

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

September 2018 | Issue No. 269

Dehydration And The Brain

By Tom Coniglione, MD

THE SCENARIO

An athlete is helped into the medical tent. He is unable to stand without assistance. His clothes are soaked but he is not perspiring. He is helped to a cot. His eyes are glassy. He is confused and not certain where he is. When asked questions he babbles incoherently.

Medical personnel immediately surround him. He is made to lie down with his feet higher than his head. IV fluids are given. Within 15 minutes he is talking coherently and he can sit up on the cot.

Depending on weather conditions, this scenario plays often in Oklahoma City - many times at the OKC Memorial races and the Redman.

There are two points about this illness that are important. The first is that the runner was obviously (markedly) dehydrated. The second point is that when someone is this severely dehydrated his brain does not work. Evidence of his brain not working is the fact that he was confused, disoriented and babbled incoherently.

WHAT DOES THIS MEAN FOR YOU?

With ordinary runs, you become somewhat dehydrated – not to the point this man was. However, science has shown mild degrees of dehydration can cause impaired cognitive functions, such as diminished attention span, impaired judgment and lack of coordination. (The man in our example had an advanced form of cognitive dysfunction.)

Look at “Was It The Wind?” in the Landrunner Newsletter, April 2017 for a good example of disordered cognitive function caused by dehydration.

SCIENCE/MATH

The man in our example had lost at least 3% of his body weight by sweating. Having done this many times, I would even venture that he was probably between 3 and 4% dehydrated.

Milder forms of dehydration that we experience with routine summertime running can easily cause 1.5 – 2% dehydration.

The math: A 150-pound person who loses 1% of his body weight while running has lost 1.5 pounds during that run. Losing three pounds during a run amounts to losing 2% of body weight by sweating. 2% is enough to make the brain work poorly.

We have done the research. We know that the majority of our runners in Oklahoma can lose that much sweat in less than one hour of running.

The take-home messages are pretty simple.

First, small amounts of dehydration can interfere with the way our brains work. We have many examples of runners who act “goofy” after a run. “Goofy” = brain not working.



Second, we should all be measuring the amount of weight we lose per hour of running during various environmental conditions.

Third, losing one pound during your run means you have lost one pint of fluid. One pint equals one pound. How many pounds/pints do you lose?

Finally, after a run we should be replacing an adequate amount of fluids to make our urine look like “straw.” During and after the run, do not forget the salt.

President's Message

By Dana Sue Campbell, Landrunner President

It's a HOT August in Oklahoma. If you're training in Oklahoma for a 5k, half marathon, or marathon, you can feel the heat and humidity all over your body during a run. When I run in these temps, I can brave the elements and it makes me stronger. I'm getting more in tune with my body. I appreciate my five senses: sight, smell, taste, sound, and touch.

Sight: I like to look around during the training runs so I can visualize the marathon course. Recently during a training run from Remington Park as runners passed by me I felt in tune with the run because every runner waved or shouted good morning! One runner even stated how amazing the run felt. I enjoyed running with Joe Jacobi and Steve Wells for a half mile and I loved the feeling of being comfortable at the pace where I could visit for a few minutes. I remember when I could not do that! I enjoyed chatting about places to travel, places to run, and trying to find world peace. OK, the last one isn't true. This run was memorable for me because normally the first couple of miles seem the toughest for me. I seem to go out too fast because I get excited to be around my running friends. The first three miles went smoothly and I never focused once on the distance. I tuned into the footsteps of the other runners, I tuned into the good morning calls and I tuned into my body and heart rate. Before the run I was trying to figure out my new Garmin watch but I managed to forget all about the watch and tuned in to my surroundings. It was a great day for training!

Smell: My emotions go crazy during a run. The smell of new shoes, toasted marshmallow GU energy gel, the smell of the OKC Zoo as you pass by very quickly, and the crisp clean air of a new fall day! You can find comfort in some of these smells because you become familiar with smells during your marathon training. Recently I stocked up on GU energy gels and some new flavors. They are all yummy but the toasted

marshmallow is my favorite! I feel like marathon training this fall is going to EPIC!

Sound: Training for your next marathon is always exciting! Sixteen weeks of training will take you on journey of many miles and emotions. While running at the Wheeler Park last month, I recall hearing the hundreds of footsteps behind me and as they passed a runner would say hi! I remember hearing a conversation about how tired they felt or how scared to run 10 miles. Later hearing from the same person that the run was humid and hot but amazing! You hear sounds of keys clicking but they remind you of nature! You hear sounds of airplanes overhead and you hear a runner say "Come on, keep up!"

Taste: Tasting the cool water and Gatorade at the water station is a nice replenishment for your body. You need that water. Another taste that I have become familiar with is tears of JOY as you complete your first half marathon or your 50th marathon!

Touch: An Oklahoma run in August can be a sweaty one. I always try to pay close attention to the sweat and salt on my body. Hydration is important to successful training.

The American College of Sports Medicine and National Athletic Trainer's Association recommends hydrating before exercise as well as during and after workouts, whether it's with a sport drink or water. The standard recommendation is 500ml of water two hours before activity, 150ml to 250ml every 15 to 20 minutes during activity, and 450 to 675ml for every 0.5kg of weight loss a person experiences after an activity. Depending on your size and weight and your activity level and where you live, you should try to drink between half an ounce to an ounce of water for each pound you weigh, every day. For example, if you weigh 150 pounds, that would be 75 to 150 ounces of water a day. Remember to Hydrate!

2019 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.

2019 Nominating committee: Chuck Mikkelson (Chairperson), Dana Campbell, Terra Deupree, Kevin Lynes, Jim Roblyer.

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 or use the online nominating link on the website before September 17, 2018.

A list of candidates will appear in the October newsletter and the election will be held at the club's monthly meeting on October 15, 2018.

The 2019 newly elected Board of Directors will then meet in November to elect the Officers and appoint committees for the 2019 term.

Stephenson **CANCER CENTER**
OUTPACE
CANCER RACE

SEPT. 15

**BRING
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PACE.**

Kathy Moffitt

Bladder Cancer Survivor

Oklahoma Long Distance Running Hall of Fame

Outpace Cancer is a 10K/5K Race & 1-Mile Walk in Oklahoma City, hosted by the Stephenson Cancer Center, to raise money for cancer research and to provide support for cancer patients and their families.

OUTPACECANCER.COM



The University of Oklahoma is an equal opportunity institution. www.ou.edu/eoo



Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
9/01	Brookhaven 5K*	Norman @ 8:00am
9/15	Out Pace Cancer 5K / 10K	800 NE 10th ST @ 8:00am
9/15	CK Run 5K	Christ the King School @ 8:15am
9/16	Santa Fe Thunder Half & 5K	Santa Fe, NM @ 8:00am
9/17	Club Meeting	Kimray, 8 NW 42nd @ 6:30pm
9/21	Run @ Work / Run @ School Day	Your Work or School
9/22	Swazi 5K*	SNU, Bethany @ 7:30am
9/23	Uptown 5K*\$	NW 22 & Shartel @ 10:00am
9/29	Tulsa Komen Race for the Cure 13.1/5K\$	River Spirit Casino @ 6:30am
9/29	Falcon 5K*\$	Yukon @ 8:00am
9/29	Down Syndrome Festival 5K	Chickasaw Bricktown Ballpark @ 8:00am
9/29	Heels for Hope*\$	Wiley Post Park @ 9:00am
9/29	Choctaw Challenge 5K*\$	Choctaw Creek Park @ 9:00am
9/29	Robert Brady Memorial 5K	7340 W Memorial Rd @ 7:00pm
9/30	OK Ale Trail 5K Beer Run	The Patriarch, Edmond @ 3:00pm
10/6	Run for a Reason 5K	Wild Horse Park, Mustang @ 8:00am
10/13	Spirit of Survival (Bike 10/13 / Run 10/14)	Lawton, OK
10/15	Club Meeting	Kimray, 8 NW 42nd @ 6:30pm
10/20	Bethany Fall Classic 5K*	7600 NW 23rd ST @ 8:00am
10/27	Tulsa Run 5K / 15K*\$ & Bus Trip	Tulsa, OK
11/3	Little Heart Run 5K*\$	Regatta Park @ 10:00am

* Denotes Series Races

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

Landrunners In Action

8/19 ANCHORAGE RUNFEST MARATHON, AK

MIKE GIBSON

4:15:38

SHERRI GIBSON

2:59:42 - HALF

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



9 • 15 • 18

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RUN TIMES

8:15- 5K

9:00- SUPER STAN'S
MILE

9:20- TODDLER DASH

FOR RACE DETAILS AND
REGISTRATION VISIT
CKOKC.ORG/CK-RUN

Becoming Damn Good: Self-Fulfilling Prophecy in Running

By Melissa Brevetti, Ph.D.

From ancient Greek dramas to Shakespearean tragedies to Harry Potter fantasy adventures, worldwide culture reveals the power in a self-fulfilling prophecy.

For example, in the famous Greek mythology of *Oedipus the King* (also called *Oedipus Rex*) by Sophocles, King Laius of Thebes is told by an oracle that his son will murder him and then unknowingly marry his mother. Fearing and acting in accordance with this belief, the king commands his son, Oedipus, be killed as an infant. However, Oedipus survives and never meets his parents until he fulfills the premonition, which only came true since King Laius thought it would come true and took actions that allowed it to come true.

Treating others and yourself how we expect often encourages the behaviors—and thus the consequences—that confirms the beliefs.

How does this relate to your running?

Let me explain the psychology that is the secret to champions who have become damn good, despite backgrounds of challenges and adversities. The term of self-fulfilling prophecy (SFP) was originally coined by Robert Merton in 1948 to give insight into how “a false definition of the situation evoking a new behavior which makes the originally false conception come true” (Merton, 1966, p. 477). Often we invest time and energy into what we see as important. Therefore, we end up prioritizing, encouraging, and striving for a certain finish line in order to make the “reality” that we want actually happen.

Here are three effective steps for using the SFP psychology in running:

1. Try a Running Group, Race and/or Event, or a Coach for Positive Affirmation.

The significance is that you begin to speak the language (PR anyone?) and see yourself as a runner with goals. There is a power in the imagery as well, so let your mind ruminate on the feelings of being challenged and overcoming those difficult times, because it will be worth it. Dare to visualize both tough times and subsequent successes. One more tip is to take pride to wear the clothes/uniform, especially races that were conquered, motivating oneself to see an active and healthy self-image. Nonetheless, I will offer the caveat of a short tale called “The Emperor’s New Clothes” if one thinks success lies only in appearances, not the grit and integrity, that makes outstanding athletes. And please refrain from testing the running community by wearing the above-mentioned new clothes. We learn much from the company we keep, and these habits are key to how we see ourselves.

2. Invest the Time to Build Confidence.

In a modern-day society that can too often try to romanticize some basic pieces of life, decades of research reveal the most valuable aspects of life are built from consistent relationships and practice—in other words, we value what took work. If we want to run long, then practice and build for that goal. “Desirable difficulty” is a careful balance with approximately 50-80% attempts being successful right away while growing in

new areas. Too easy is boring. Keep behaving as a top runner would. To be a runner, what should one do? This is no trick question (even though there could be many layers). Put simply, to become good at running, one would have to practice that particular skill and simulate that behavior so that the work during the process yields those desired results.

3. Improve Self-Talk.

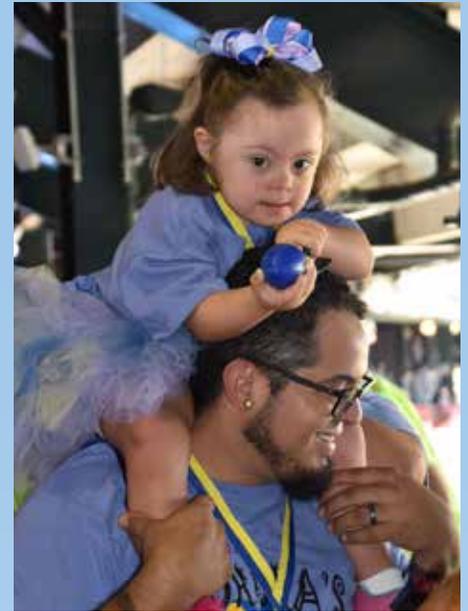
Optimism is one key trait for strong performances. Yes, there will be uncomfortableness or pain at times, but you can tell yourself that this, too, will pass. Tell yourself in a stern, albeit reasonable words, that you trained hard and deserve to finish hard. Some things are beyond control, such as start times and weather, while other things are under control and should be noted. On a personal note, to shed more light on this concept, I frequently have to tell myself to “let ‘OCD me’ go and be present in the moment,” so I am ready for that beautiful sunrise (in my case, usually a sunset, wink-wink) or delightful seasonal smells. Remember, dear runners, to use the power of self-talk in positive, prudent, and encouraging ways.

Therefore, let’s conclude with one final thought: Whether you think you can or you cannot, you will be right in the end. People show the depth of human spirit through their training, for the results will unfold from the tests of mental and physical hardships during the transformation. We run in such beauty, often unaware but moving forward with aspiring hearts of perseverance, hope, purpose, passion, and fulfillment, as we transform into becoming damn good.



On a not so hot August 15th, the Landrunners had a trail sweep on the east side trails of Lake Hefner followed by pizza and drinks at Louie’s on the Lake. Thanks Landrunners sweepers for keeping our trails clean..... and Jim Roblyer for organizing

Run for Awareness • Run for Acceptance • Run for Inclusion • Run with a Purpose!



DOWN SYNDROME FESTIVAL & 5K

Saturday, September 29th

Chickasaw Bricktown Ballpark

5k starts at 8 a.m. followed by the Awareness Walk at 9:30 a.m.

Festival is free and open to the public, and begins inside the ballpark at 9:45 a.m.

All proceeds stay in Oklahoma and benefit the Down Syndrome Association of Central Oklahoma



www.DSFestivalAnd5k.com

Bravo's Corner: August 2018

By Mark Bravo

While calling athletes to a recent finish line, it struck me that we who run, walk, or simply take the initiative to move in any manner that nurtures us, have been given a special gift. It's the joy of doing something of our own initiative which almost always lends immediately to the quality of our life. To how many things out there - no matter the cost - can you truly attribute that trait?

It's evident, though, that an added bonus is in play when we tap our physical capabilities and ask our bodies to continually rise to the occasion. It occurs to me that we add not only immeasurably to our own lives, but the positives we experience transfer to others around us fairly immediately and in more ways than we might realize!

Sure, it's not that every step of an effort is filled with unadulterated joy; if that was the case, it would be bottled and sold! Indeed, the many fads and "latest, greatest" substitutes to exercise (the purest form of which is found in running or walking) are offered over and over, yet nothing has stood the test of time better than the art of movement. It's clean, self-sufficient and doesn't require buying anything (except a little gear).

The intangible that comes with employing the drive (and sometimes real 'stick-to-itiveness' necessary to stay consistent with your motion) is that often the greatest gains we experience are as much about what it does mentally for us, not only physically.

Back to not needing to enjoy every step of this journey (what are the chances of that with anything!?) When I'd rather do something else (like a little writing, correspondence with my athletes, or just be worthless awhile), I think about what getting out the door will make me feel like, no matter how long or challenging the effort. It's invigorating, and you have the gratification of effort all day afterward. When it's still a bit of a mental "shoving match" to decide whether to go out or not, don't be above "bargaining" with yourself: shorten your distance or pace goal (if you have one) that day, and just START! Often you end up with the type of workout you initially anticipated.

And one more thing - whether you can transpose the effort into pure joy that day (most times you do, sometimes it remains drudgery for a day or so) I have a lock-down 'guarantee' for you and it's your greatest bargaining chip: KNOW you'll have that VICTORY the entire day, if not forever. In other words, it's not always how the run makes me feel after completion, it's how mentally I know I'll feel if I DON'T. Conquering that hesitance to get out (or stay in) and get something done physically can be as gratifying as the sense of well-being and vigor that comes from the workout itself.

Finally, if it doesn't happen, don't beat yourself up. We're human and life happens! Just try to keep these days few and far between. As many of you know, it's not that you do A LOT SELDOM, but more that you do SOMETHING OFTEN! Keep thriving, athletes, and I'll see you soon on the roads.....

Mark Bravo is author of MOMENTUM, a running coach and race announcer. Mark can be found at runbravo@yahoo.com or at OK RUNNER OKC!

OK ALE TRAIL
5K BEER RUN
 SEPTEMBER 30
 3:00pm
 The Patriarch
 Craft Beer House
 9 East Edwards

\$40 Registration includes:

- 4 Craft Beers
- Special Edition Souvenir Beer Glass (with early registration)
- Live Bands
- Ale Trail Challenge Awards
- Runners & Walkers Welcome

*** Register online at EdmondFineArts.com ***

Early Registration Ends Sept 7
 \$45 After Sept 7
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SATURDAY, SEPTEMBER 29, 2018

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

Kids Crafts & Activities!
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Register: <http://bit.ly/falcon5k> • Questions? falcon5k@sjnok.org

This event will fund Desk Bicycles and Flexible Seating options for our classrooms.

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The 5K race is Certified and Sanctioned by USATF.

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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 7:30 AM

Dash begins at 8:45 AM

Race begins at 9:00 AM

9-29-18

For more information:

www.signmeup.com/126372 • 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*





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**Little
Red
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November 3

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10:00 a.m. Walk • 10:30 a.m. 5K Run

Registration fees will apply.

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#LittleRedHeart



BETHANY FALL CLASSIC

October 20, 2018 8:00 am
5k & 1 mi Fun Run
On Bethany's 23rd Street District

Presented by Bethany Vision 23, City of Bethany, and OK Runner

To register, visit:
www.signmeup.com/126568

A portion of proceeds
will go towards
The Children's Center
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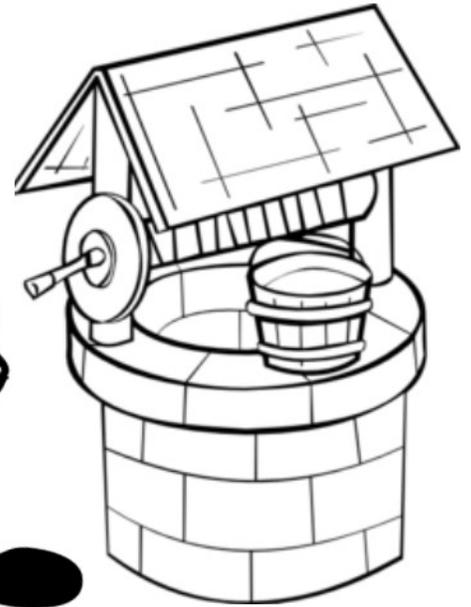


OKLAHOMA CITY
UPTOWN 5K
UPTOWN ✕ 23RD

September 23rd - 10:00 a.m.
uptown23rd.com/5k

Mesta Festa

Steps To Wellness



Choctaw Challenge 2018
September 29 at 9:00 AM

Choctaw Creek Park

2001 N. Harper Road Choctaw, OK 73020

 5k Race & 1 Mile Fun Run

A LANDRUNNER Series Race & USATF 5k

Sanctioned Race with timing by DG Productions

Fees & Registration

5k: \$30.00 & 1 Mile Fun Run: \$25.00

(Costumed pets welcome at Fun Run)

Groups of 5-9 Save \$5.00 each, use code SAVE5

Groups of 10+ Save \$10.00 each, use code SAVE10

Register Online: www.signmeup.com/126837

Register In Person: 14625 NE 23rd, Choctaw, OK 73020

\$5.00 Fee Increase for Race Day Registrants

PRIZES

- ◆ T-Shirts for First 200 Registered Runners!
- ◆ Gift Package for Overall Male/Female 5k Finisher
- ◆ 5k Medals 3 Deep in Age/Gender Divisions
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- ◆ Raffle Prizes (For Pre-Registered Runners)



RUNNING FOR ROBERT



Eighth annual 5K run/walk, honoring Robert Brady



Join us for our eighth 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 29, 2018

6 p.m. – Sign-in and registration

7 p.m. – Run/walk starts

Farmers Insurance

7340 W. Memorial Road, Oklahoma City, OK 73142

Register now at signmeup.com/125561

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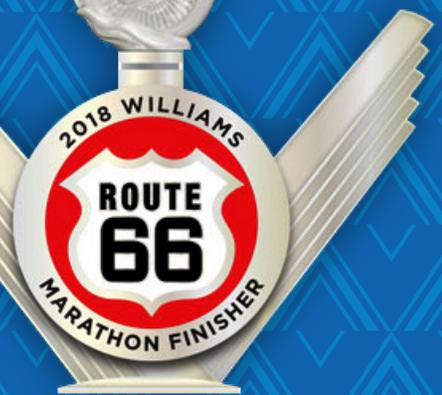
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BY RUNNER'S WORLD MAGAZINE



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WILD HORSE PARK - MUSTANG, OKLAHOMA

5K Run @ 8:00 AM

(7:00-7:45 AM REGISTRATION)

All Age Divisions

Awards for 1st, 2nd & 3rd place - male & female
in all USATF age divisions

5K Walk @ 8:30 AM

(7:45-8:15 AM REGISTRATION)

All Age Divisions

Finishers 14 & under will be
entered into a drawing for a Bicycle

10.6.2018

5K FOR 50K

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USATF CERTIFIED COURSE

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15YRS & OVER EARLY BIRD \$30
RUN OR WALK RACE DAY \$40

5YRS TO 14YRS EARLY BIRD \$15
RUN OR WALK RACE DAY \$20

REGISTRATION BY OCTOBER 1, 2018 INCLUDES A RACE T-SHIRT

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Swazi 5K

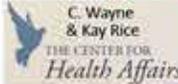
September 22, 2018

Southern Nazarene University
Bethany, Oklahoma

www.swazilandpartnership.com/swazi5k

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Proceeds benefit the Oklahoma City National Memorial & Museum.



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September 2018

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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



Club Meeting

Kimray 8 NW 42nd St
9/17 @ 6:30pm

Tulsa Run Bus Trip

Oct. 27, 2018
Only \$23 round trip

Fall Training - every Saturday

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