

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

January 2019 | Issue No. 273

Winter Weather Running - Don'ts, Do's, and Tips

By Matthew Wilcoxon

We've all been there, it's mid-January, 6 AM, your training plan says to do 10 miles, and you look outside and the roads are snow covered. Then you look at the thermometer and it scowls back at you with a reading of -0.OMG. Running is a year-round sport but sometimes it's hard to keep those training logs full of entries between November and March. But fear not, I've compiled a simple list of things to keep you running through those long, cold, dark winter months.

Let's start with the Don'ts.

The number one rule of running in the cold, at least for me, is don't do it. Seriously, when there are five feet of snow on the ground, it's bone-chilling cold, the wind is blowing 150 mph, and you can't get your front door open because it's frozen shut, someone is trying to tell you that you shouldn't go outside and run. I mean how many more signs do you need? It's a little like those horror movies where the stupid victim hides in the garage full of chainsaws and axes only to act surprised when those things are used against them. Don't be that person! Read the signs people. Stay inside. Read a book. Read a book about running. Strap books about running to your feet and walk around your house, that's as good as a 5K, I think.

The next Don't of cold weather running is: Don't listen to those crazy friends who call you all excited about the first snowfall and try to get you to go running. Remember rule number one and just hang up on these friends. Don't get into an argument with them. Remember these are the people who run into the chainsaw-filled garage. They aren't rational. The best you can make out of this situation is to document every friend who calls with

this stupid suggestion and weed them out of your life. Do you really want to run with such irrational people? Of course not, don't be silly.

Now let's get to the Do's of cold weather running.

Do buy a plane ticket to Florida for your long runs. This is the best advice I can give you and I think you'll all agree that it is flawless and perfect in every way. Oklahoma is cold. And windy. And sometimes icy and snowy. Florida is warm. They have beaches. They have palm trees and drinks with umbrellas. See the difference? This is one of those pieces of advice that is so simple, once you realize it, but is so often missed by most people. Now if you start crying about the cost, think of this. How much do you spend on all that cold weather running gear? A good running coat will set you back a couple hundred. Then add up the cost of the insulated socks, pants (shorts if you're Chuck), shirts, hats, gloves, hospital bills to treat the frost bite, hospital bills to treat the concussion received upon hitting a patch of ice, and the gallons of liquor needed to warm you up afterwards and help you forget you're NOT in Florida (which maybe is taken care of by the concussion). Compared to all that, a trip or two, or five, to Florida seems cheap!

Next, Do consider moving to Florida. I mean really, there are jobs down there, too. Your family will visit. Probably more than you want them too. Housing and general cost of living may be a bit more but remember that your annual clothing expense will be much smaller. Flip-flops, tank tops, and shorts are cheap! And do you

See *Weather*, on page 6

President's Message

By Dana Sue Campbell, Landrunner President

You know me as Dana Campbell, your Landrunner president for the past year.

And you'll see more of me in the coming year as I'll continue to be your Landrunner president!

Facts about Dana Sue:

From: Anadarko, Oklahoma

Parents:

Nellie Sue Campbell (Mom)

Charles Edward Carter (Dad)

Siblings:

Andrea Lynn Carter Caine (sister)

Where I grew up:

I was pretty lucky because I was a military brat and we moved to so many new places: Fort Riley, Kansas; Pine Bluff, Arkansas; Phoenix, Arizona; Frankfurt and Giessen, Germany. I lived and attended school in many Oklahoma towns; Anadarko, Verden, Lawton, Gracemont. Lived in all these places before age 14.

First time I ran:

Races in school.

Did you like it then?:

I loved to run at this young age. It was a sport that I could do. I was short, with a small frame, and I was always very competitive!

First time I ran:

In 1977 at an all-city track meet. I loved it so much I still have my first place ribbon. I even have a second place ribbon for the long jump. I have these ribbons in a very special place. My mom was so proud of me.

What I was like as a kid:

Outgoing. I never met a stranger. I loved the outdoors and trying new things because I moved a lot as a kid. It was easy for me to make new friends. I

was not shy at all. Well, maybe at first when I moved to a new city I would be shy at the new school. I always made friends immediately. I always signed up for activities to get involved in the new school. Once I tried baton twirling. I was horrible. Once I made a friend named Shae, and I absolutely loved her go cart! I loved racing it all over our military base in Pine Bluff, Ark. I loved traveling to the new towns. I was a very active kid. If I wasn't outside, I was about to go outside or I was coming in from outside late at night. I would get into trouble for being outside too late.

What my Native American heritage means to me:

It makes me very proud to be a Pawnee. We have many traditions and values. Being Native American has made me aware of family values, time spent with family and being more respectful to others. I have always respected my parents, teachers and friends. When I run, I have a spirit and confidence over me as I run in many of the beautiful towns in Oklahoma. When I run, I am completely in a good mood. I am in a peaceful, calming and spiritual mind. I look up at the sky. When I see a bird, I feel free as bird.

I feel that Pawnee traditions such as being hunters, runners and family are a part of me.

Although I do not hunt, I respect the coyote and many animals that hunt for food.

As a Pawnee, I know the history about Pawnees. They are light-footed and spiritual.

Stories claim that the Pawnee people helped the soldiers steal horses because Pawnees are light-footed and speedy runners.

Education background:

- Lawton High School, 1985

- Cameron University, 1985 - 1988

See President, on page 8

OKLAHOMA CITY MEMORIAL MARATHON



MARATHON HALF MARATHON RELAY 5K KIDS MARATHON

APRIL 28, 2019

SIGN UP NOW!

okcMarathon.com

Changing the Course of OKC

Proceeds benefit the Oklahoma City National Memorial & Museum.



Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
1/5	Spring Training for OKC Marathon Starts	First Church @ 7:30am
1/7	Club Meeting OKMM & Training Info	OKC National Memorial @ 6:30pm
1/12	OKC Memorial Marathon Kickoff	OKC National Memorial @ 7:00am
1/26	State Games Trail Run*	Nu Lake Draper Trails @ 9:00am
2/2	Landrunner Banquet & Series Awards	Will Rogers Event Center
3/9	Landrunner's Beacon Run*\$ 25K, 15K, 5K	Lake Hefner Trails

* Denotes Series Races

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

Landrunners In Action

11/11 DOGWOOD CANYON 25K TRAIL RUN, MO

ADRIAN WOLFORD 4:06:00

11/17 ROCK & ROLL LAS VEGAS, NV

BOB LEMON 3:48:26

JENNIFER LEMON 2:48:40 – HALF

11/17 DEAD HORSE ULTRA 50K, UT

MONTY LINDSAY 7:10:39

KIRK DEARDEN 7:10:39

11/25 SPACE COAST HALF MARATHON, FL

BILL GOODIER 1:54:25

SHEILA MILLER 2:44:00

SUSAN GREEN 2:49:31

12/1 ST JUDE HALF MARATHON, TN

KATHERINE CHANDLER 1:59:51

KRYSTLE COLLINGSWORTH 1:59:52

BETSY HILBURN 2:11:56

KELLY HILBURN 2:27:46

HOLLY MANGHAM 4:23:48

12/2 TYLER HALF MARATHON, TX

CHRISTOPHER LEE 2:38:53

12/2 CALIFORNIA INTERNATIONAL MARATHON, CA

TRAVIS SLAWSON 2:59:19

DEBRA CARLSON 3:21:49

JOLYNN BELLINGER 4:02:08

12/9 BMW DALLAS MARATHON, TX

50K

BOB LEMON 4:51:31

MARATHON

JONATHAN MORRIS 2:48:18

ARMEL MBAKOP 3:01:45

BLAKE MIDDLETON 3:28:18

JEFFERY WAGNER 3:40:07

MATT BISHOP 3:42:38

GARRETT MORELOCK 3:42:47

ALYSSA MORRIS 3:44:56

JIMMY LE 3:47:07

JEFF SITTON 4:01:44

SETH BEARDEN 4:03:18

MARY HAMMER 4:28:55

JUSTIN CHAN 4:39:39

OWEN GARRETSON 4:49:53

AMBER CROSSLEY 5:10:45

CASSIE HENSON 6:02:40

HALF MARATHON

JOEL HULSEY 1:30:35

RICK OVERTON 1:38:13

BRANDI RIDPATH 1:39:09

DINKY HAMMAM 1:47:28

MARK WALKER 1:59:23

STEVE GRIFFIN 2:10:42

TRACIE SIMARD 2:13:20

STEPHANIE GRIFFIOEN 2:13:56

JULIA REZA 2:16:06

TIM ZAJAC 2:23:59

VI LE 2:27:04

LANEY ELLIS 2:28:17

ELLIS, JULIA 2:28:37

LANCE CASEY 2:29:00

JEFF KUNKEL 2:23:20

KRISTINA GRAY 2:45:26

SUSAN COX 2:46:08

LORIEN CASEY 2:46:09

JENNIFER LEMON 2:49:15

ROBIN GARRETSON 2:59:55

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

Join us for

A Dash OF Magic

May 4, 2019

Run, Walk, or Volunteer at
Oklahoma's largest autism event!



Chickasaw
Bricktown Ballpark

2 S Mickey Mantle Dr
Oklahoma City, OK

Doors open at 7:30 AM

Food • Fun • Resource Fair
Funding, helping, and increasing autism awareness



Presented by



Weather, continued

really need a big house if you're going to be outside all the time anyway? Heck, any old dumpster will do just fine. Seriously, in mid-February, there's an argument to be made comparing homeless in Florida to a mansion in Nichols Hills.

Finally, here are some general tips to help with your cold weather running.

- Southern California is just as good as Florida. Arizona is almost as good as Southern California and Mexico is just as good as Arizona and the drinks are cheaper.

- Any small, isolated Caribbean island with "Saint" in its name is better than all the above. And before you scream, Hawaii isn't ranked because it's in a class by itself.

- If you run around a cruise ship, the GPS map of your run will be a very cool looking spiral.

- Post-run drinks taste better watching a beach than watching snow.

- It's a known fact that any run done at sea level, within view of an ocean, is an immediate PR. It's science.

Getting those winter miles in doesn't have to be such a drag. If you follow these simple rules, your winter runs can become the best runs of your year! I'm a perfect example. I used to loathe winter running until I discovered these simple rules and tips. Now I look forward to every sunny, warm, sandy run I take over the winter months. I'm a total convert and you can be too. Just put those running shoes in your luggage and get out there. There's nothing quite like a long winter run watching the sun fade into the ocean. If Norman Rockwell had been a runner, that's the scene he would have painted.

LANDRUNNERS!

KEEP YOUR LEGS FRESH AND YOUR SHOES FRESHER WITH 15% OFF FOOTWEAR AT OK RUNNER!

AND WHY NOT GET A TRAINING PLAN TO BREAK IN YOUR NEW SHOES?

ASK ABOUT OUR HERE TO 5K, ON TO 10K, WHY NOT 13.1, AND ULTIMATE 26.2 PLANS! MENTION THIS AD FOR 10% OFF!



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FOR MORE INFO ON TRAINING GROUPS, VISIT OR CALL OUR OKC LOCATION, OR VISIT MYOKRUNNER.COM / TRAINING-GROUPS

**Edmond - 1389 E. 15th St, Suite 140
(405) 285-1455**

**OKC - 708 N. Broadway Ave
(405) 702-9291**

**Norman - 3720 W. Robinson, #116
(405) 447-8445**



RRCA CENTRAL US REGIONAL 25K CHAMPIONSHIP



Saturday, March 9, 2019

Location:

Lake Hefner East Wharf
9401 N Lake Hefner Dr
OKC, OK 73120

Registration:

www.okcrunning.org
(no processing fees)

Produced by:



Proceeds to promote healthy lifestyles through recreational walking and running For more information email: racedirector@okcrunning.org

President, continued

Jobs:

Baskin Robbins Ice Cream; El Chico Mexican restaurant; KSWO TV, Lawton; KIRQ radio station; aerobic instructor; Dillard's; Macy's; Lucky Star Casino; Oklahoma University Health and Sciences Center; Deer Creek Public Schools.

Childhood inspirations:

Billy Mills; Andy Payne; Jim Thorpe; Jackie Joyner-Kersey; Nadia Comăneci (Olympic gold medalist); Janifer Unruh; my Lawton High School teacher, Mrs. Mildred Dossey; my Dad.

People who inspire me now:

My Dad, Charles E. Carter. He passed on Jan. 23, 2010. He was such a huge supporter of my running. Janifer Unruh (God sister), Pastor Josh Edington, Pastor Marty Grubbs, and former running friend and Riverside Indian school teacher/coach Terry Ware.

Dana Campbell-Sternlof Story

Ten of my favorite inspirational quotes that have helped me with running and life.

1. Isaiah 41:10 "God is my judge. Fear not, I am with you; be not dismayed, for I am your God. I will strengthen you. Yes, I will help you, I will uphold you with My righteous right hand."

2. Psalm 23:1-6 "The Lord is my shepherd. I shall not want. He maketh me lie down in green pastures, he leadeth me beside the still waters. He restoreth my soul, he leadeth in the paths of righteousness for His name's sake. Yea, though I walk through the valley of the shadow of death. I will fear no evil for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies thou anointest my head with oil, my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever."

3. Philippians 4:13 "I can do all things with Christ who strengthens me." I usually quote that at every mile marker during a race.

4. "Gotta Run" - I started saying this in 1986. I began saying this as a teenager because when I got busy or didn't have time or the money, I would just start running. Gyms were so expensive in the 1980's so I would run. It was just so much fun. When I started calling into the Sports Animal radio station - WWLS 98.1 FM in Oklahoma City, I would call the radio station about 9 a.m. so that I could mention upcoming local races or out of state races to run. The late Bob Barry Jr., Channel 4 sports anchor and morning radio show host, would let me talk for several minutes about races and running. I knew the whole time that my Dad was listening to WWLS because he was a fan of Bob Barry Jr. and he was my fan too! Dad was battling diabetes and he was homebound trying to fight the complications of his illness. When I signed off the radio show, I would say "Gotta Run!" because it was my way to say "I love you, Dad!" You might remember when the famous Carol Burnett would tug her ear at the end of the show to tell her mother that she loved her. I always remembered that my own mother died at the very young age of 38. I never got to tug my ear or say "gotta run" to her like I wanted to. I always cherished my Dad and I will always honor him.

5. "My feeling is that any day I am too busy to run is a day that I am too busy." - John Bryant, deputy editor, London Times, 1994

6. "Bid me run, and I will strive with things impossible." - Shakespeare, Julius Caesar

7. "A lot of people run a race to see who's the fastest. I run to see who has the most guts." - Steve Prefontaine

8. "The difference between a jogger and a runner is an entry blank." - Dr. George Sheehan

9. "To be a consistent winner means preparing not just one day, one month, or even one year -- but for a lifetime." - Bill Rodgers

10. "As every runner knows, running is about more than just putting one foot in front of the other; it is about our lifestyle and who we are." - Joan Benoit Samuelson

The Little Runner Who Could: Training Your Mind to Run Fast and Far

By Melissa Brevetti, Ph.D.

Once there was a little runner who was young and dreamed of winning. He lived in a trailer and got by on food stamps. However, this runner had confidence, a burning passion to run hard and aggressively right in the front. And he did.

The boy learned how to run without holding anything back, for he knew sacrifice was a part of reaching big running dreams. At one point he went five years without a single loss to any Americans at distances greater than one-mile, as well as holding USA records at every racing distance from 2,000 to 5000 meters. Indeed, he once explained, “Some people create with words, or with music, or with a brush and paints. I like to make something beautiful when I run. I like to make people say, ‘I’ve never seen anyone run like that before...’” This boy became a legend for distance runners. His name is Steve Prefontaine, who ran with charisma, confidence, and guts.

What was unique about Prefontaine? He had trained his mind to run as fast and far as humanly possible.

Here are some tips to also be a runner who could:

1. **Train with Purpose and Positivity** - Prefontaine did not miss one practice for the four years that he was running at the University of Oregon. This is impressive attendance, I would like to point out. The lesson learned: he had, most significantly, the incredible commitment and belief to strive for his dreams, the Olympic gold medal. He was particularly fueled after a disappointing 1972 Olympics in Munich where he narrowly missed a medal. Consistency in his training—along with his inner vision—drove him to race like no one. His positivity is not to be confused with ease, because positivity includes having obstacles and working through them. Tragically, he was killed in a sudden, mysterious car accident at the age of twenty-four before his 1976 Olympics endeavor that seemed like the right time for his peak. Nonetheless, his passion for the sport of running and his running community/friends has inspired generations of runners.

2. **Train as What You Want to Be** - Habits become critical, picture yourself excelling. It’s not fancy gear that wins races, but the hours put in to build confidence. As Prefontaine contemplated, “How does a kid from Coos Bay with one leg longer than the other win races? All my life people have been telling me, ‘You’re too small Pre’, ‘You’re not fast enough Pre’, ‘Give up your foolish dream Steve’. But they forgot something: I have to win.” Winners hold themselves accountable. Ask yourself what winners do and the answer will come back that winners take calculated risks and have the mindset of playing well whatever hand that is dealt.
3. **Sacrifice Is Part of Success** - The weather may not always cooperate, not to mention timing may not always cooperate. That being said, many factors are controllable, including rest, diet, and training preparation. Remember to avoid trying new clothes and food for your race/event; continue with what works for you. Furthermore, be mentally prepared to feel discomfort if you are running faster or farther than you are accustomed. Prefontaine showed that he knew how much he could sacrifice... a lot. As he famously stated, “Somebody may beat me, but they are going to have to bleed to do it.” Embrace the idea of self-tenacity, which may sound something like “I think I can” to reach your full potential.

Prefontaine’s life—a runner with obstacles who could—reminds us that greatness is ready for everyone if we are willing to sacrifice, to run free and hard, to make a dream turn into reality.



THE SHOT DID NOT WORK; Now What Do I Do?

By Tom Coniglione, MD

“The doctor gave me a shot for my ITB. He told me to roll on it. I’ve been rolling and it still hurts. What should I do?”

I did not give the shot and do not believe the foam roller does much. Yet we would be happy to help. Here are just a couple of quick thoughts about rolling, the ITB and injections.

INJECTIONS

Most of us who treat athletes reserve injections for two circumstances. The first is to see if the injection relieves pain. If the injection relieves the pain, we then have a better idea about the cause of the pain. This is an injection being used as a diagnostic test.

The second time to use an injection is when we need short-term relief from a problem. Short-term relief is usually for a specific event such as a race. The effects of the injection will be noted within a couple of days and should last seven to ten days. Rarely will the effects last longer. We have employed this use of injections on multiple occasions prior to endurance events.

THE ITB

When there is ITB pain, there are usually three issues to be addressed: (1) tightness of the ITB, (2) movement of the foot and (3) weakness of the hip extensors (glutes).

1. Frequently the ITB is tight because the hip abductors (gluteal muscles) are weak. Stretching the tight ITB may help in the short term but the weak hip muscles must also be addressed.

2. Movement of the foot: Pronation of the forefoot can contribute to ITB pain. Therefore, the mechanics of the foot is the second issue that should be addressed.

3. The tight ITB itself. Yes, stretching the ITB will help the pain-in the short run. However, long term improvement in ITB pain must include a comprehensive approach to the three different issues.

FOAM ROLLING

The act of foam rolling itself can cause inflammation in the ITB. We have seen runners who foam roll to the extent that they have bruising over the ITB - self-inflicted maceration of the ITB. C'mon runner. Pain is NOT good.

When you bump the front of your leg on a piece of furniture, you develop a bruise. If you massage the bruise, the swollen purple area will only get larger and hurt more. Think about that when you roll a bruised painful ITB - you can (easily) make it worse.

FOAM ROLL OR STRETCH?

There has never been research to show foam rolling the ITB can lengthen it. However, foam rolling makes it feel better – for a little while.

There is scientific evidence showing stretching can increase the length of the ITB by about 3%. It does not take much lengthening of the ITB to improve the symptoms.

So put down the foam roller. Avoid injections. Have the alignment of your legs and hips analyzed. Make sure the mechanical inter-relationships of your feet to your knees and your hips is understood and addressed.

OKC Landrunners Banquet & Series Awards



**All runners,
walkers and friends
are invited.**

Saturday, February 2nd

6:30 pm Reception

7:00 pm Dinner

Will Rogers Event Center

3400 NW 36th ST

Only \$15

**per person includes appetizers, dinner,
drinks & entertainment**

**Advance ticket purchase only
before Friday, Feb 1st**

**Go to okcrunning.org for more details
and to purchase your tickets**

No tickets will be sold at the door.

SignUp

th Annual



OKC MEMORIAL MARATHON TRAINING KICK-OFF WITH CAMILLE HERRON

SATURDAY, JANUARY 12, 2019
RUN BEGINS AT 7:00AM



Oklahoma City National Memorial & Museum
620 N. Harvey, OKC, OK

Kick off your 2019 Marathon training in the best way possible: come out for an easy, combined training run with three-time OKC Memorial Marathon winner, world record holder and Oklahoma native Camille Herron! And be sure to stick around after the run for brunch, mimosas and first-hand training tips from Camille.

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January 2019

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OKC Memorial Marathon
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**Landrunner Banquet
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Will Rogers Event Center
February 2, 2019**

**Panera Beacon Run
25K, 15K, 5K
March 9, 2019**

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