

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

August 2017 | Issue No. 256

Is Running During Pregnancy Safe? Are Runners Going To Get Knee Arthritis? When Should We Stretch? (Other Than The Fact This Is Not The Correct Way To Stretch The Quads)

By Tom Coniglione, MD



Running During Pregnancy?

The American College of Obstetrics and Gynecology (ACOG) is the professional (academic/intellectual/scientific) organization for Obstetricians (OBs). ACOG issues (usually) scientifically based guidelines for practicing OBs. ACOG's guidelines are designed to provide OBs with the latest, most scientifically valid recommendations to apply to their patients.

In 1985 ACOG recommended women who exercised prior to becoming pregnant to continue to exercise once pregnant. However, ACOG recommended those women limit exercise to 15 minutes at a time AND to keep their heart rates below 140. Women who did not exercise prior to becoming pregnant were warned against exercise once pregnant.



Unfortunately, none of these recommendations were based on scientific proof. Nonetheless, thousands of pregnant women received this advice.

By 2008, evidence was accumulating and medicine was getting smarter. By this time the official recommendation was that “women who habitually engage in vigorous physical activity can continue physical activity during pregnancy and after pregnancy.”

However, by 2012 only 18% of pregnant women received this sage advice. The other 82% were getting advice based on the 1985 guidelines – which were never accurate anyway. Many women are still advised to obtain a heart rate monitor to limit their heart rate when exercising.

See **Running**, on page 6

President's Message

By Matthew Wilcoxon, President

When my best buddy Bill was president of this great club last year, he often complained about the number of emails he received through the club email address. When I took over as president this year, he warned me again about the number of emails I'd receive now that the address was forwarded to me. In true Willie fashion, I disregarded or forgot about these warnings until that first day the email address was tied to my computer. Wading through emails has become a chore for which I've had to set aside a few hours one night a week because I just can't keep up without that kind of routine. Most of these emails are mass advertisements that are sent to any email address that could possibly be associated with running so I've considered changing our club email address to something like okcabsolutlynotrunningrelatedatall.com.

But as I was wading through the tidal wave of emails the other night, it occurred to me this problem is really a sign of just how much running has grown over the years and how strong our sport has become. The fact that so many companies are marketing items specifically for running says that the sport we all love has grown

and is still growing. I'm not that old (stop laughing), but I remember wading through the multiple pages of basketball, baseball, football, and numerous other sports shoes in a particular shoe catalog every year and finding the single page dedicated to running shoes. Back then our sport was a minor blip on the radar of the major sports equipment manufacturers and if you could find a local store dedicated to running, (there weren't any in my small town) it would be very small and extremely limited.

Today we have a vibrant, growing, and ever changing industry surrounding our sport and we should be thankful for the minor hassle that might bring with it. Our great club has grown right along with this industry and we hope to continue growing and changing with it. I'll gladly give up the time looking though a flood of emails regarding all things running in exchange for a strong prodigious running industry which gives us convenient access to running related equipment. Toss in a large and active local running club and I'll do it with a smile on my face. Running is what we do and it's wonderful when you realize so many others are doing it too.

FINISH TOGETHER

5K

1 Mile Fun Run

Edmond's
Mitch Park

USATF Certified and Sanctioned

**Race Day Registration
begins at 2:00 p.m.**

5K \$25 through August 17, \$30 thereafter
1 Mile \$20 through August 17, \$25 thereafter
(Price includes shirt)

Benefiting:
Employment And Residential Centers (EARC)

Sponsored by: Kirkpatrick Bank
Holloway Family Fund
Jeannes Trail's Families

For more information, contact Kim Sheppard
(405) 850-3861 or email: Kimksheppard@yahoo.com

Register Online: www.signmeup.com/120243

What's Kasasa[®]?

It's like scoring a
TOUCHDOWN
for your wallet.

3.00% CASH BACK
on everyday debit card purchases*

**Free Kasasa Cash Back[®] checking
makes it easy to get paid back.**

To earn your rewards, just do the following transactions and activities in your Kasasa Cash Back account during each Monthly Qualification Cycle:

- Have at least 15 debit card purchases post and settle
- 1 ACH Credit or 1 ACH Debit or Mobile Check Deposit
- Be enrolled in and agree to receive e-statements



www.allegiancecu.org

Ask for **free Kasasa[®] checking**

* Qualification Information Account transactions and activities may take one or more days to post and settle to the account and all must do so during the Monthly Qualification Cycle in order to qualify for the account's rewards. The following activities do not count toward earning account rewards: ATM-processed transactions, transfers between accounts. "Monthly Qualification Cycle" means a period beginning one (1) business day prior to the first day of the current statement cycle through one (1) business day prior to the close of the current statement cycle. Reward Information: When Kasasa Cash Back qualifications are met during a Monthly Qualification Cycle, you will receive (1) 3.00% cash back up to a total of \$9.00 on debit card purchases that post and settle to the account during that cycle period. A maximum of \$9.00 cash back may be earned per Monthly Qualification Cycle. You will also receive reimbursements up to \$20.00 (\$4.99 per single transaction) for nationwide ATM fees incurred during the Monthly Qualification Cycle in which you qualified. When Kasasa Cash Back qualifications are not met, no cash back payments are made and ATM fees are not refunded. Cash back payments and ATM fee reimbursements will be credited to your Kasasa Cash Back account on the last day of the current statement cycle. Rates and rewards are variable and may change after account is opened. Additional Information: Account approval, conditions, qualifications, limits, timeframes, enrollments, and other requirements apply. \$25.00 minimum deposit is required to open the account. Monthly receipt of electronic statements is a condition of this accounts. Limit 1 account per social security number. There are no recurring monthly service charges on this account. Contact one of our credit union service representatives for at 405-789-7900 additional information, details, restrictions, processing limitations and enrollment instructions.

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
8/26	Moore War Run 5K*	Moore HS @ 7:30am
8/26	Run for Next Generation 5K\$	Norman, OK @ 8:00am
8/26	Caleb Cause 5K*\$	Lake Hefner East Wharf @ 9:00am
8/27	EARC 5K	Edmond Mitch Park @ 3:00pm
9/2	Brookhaven 5K*\$	Norman, OK @ 7:50am
9/9	Faith. Family. Friends. 5K, 10K*\$	Mitch Park, Edmond @ 9:00am
9/16	Recall Run 5K	Pauls Valley @ 8:30am
9/17	Santa Fe Thunder	Santa Fe, NM @ 8:00am
9/23	Down Syndrome Festival & 5K	Bricktown Ballpark @ 8:00am
9/23	St Jude Walk/Run – OKC	Lake Hefner S&S Park @ 8:30am
9/24	Uptown 5K – Mesta Festa	NW 22nd & Shartel @ 10:00am
9/30	Falcon 5K*\$	Yukon @ 8:00am
10/1	Mother Road 66 Marathon \$ & Bus Trip	Joplin, MO @ 7:00am

* Denotes Series Races

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

Landrunners In Action

1/7 SOUTHERN CALIFORNIA HALF MARATHON, CA

GAILE LOVING 2:44:14

4/30 BIG SUR INTERNATIONAL MARATHON, CA

ROBERT BROWN 3:55:40
 HAYLEY HARRIS 5:17:36
 MARGO VON SCHLAGETER 5:29:46

5/28 MARTHA’S VINEYARD MARATHON, MA

HAYLEY HARRIS 4:54:08

6/25 SCOTIABANK HALF MARATHON, BC

BEN PIERCE 1:56:06

7/9 MAD HALF MARATHON, VT

NELS BENTSON 2:41:25

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



FALCON 5K & FUN RUN

SATURDAY, SEPTEMBER 30, 2017

8:00am 1-Mile Fun Run • 8:30am 5K Race

Kids Crafts & Activities!
Post-Race Pancake Breakfast!

Register: <http://bit.ly/falcon5k> • Questions? falcon5k@sjnok.org

ST. JOHN NEPOMUK CATHOLIC SCHOOL

600 Garth Brooks Blvd. • Yukon, OK

Both races will be officially timed. The 5K race is Certified and Sanctioned by USAF. This event will fund new, clearer water systems for our campus.

OKLAHOMA'S FASTEST FUNNEST 5K

one of oklahoma's oldest road races

2nd ANNUAL

OK RUNNER

BROOKHAVEN RUN

norman, ok

home of oklahoma men's & women's state 5k records

9 • 2 • 2017

Saturday, September 2

Race Headquarters: OK RUNNER
Brookhaven Village in Norman, OK

*Experience the new fast, flat, scenic course
through beautiful shaded Brookhaven neighborhood!*



MYOKRUNNER.COM/BROOKHAVENRUN

Running, continued

Let’s get over it. The proof is now incontrovertible. Vigorous exercise during pregnancy harms nothing and is advisable. Vigorous exercise during pregnancy should now be recommended to all pregnant women. Exercise during pregnancy results in babies as healthy as women who do not exercise. Exercise during pregnancy results in (slightly) shorter labor, and less labor before labor is supposed to begin (“preterm labor”).

Benefits of exercise are too great for physicians to not miss an opportunity to recommend exercise to their pregnant patients.

We now know that resistance exercise (weights, machines) during pregnancy is also beneficial. It’s time to bury the pregnancy-exercise myth. Pregnant women, tell your doctor you’re going for a walk – with hand weights.

Arthritis



There have been thousands of research studies showing running has no adverse effects on knee health. In the 1960s, the first observations were made showing a lack of danger from running. Every subsequent scientific analysis has shown various degrees of the same; running DOES NOT cause arthritis of the knee.

Among people 45 – 79 years old, runners have the same amount of knee arthritis as people who never ran. “Elite” distance runners did have more knee arthritis than recreational runners.

Most importantly, the new research has provided a statistic on knee replacement surgery. Runners have 50% lower odds of requiring knee replacement surgery because of arthritis.

Stretch before running or stretch after running? Should we stretch at all?



(This is **NOT** the correct quad stretching technique)

Runners have been told to stretch before running for about 40 years. Unfortunately there is no scientific evidence to make such a recommendation. Over the last several years considerable research has accumulated to try to add clarity to the question of stretching.

Let’s divide stretching into two types. First type: stretching as a component of recovery from injury. There is no question that as a part of the injury treatment stretching may be very important.

Second type: stretching before running, or stretching to prevent injuries. Pre-run stretching has not been shown to prevent injuries: any injuries. Many runners do not know pre-run stretching has no value; they keep doing it. Many medical professionals have also been slow to accept the fact that pre-run stretching does nothing useful.

There is some minimal evidence to suggest that stretching before running impairs performance. Therefore, if stretching is to be done, perhaps doing it before running may not be the best idea.

BY THE WAY: the diagram is not the correct way to stretch the quads. How should the quads be stretched? The answer is in the Landrunner Newsletter, November, 2015

You have heard cynics say: “He/she is running away from life.” Such is the way the mind of the uninitiated works. Just think about a natural phenomenon. As soon as a child can stand, it runs. The child runs toward the safety of the open arms of its parents. Actually when we run, we too are running toward something - life.

**YOUR BODY IS THE ONLY THING THAT IS TRULY YOURS.
TREAT IT LIKE A GIFT.
LIFE IS A GIFT.....RUNNING IS A GIFT;
DO IT WHILE YOU CAN**

JOIN US FOR AN EPIC MOMENT IN HISTORY AS WE KICK OFF OUR SIXTH ANNUAL DIAPER DRIVE



CALEB'S CAUSE

FOUNDATION

5K & 1 MI Fun Run

ON AUGUST 26, 2017

AT 9:00 AM

AT LAKE HEFNER

IN FRONT OF THE RESTAURANTS

HELP US COLLECT 300,000
DIAPERS & BE
HEROES FOR A CHANGE!



@CALEBSCAUSEFOUNDATION



@CALEBSCAUSE



CALEBSCAUSEFOUNDATION

REGISTER ONLINE OR
FOR MORE INFORMATION, VISIT:

CALEBSCAUSEFOUNDATION.ORG

USTAF CERTIFIED COURSE

Should I Spit or Swallow?

By Margo Shultes von Schlageter

Whenever I see a new scientific research article on athletes and performance, I get a dull pounding behind my left eye because I know that the results will be confounding and often contradictory of previous findings. In these cases, I dial up my old friend and mentor, Dr. J. “Sloops” McGrue, at his favorite haunt in Stanley, Idaho, the Casino Club. They have cold beer and a regulation snooker table so he’s there most all the time.

Me: Hey Doc, are you sure I should still be spitting out my Gatorade? It seems like a waste of fluid and money, plus other runners are looking worried I may spit on them.

Sloops: First of all, it wouldn’t kill you to aim when you spit. Second, the research shows that you have carbohydrate receptors in your mouth, and it may be there is an increase in exercise intensity via these centrally acting receptors that bypasses the metabolic pathway. The study is from Carter and Jeukendrup [1] “Mouth rinsing with a CHO (carbohydrate) solution improved performance by 2.9 % during a 1-h time trial when compared to the placebo solution. Furthermore, CHO mouth rinsing has been shown to result in higher self-selected running intensities and maximal voluntary contraction without any changes to circulating glucose levels. The mere presence of carbohydrates in the mouth has been postulated to influence endurance performance by ‘central factors’ as a CHO mouth rinse may involve stimulation of cortical taste neurons; these receptors are thought to link with neuronal communication to pleasure centers in the brain.”

Me: Ok, but aren’t you just quoting the intro from the new paper from Ali and Yoo [2] where they actually found the opposite? The title is “Carbohydrate mouth rinsing has no effect on power output during cycling in a glycogen-reduced state”. Which one am I supposed to believe?

Sloops: Ali and Yoo are a riot, and old snooker buddies. Under their discussion section they give you a nice hedge. “Anecdotal comments suggest that many of the participants felt thirsty and dehydrated during the rinsing trials and thus preferred the ingestion trials. They reported that they were tempted to swallow the solution because of the increase in thirst that they had experienced. Subjects also found it difficult to hold their breath while they swirled the solution around in their mouth and found it hard to maintain their cadence for the 8 s during the mouth rinse process. Issues relating to social acceptability

(i.e. spitting) may also deter athletes from pursuing such a method. Due to the issues of hygiene and the practical aspects, further analysis is needed to examine if sports performance mouth rinsing is possible in a ‘real life’ sporting situation. We believe that unless an athlete experiences GI distress, there seems to be no reason why one may not be able to swallow the beverage.”

Me: So I can swish and spit if I have GI issues, am possibly in a semi-fasted or fasted state, have reasonable breath control, and am not running longer than 60 minutes?

Sloops: And you don’t care about hygiene or social acceptability.

Me: Doc, I don’t know any runners who care about those!

1. Carter JM, Jeukendrup AE, Jones DA. The effect of carbohydrate mouth rinse on 1-h cycle time trial performance. *Med Sci Sports Exerc.* 2004;36:2107–2111.

2. Ali A, Yoo MJY, Moss C, Breier BH. Carbohydrate mouth rinsing has no effect on power output during cycling in a glycogen-reduced state. *Journal of the International Society of Sports Nutrition.* 2016;13:19.



Stretch U
UNLEASH THE ULTIMATE YOU!

IMPROVE YOUR RACE TIME!

Increase Your Flexibility.



“I was close to pulling out from the 2017 Oklahoma Memorial Marathon because of tension pain when running. Stretch U made the difference. Not only did I complete the Memorial Marathon, I finished with a second qualifying time that meets the requirement to run the Boston Marathon.”

- Mark Carter

TRY STRETCH U TODAY!

5701 N Western Ave., Suite E, Oklahoma City, OK 73118
stretchu.com | 405-286-9662



Run for *AWARENESS*

Run for *ACCEPTANCE*



Run for *INCLUSION*



Run with *A PURPOSE*



WHEN:

September 23, 2017; 8 a.m.

WHERE:

Chickasaw Bricktown Ballpark

COST:

\$35 (includes t-shirt and medal)

MORE INFORMATION:

www.dsfestivaland5k.com

Some Like It Hot: How to Run Well in the Summer

By Melissa Brevetti, Ph.D.

Love it or hate it, but summer comes every year. Due to the humidity and heat, a runner can use these conditions to get in top shape. Remember, usually small increments of running in the heat are considered safest--the key is being conscious of how to best adapt and acclimate.

Fast running, here we come.

5 Insights for Running in the Heat

1. Drink Frequently - Hydrate before and early in order to avoid deficits later in the run. One critical component about hydration is how soon the fluids can be absorbed into the blood stream. You should consider drinking diluted sports drinks on the run and concentrated sports drinks for recovery beverages when it is hot. In sum, the more concentrated the carbohydrates, the absorption rate becomes slower.

2. Focus on Effort - Your pace naturally slows down so this is a great opportunity to practice "running by feel." Furthermore, the human body takes about two weeks to get used to the heat and to become better at cooling itself so this time of year lends itself as an ideal time to push the pace for fast benefits in the cooler months.

3. Run Early or Late - When you can run during cooler parts of the day, you avoid the damage of intense sunlight. Also, keep in mind that it is predicted for temperatures above

60° F, a runner will slow down approximately 30 seconds for every 5 degrees above optimal performance temperatures.

4. Take Advantage of the Treadmill - Although many people dislike treadmill running, this is one way to stay safe and work on speed. Tempo runs and speed workouts are easy (and fun!) on a treadmill with the air and music blasting. Give it a try.

5. Pool Run or Stair Climb with Friends - According to Jeff Galloway (I cannot ever remember which book of his that I read this in), training secrets include pool running (in the deep end) and running stairs. Safety is important and I would do these activities with friends, if possible, since they can be especially rigorous. Simply put, with the focus on cadence, these particular cross-training activities mimic running and increased speed.

In closing, now is the best time to train for an exciting, new goal. Progress is often achieved through camaraderie; be thankful for all the incredible new and old running friends along the way.

On a personal note, I am most appreciative of Dr. Tom Coniglione for helping me with my summer injury. As Marilyn Monroe once famously stated about good things to come in the movie *Some Like It Hot*, "It's not how long it takes, it's who's taking you."

A RACE FOR ALZHEIMER'S PREVENTION

JOG YOUR MEMORY

RECALL RUN 5K

SEPTEMBER 16, 2017 @ 8:30am

PAULS VALLEY, OK

\$25 BEFORE SEPTEMBER 1st

RUNSIGNUP.COM/RECALLRUN
FACEBOOK.COM/RECALLRUN @RECALLRUN

* LIVE MUSIC * GIVEAWAYS
 * OPEN STREETS FESTIVAL * FOOD

The first of its kind, the Recall Run 5K course consists of words and images that runners must commit to memory and recall at the conclusion of the race.

The overall Recall Run winner is determined by the best combination of finish time and recalled items. The top three male and female finishers will also receive prizes.

A portion of the proceeds to be donated to Alzheimer's Association Oklahoma Chapter

A Mind's Eye Creative Production

SPONSORED BY

Blue Cross National Bank, JET STREAM, The Jetty Counseling Center, Blue Cross Insurance, PAULS VALLEY, UFirstUnited, PHYSICAL THERAPY, EdinJames, *OPPOW'S CHIROPRACTIC * DAVID GEORGE AGENCY * MIKE'S CAR CARE * DR. BRIAN ALLEE * ONEOK * O'NEAL'S JEWELERS * SOONER HOME FURNISHINGS, THE HOUSE, TOTAL ELECTRIC

FAITH. FAMILY. FRIENDS.

Saturday, September 9th • 9:00 a.m. • Mitch Park • 10K, 5K and 1 Mile Fun Run

Running in memory of a loved one.

I'm Shilpa Abbitt and my son, Austin, was diagnosed with a brain tumor when he was 3. His cancer was in remission until May 2013, when at age 11, he developed radiation necrosis, an incurable form of cancer. I lost my son 4 months later. He was an awesome kid who had unbelievable faith and loved his family and friends (hence the name of the race).

This year we are working with Big A Charitable Fund at the OCCF to bring facility therapy dogs to kids facing cancer and blood disorders at The Children's Hospital and the Jimmy Everest Center. Big A Charitable fund was started in Austin's memory and is focused on raising funds for child-life services and cancer research. We all know how much our four-legged companions can cheer us up on a bad day, but therapy dogs play even more of a role in one's well-being by being known for helping people recover from traumatic events. According to Cancer Treatment Centers of America, "Studies have shown that animal-assisted therapy can decrease anxiety and pain, lower blood pressure and help alleviate depression, while offering welcome companionship and a positive distraction from treatment schedules and worries. I have personally witnessed the benefits of dog therapy when my son, Austin, was undergoing brain tumor treatment.

Before the race we are going to do a balloon release for anyone who may want to send a message to his or her own loved one in heaven.



You may purchase a long sleeve hoodie for \$25 (XXL \$27).

*Note: You are only guaranteed a shirt before the race if you register by August 19th.

About the Event

- Balloon Release 8:55 a.m. | Run Starts at 9:00 a.m.
- Online Registration until September 4th
Entry Fees are non-refundable
10K \$40 • 5K \$25 • 1 Mile Untimed Fun Run \$5 Donation
- Race Day Walk-Up Registration | Entry Fees are non-refundable
10K \$45 • 5K \$30 • 1 Mile Untimed Fun Run \$5 Donation
- If you would like to be a [virtual runner](#) or just want to [make a donation](#) visit <https://occf.org/onlinegiving/>; in the fund name, enter Big A Charitable Fund.
- All runners registered by August 19th will receive a pair of technical running socks.
- There will be unique age group prizes. There will be overall awards for the male and female who place 1st-3rd.

Packet Pick-up

- Elite Feet in Kickingbird Plaza
1237 E. Danforth Rd, Edmond, OK 73034
Friday, September 8th from 2:00-7:00 p.m.
- Mitch Park YMCA Edmond
Saturday, September 9th from 7:00-8:30 a.m.

SIGN UP TODAY

<https://www.facebook.com/pages/Faith-Family-Friends-5K-Race/>

Platinum Sponsors

Camelot
CHILD DEVELOPMENT

NELSON
P
R
A
D
D
L
I
ENGINEERING

Karl's
Plaques

Gold Sponsors

BACARDÍ

ELITE FEET

orthodontic
associates

FAMILY & COSMETIC DENTISTRY

GRADY L. LEMBKE, D.D.S.
(405) 330-6020

Silver Sponsors

Papa Murphy • Minter and Sons Inc.
Therapeutic Touch Massage

ScotiaBank Half Marathon, Vancouver BC

By Ben Pierce

Due to a family vacation, I had the opportunity to run the ScotiaBank Half Marathon in Vancouver BC on June 25th this year and it was amazing!

I started off this year by joining the OKC Landrunners after being invited by Steve Wells and Nouredine Mediouni (Dean). The Landrunners provided the structure and encouragement I needed to take my running to the next level.

I've never been to Canada before, but if the rest is like Vancouver, I think I'm going to have to move there!

The Canada Running Series ScotiaBank Half Marathon is a competitive race and there are some super-fast times every year. The course starts at the University of British Columbia and ends in Stanley Park right next to downtown Vancouver.

This course is absolutely beautiful and mostly downhill. I think the most amazing part of the course is when you hit the big turn and come out of the tall trees with the mountains in front of you and the city and the bay on your left. It was just incredible! I am also proud to say that I was the fastest Oklahoman there. I wore the Landrunner singlet to represent the club of course (see photo).

This has been my first year to run a half marathon distance and I have the Landrunners, my co-workers, and family to thank for energizing, encouraging, and inspiring me to push forward!

Thanks to all.



Finding Positive

By Dana Sue Campbell

Kathy Moffitt is one of the most inspirational people that I know. Kathy inspires me because she is the most caring and positive friend. When I was training for the 2005 Oklahoma City Memorial Marathon, Kathy was so helpful. It was the best 16 weeks of training in Oklahoma. What an honor to have Kathy running with me because she was a true supporter. She always encouraged me to do my best. I truly feel blessed that Kathy helped me train for my very first marathon.

I've always dreamed of running in a marathon.

My ultimate goal was to run in the 2005 Oklahoma City Memorial Marathon. I felt like it was the marathon to be a part of since I lived in Edmond, Oklahoma. I felt like it was the "run" of my lifetime!

I love running with Kathy because she is encouraging and has taught me to use mantras while I run. Kathy always supports my running. She is also the first one to say, "C'mon

one more step!" Kathy is never negative and she always asked me about my running. She's the first one to ask – How was your run? How did you feel? Did you have fun? Or she just tells me that I am a good runner even when there are days that I don't feel like I'm a good runner.

What is stopping you from finding an encouraging running friend? I did.

I joined the Landrunners because of friends like Kathy Moffitt.

Kathy and I are members of the Landrunners. I owe gratitude to the Landrunners training program. I am a marathoner because of the Landrunners and its members. I love running. I cannot wait until the 2017 fall marathon training program begins.

"Positive thinking will let you do everything better than negative thinking will." –Zig Ziglar

Gotta run, Dana



MOORE WAR RUN 2017

5K RUN OR WALK

Saturday, August 26 • 7:30 am

Start: Moore High School

Registration & Information: www.moorewarrun.com

\$30 Early Registration (Register by Aug. 9 to guarantee shirt size)

\$15 Students (18 & under) • \$35 Race Day

Packet Pickup, Pasta & School Spirit Expo

Friday, August 25 • 5:30-8:00 pm

Pasta Party Tickets - \$6

Westmoore High School

For additional information call: 405.202.1708

Proceeds Benefit:

Moore and Westmoore Alumni Associations

& Southmoore Scholarship Fund



HITACHI
Inspire the Next

RUN FOR THE NEXT GENERATION

8th Annual 5K & Kid's Fun Run
August 26th | Norman, OK

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
- \$100 cash prize + trophy for overall male & female winners

Kid's Fun Run (Ages 5-11)

- \$8 registration fee
- First 30 registrants receive a free t-shirt & grab bag



benefitting
center for
**Children
and
Families**

For more information visit
www.ccfnorman.org/run-for-the-next-generation



Oklahoma City St. Jude Walk/Run to End Childhood Cancer, Sept. 23, 2017

WHAT: Join supporters in communities across the nation for the [St. Jude Walk/Run to End Childhood Cancer](#) during Childhood Cancer Awareness Month for this family-friendly event that raises funds to support the lifesaving mission of [St. Jude Children's Research Hospital](#)®, where families never receive a bill for treatment, travel, housing or food — because all a family should worry about is helping their child live. Our mission is clear: Finding cures. Saving children.® The event will feature patient family speakers, a scenic 5K, family friendly activities and live entertainment.

For adults and children ages six and older, registration is \$10.

To register, make a donation or volunteer, visit stjude.org/walkrun.

WHEN: Saturday, Sept. 23, 2017

TIME: 7:00 a.m. - Check-in
8:30 a.m. - Walk/Run starts

WHERE: Stars and Stripes Park
3701 South Lake Hefner Drive, Oklahoma City, OK 73116

CONTACT: Emily Drover, Sr. Regional Development Representative
ALSAC, the fundraising and awareness organization for St. Jude Children's Research Hospital
Emily.Drover@stjude.org; Cell (405) 403-7762





P.O. Box 18113, OKC, OK 73154

ADDRESS SERVICE REQUESTED

August 2017

PRSRT STD
U.S. Postage Paid
Okla. City, OK
Permit 1810

Join or Renew Online Today!

Check your mailing label for your renewal date.

Join or renew your subscription online at www.okcrunning.org or:

1. Write a check for **\$20** to OKC Running Club
2. Mail Check with your mailing label (above) or new member application (available online) to:

Oklahoma City Running Club
PO Box 18113
Oklahoma City, OK 73154

Visit The Landrunners Online:

www.okcrunning.org

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



Landrunner Club Meeting

send suggestions to president@okcrunning.org

Fall Training
Every Weekend

MotherRoad Route 66 Bus Trip
See website for details

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