

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

December 2017 | Issue No. 260

Runners with Gratitude: Reflecting Brings Happiness

By Melissa Brevetti, Ph.D.

It is a pleasure to be a part of the OKC Landrunners. I know—really, I know—that I say this thought often, but looking at our running club, I am struck by the diverse talents and experiences that inspire others. Thank you for serving in multiple ways, such as sharing resources and volunteering at races.

The Thanksgiving holiday is around the corner (probably enjoyed by the time this article gets out) and, as the name suggests, we appreciate that many people have shared their time and paved the ways before us. Indeed, the holiday originated when the colonists expressed gratitude to the American Indians for their survival after many struggles. Much research indicates the benefits of having this “attitude of gratitude” in life. The Latin word *gratia* is where the word gratitude derived from, meaning gratefulness and grace, most interestingly. When a person has gratitude, one acknowledges all the goodness that exists in life. And yet, one also recognizes how human life is connected to something much, much greater than oneself as an individual.

I challenge you to find ways each day to say thank you to those around you and relish fun experiences. Instead of thinking about a lack of something, people who practice gratitude put themselves in the frame of

mind of recognizing what they do have. Furthermore, this conceptual practice will become ingrained and motivational through use.

How do we appreciate the journey? Take pleasure in new opportunities, small victories, and great friends. As we train and race, it is important to not only appreciate the running friends in the group, but all the people that we encounter along the way. Many times, for example, we (Jamie, Vincent and I) chat with regular community members, such as C.B. the tennis coach, who playfully heckles us to run faster, and Raymond the security guard, who likes to talk about food and travels, which become a fun part of the running route because we look forward to each friend along the way. Positive behaviors and interactions become habits while reflecting with gratitude sharpens thinking and satisfaction, whether or not we do it before, during, or after a run. Moreover, we can choose to focus on the many wonderful and fortunate pieces—making us happier—in this adventure of life.

Happy holidays and running to you.

President's Message

By Matthew Wilcoxen, President

It could be that I recently ran a marathon where I hit the wall just after the halfway point and spent the last miles just wanting to be done, but for some reason I have endings on my mind. It's also the end of 2017 and possibly the end of my presidency so maybe I shouldn't be surprised. One of my favorite quotes is from John Lennon who said, "Everything will be okay in the end. If it's not okay it's not the end". I find it an admirable trait in people when they can see the end coming and focus on the positive things that happened during the experience and not be dismayed because it's ending.

We've done some good things this year as a club. We worked closely with the Oklahoma Earthbike Fellowship to keep the Bluff Creek trails open to runners. We donated thousands of dollars to charities across the metro area. We had mayor Mick Cornett speak to us about improving this city for pedestrian traffic. We helped honor Camille Herron at the Oklahoma Sports Museum. We are now the official adopters of the Lake Hefner and the Bluff Creek trails. All these things have grown the running scene in Oklahoma City and I'm proud to have been a part of it all.

There are some club goals I had hoped to achieve that are still not quite there yet but we gave it a try and learned a lot in the attempt so I'll call that a positive step forward.

Everything comes to an end eventually, whether we're looking forward to it like a finish line on a difficult day, or if it catches us by surprise when we're running strong. The finish line is always out there and finding the strength to see the positive things that surround us when we cross it is the best way to get moving towards another start. Thank you for letting me serve you and happy running. Thanks for listening.



12th ANNUAL



5K THROUGH

HOLIDAY LIGHTS SPECTACULAR

JOE B. BARNES REGIONAL PARK, MIDWEST CITY

**DECEMBER 9, 2017
@ 5:45 p.m.**

REGISTER NOW: SIGNMEUP.COM/121413/

Pre-Registration before 12 p.m. Dec. 8: \$30 | Day of Registration: \$35

SPECIAL THANKS TO OUR HOLIDAY LIGHTS SPONSORS!



INFO: 405.739.1293 or MIDWESTCITYOK.ORG

Landrunner Calendar of Events

Date Event

12/02	Holiday Hustle 5K & 10K*
12/09	Landrunner Trail Sweep & Breakfast
12/09	Midwest City Nightlights Run 5K*
12/11	Christmas Potluck Social
12/31	Opening Night Finale 5K (2018 Series*)\$
01/06	Memorial Marathon Training Begins
01/20	State Games of Oklahoma Trail Run\$
02/03	Landrunner Banquet

* Denotes Series Races

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

Location/Time

OC 2501 E Memorial @ 9:00am
Stars & Stripes Park @ 9:00am
Midwest City @ 5:45pm
See website for details
Bicentennial Park @ 3:00pm
TBA
NuDraper Trails @ 9:00am
Will Rogers Event Center @ 6:30pm

Landrunners In Action

9/17 SANTA FE BUFFALO THUNDER HALF, NM

RICK BUSCHELMAN	1:53:58
LIZ BUSCHELMAN	2:33:51
CAROLE CALL	2:35:37
LISSA WOHLTMANN	2:49:46

LEIGH ANN HARDIN	4:23:58
KANANI SUMMERS-BORK	4:36:28
GREG BORK	4:53:36
JOE MEANS	5:23:27
CASSIE HENSON	5:38:57

10/08 PRAIRIE FIRE MARATHON, KS

LIZ BUSCHELMAN	6:40:00
RICK BUSCHELMAN	1:49:59 – HALF
LANCE CASEY	1:53:58 – HALF
LINDA KESSINGER	2:14:23 – HALF
TONI LEE	2:18:08 – HALF
CAROLE CALL	2:21:39 – HALF
LORIEN CASEY	2:21:57 – HALF

11/11 ANTHEM RICHMOND MARATHON, VA

KEVIN LYNES	5:42:36
SHIRLEY LYNES	3:59:43 – HALF

10/21 KANSAS CITY MARATHON, MO

CAMERON HAN	3:29:37
ROBERT BROWN	3:38:08
MARLON ONCO	4:13:18
JOHN MCKINLEY	2:00:41 – HALF
PAMELA BOOKER	2:02:03 – HALF
BRENT BOOKER	2:02:03 – HALF
SARAH ALVAREZ	2:42:28 – HALF
JENNIFER MORGAN	2:42:47 – HALF

11/05 NEW YORK CITY MARATHON, NY

DEBRA CARLSON	3:33:38
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10/22 MARINE CORP MARATHON, DC

LINDSAY ROTHER	4:16:43
DEBRA CHRONISTER	4:20:38
FAISAL MADNI	4:21:39

11/12 OUTER BANKS MARATHON, NC

MARY MIKKELSON	3:32:15
KARL KROKSTROM	3:41:20
MATTHEW WILCOXEN	4:10:27
MAURICE LEE III	4:29:08
CHUCK MIKKELSON	4:35:24
JAMIE KILPATRICK	5:22:41
AMY PANELL KROKSTROM	5:24:57
BILL GOODIER	1:45:10 – HALF
SHEILA MILLER	2:28:32 – HALF

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



okcMarathon.com



BEST PRICES AVAILABLE NOW!

18th Annual | April 29, 2018 |



Cold Weather Running Tips

By Tom Coniglione, MD

STOP, then GET WARM

When you stop running, your body temperature drops. If you are wet, your body temperature falls even more. Get out of wet clothes and GET WARM.

WIND

Wear a windbreaker to cut the wind. Run perpendicular to the wind. Run into the wind to start the run.

HEAD AND HANDS

Keep the head and hands warm. Forego trying to keep everything else warm. As soon as you start running, the body will warm. Just be concerned about keeping the head and hands warm; beanies, caps, headbands, even (in cold weather) a ski mask.

SHORTS OR LEGGINGS?

We see runners out in the cold wearing only shorts and a short sleeve shirt. What's wrong with them? They ask, what's wrong with (the rest) of us?

There is nothing wrong with them wearing shorts and there is nothing wrong with us wearing leggings, or vice versa. Some runners are more comfortable wearing less.

CHILLING

When it is cold and you are comfortable at the start of a run, you are overdressed. If you are warm at the start, you are overdressed. Be chilly at the start; dress for temperatures 20 degrees warmer than the actual temperature.

ICE – avoid it!

Be careful! There is always the treadmill, affectionately called the dreadmill by many runners. It's better than nothing. Yak Trax? They work for ice and snow. Still, be careful!



HYDRATION

When running, we lose fluid. Even when the temperature is low we lose fluids. Wind causes more fluid loss.

FINALLY

In the summer when it is hot and humid, we think about maintaining mileage until things cool off.

In the winter, we think about maintaining mileage until the weather warms.

Today is here - now. "Don't put off until tomorrow what you can do today." - Ben Franklin

"Make today count. You will never get it back." - Anonymous



Robert Brown celebrating his KC Marathon Finish.

The State of Games Oklahoma



TRAIL RUN

JAN 20, 2018

NU DRAPER TRAILS
LAKE STANLEY DRAPER
(North of SE 89th on Post Rd)
Oklahoma City, OK

FOUR, EIGHT & TWELVE
MILE RACES



REGISTER TODAY
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FOR 10% OFF REGISTRATION:
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AND USE COUPON CODE **LANDRUNNER**





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December 2017

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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



Lake Hefner Trail Sweep
Saturday, December 9, 2017

Christmas PotLuck Social
Monday December 11, 2017

Spring Training
OKC Memorial Marathon
begins January 6, 2018

Landrunner Banquet
February 3, 2018

Check the club's website or Facebook page for club events.