ground to gasoline for your car. The first episode follows them actually buying 100 barrels of

oil. They also cover “How Fracking Changed the World”. If you’re like me you’ve never heard of the “Jones Act.” This is a law that governs how you cruise or ship things on water. It’s an interesting and, in my opinion, very inefficient law.

Only Human – “I’d Rather Have a Living Son than a Dead Daughter” This episode covers the transgender issue from the perspective of parents and their children.

Freakonomics Radio – “Is it Okay for Restaurants to Racially Profile Their Employees?” This deals with hiring on the basis of ethnicity for ethnic restaurants.

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.



SATURDAY, SEPTEMBER 17

START TIME: 8:30 A.M. • NICK HARROZ COMMUNITY CENTER

FOR MORE INFORMATION CALL 739-1293 OR VISIT WWW.MIDWESTCITYOK.ORG

PRESENTED BY:



Register online at
www.signmeup.com/115868

THIS EVENT IS SANCTIONED BY USA TRACK & FIELD

Losing

By Matthew Wilcoxon

I've lost every race I've ever run. Funny to think about it that way but it's true. I've been beaten by old men, tons of women, young kids, barefoot runners, runners with artificial legs and probably all types of people. The funny part is that I really don't care. You might think that losing that many times would be depressing but it isn't. Most runners don't even think about it. In fact, most runners know they are going to lose well before they even start the race! So why would someone step up to the starting line knowing that they will, at best, be beaten by over half the field?

The answer to that depends on your definition of winning and losing. In the basic definition, yes, most of us lose every race we run. We don't cross the finish line ahead of everyone else in the race. But this definition ignores the fact that every race is made up of a thousand smaller races that take place within each and every person who aspires to complete it.

For some, just getting to the starting line on race morning is a major victory. Getting off the couch and out of their routine to put in the miles necessary to complete a race takes courage, strength, persistence, and requires a victory over those nagging voices to just quit and get back to a comfortable life. No one grabs you and carries you against your will to the road each morning to get those miles done. You have to win every day and your competition is the thousands of reasons not to run. Beating that kind of field is a personal victory that, I would suppose, feels a lot like being first in a race.

I think for most runners if you keep at it you overcome those demons that would keep you home. As in life, however, running always has more challenges for you. Getting your body accustomed to running as a lifestyle brings on new thoughts of going farther or going faster. It may be that you want to beat others and win your

age group, but it may be that you just want to beat yourself. Racing to meet an internal goal feels a lot like racing a physical person and I believe is the best kind of challenge. Each time you try to beat that goal, you can feel it next to you pushing you to catch it, pushing you to get ahead of it, taunting you to try harder. It's an invisible rabbit out there in front of you and you can become blind to everything and everyone around you focusing on that internal rabbit. It may be a distance or it may be a time but whatever it is it feels so real and it becomes your race. Winning or losing is based on your performance against this goal rather than where you finish in reference to others in the race.

We all lose. It's a fact of life. The minute you are born you are destined to lose at something just as you are destined to feel love, joy, sadness, and pain. But in every loss, there may be a win. It could be that you are just focused on the wrong race.

THE JUNIOR LEAGUE OF NORMAN PRESENTS THE 10TH ANNUAL

Monster Dash

5K & FUN RUN

Saturday, October 22, 2016 at Reaves Park

5K - 9:00AM 1 Mile Fun Run/Walk - 10:00AM

Costumes Strongly Encouraged!
Prizes, Giveaways, Kids' Activities, and More!

Monster-Sized Family Fun!

Register Online:
[www.runsignup.com/Race/OK/Norman/JLNMonster Dash](http://www.runsignup.com/Race/OK/Norman/JLNMonsterDash)

USA Track & Field Certified Course [MonsterDashNorman](https://www.facebook.com/MonsterDashNorman)

Litter Sweep

27 – Yes – 27! On an extremely hot Thursday evening in July we had 27 volunteers donate their time to pick up trash at Lake Hefner. The litter sweep and post sweep pizza was hosted by the Club and Louie’s on the Lake. The next litter sweep will be in December!



Loretta Hinkle 1931 – 2016

Loretta Hinkle, former OKC Running Club member, died on Sunday, May 15, following a battle with cancer diagnosed in the fall of 2015. Born in 1931, Loretta graduated from the University of Kansas in 1953 and later moved to the OKC area in 1960. It was through her son, Tracy, that Loretta learned to love sports of all kinds but particularly track-and-field. Long after he had hung up his running shoes, Loretta spent endless hours and traveled many miles throughout the state to train officials, sanction and host meets, and recruit and register athletes, young and old, who enjoyed the sport as she did. While working full time for the Oklahoma Allergy and Asthma Clinic, Loretta’s second and third “jobs” included volunteering as an official, trainer and registrar for USA Track and Field, The Athletic Congress, and the Amateur Athletic Union. She was also a member of the Oklahoma City Running Club, Race Walking Club and a founding member of the Satellite Athletic Association. Her long affiliation with USATF afforded her many opportunities for travel throughout the United States, including a trip to the 1996 Olympics in Atlanta. Loretta received two commendations from the Governor’s Office of the State of Oklahoma for outstanding commitment to volunteerism and youth. As Loretta’s health declined in her senior years, she continued following track and field from afar and redirected her energies in her lifelong association with the Girls Scouts of Red Lands Council/

Western Oklahoma as well as the American Red Cross and Grace United Methodist Church where she taught Sunday school for over 50 years. Loretta will long be remembered for her enthusiasm, encouragement, winning attitude and perseverance-- qualities she shared with the many athletes she met and befriended through the years.

36th Annual Great Rat Race

5k 10k

1 mile fun run



Saturday, October 15, 2016

Noble Avenue, Watonga OK

Fun Run Begins at 8:30 am

5k/10k Begins at 9:00 am

Entry Fee

\$30 before October 3, 2016

\$35 after October 3, 2016

Race Day Fee \$35



Race is Chip & Gun
Timed
Awards based on Gun
Time
Register early.
T-shirts are limited to
the first 100 runners.

Sponsored by the Watonga Chamber of
Commerce and Cornerstone Bank
REGISTER ONLINE
www.active.com Search for: The Great Rat Race
www.watongacheesefestival.com



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Oklahoma City, OK 73154

Visit The Landrunners Online:

www.okcrunning.org

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



Fall Marathon & Half Marathon Training
Every weekend

September Club Meeting
September 19 @ 6:30pm

Landrunner Redman Water Stop
Sept 24 - Signup to volunteer

Spirit of Survival Bus Trip
October 2, 2016
only \$20 R/T

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