

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

March 2019 | Issue No. 275

OKC Landrunners: Celebrating Runs and Races of 2018

By Melissa Brevetti, Ph.D.

“Only those who risk going too far, can possibly find how far one can go.”

--T.S. Elliot

What a night to celebrate the success of many great runners, because they took on mileage challenges and commitments, volunteered to help at races, and became part of something bigger than oneself.

Congratulations to the Series Awards recipients:

Kim Abel, Lauren Chandler, Leslie Driskill, Cynthia Lowery, Molly Steele, Kissy Maxfield, Kelly Gilpin, Kristin Molloy, Lacey Norton, Ali Steele, Stephanie Norwood, Daniela Aleman, Tori Duphorne, Jessica Hukill, Heather Puckett, Barabara Brockhaus, Melissa Gonzalez, Michelle Larsen, Amy Pannell Krokstrom, Becky Sigler, Melauna Wescott, Dana Campbell, Omi Gonzalez, Susan Green, Cathy Harper, Belinda Jennings, Sherri King, Karen McTiernan, Kim Raymond, Anthu Vo, Kathleen Campos, Tammy Crawford, Rebecca Cunningham, Jennifer Henry, Betsy Hilburn, Jennifer Jones, Shirley Lynes, Debbie McBee, Mary Mikkelson, Ellen Reeder, Lindie Slater, Debra Chronister, Janet Richard, Linda Taylor, Becky Faaborg, Sharon Gooden, Linda Manaugh, Donna Bentson, Linda Cason, Evelyn Rowland, Angela Meier, Betty Bell, and Kathy Moffitt.

Steven Jay Cason, Dougglas Foss, Matt Bishop, Ben Pierce, John Daniels, Jason Gilpin, Clint Owens, Darrik Acre, Karl Krokstrom, Donnie Ryan, Brad Vaughan, Ralph Breckenridge, Jr., Justin Chan, John Doddy, Samuel Gonzalez, Bill McManus, Jeffrey Wagner, Rogelio Campos, Greg Harper, Kelly Hilburn, Chuck Mikkelson, Clifton Rampsey, Steve Wells, Douglas Cunningham, Maurice Lee III, Kevin Lynes, David Maynard, Matthew McBee, Randy Brinkley, Nels Bentson, John Hargrove, Benny Meier, and Jimmy F. Roblyer.

Thank you to Samantha, Donna, and Nels Bentson for

their hard work on the Series Awards, which participants were awarded a beautiful runner’s vest.

Everyone worked very hard on the event. Our emcee Jimmy F. Roblyer was outstanding with all the different parts of the program to honor runners of all different backgrounds. Catered in for the evening, Kam’s Kookery specializes in farm-to-table, seasonal, and locally sourced foods, and it was an absolute delight to try out their food, which has also been featured in Southern Living and Edible OKC.

In the spirit of the night, several runners were honored with special accomplishments: Nels Bentson has run marathons on all the continents, Maurice Lee III has completed



*Landrunners celebrating at the Will Rogers
Garden Event Center*

See Banquet, on page 6

President's Message

By Dana Sue Campbell, Landrunner President

February was full of great events. I felt like February flew by so fast! We had a great start with the marathon training group at Remington Park. I ran five miles with a big smile with all of the amazing runners. I felt inspired by every runner on our very cold training run. That evening, we celebrated 2018 successes of our past presidents and guests at the Will Rogers Park Event Center. The awards banquet provided a nice evening of reflections, remembrance, and awards. It was an honor to introduce the 2018 race series committee. These wonderful individuals spent many hours calculating our races and volunteer times to ensure that we earn our series awards. This year we earned a nice running vest with our Landrunner logo on it! Be sure to thank: Nels and Donna Benston, Heather Puckett and Molly Steele! Thank you for your time and commitment! We love every one of you.

If you know Doug Cunningham, please thank him for doing the race series for 15 years! Doug worked with Nels and the race committee! We appreciate all of the race committee and we love the grey comfy vests!

March will be filled with many exciting spring events!

***The big event is the Landrunners Panera Beacon Run!** It's held on Saturday, March 09, 2019. Click on the Landrunners website for more details.

***Monday, March 18, 6:30pm club meeting with Alex Freedman of the OKC Dodgers.** Join us at the Kimmell conference center at Kimray 8 NW 42nd ST, OKC, OK 73118. OKC Dodgers will speak about upcoming events and we will serve hotdogs and drinks!

***A2A bus trip! Sunday, March 31, 2019.** This will be our last bus trip to Ardmore, OK! Join us for lots of laughs and a ride of your life!! The bus leaves OKC and drives us to the starting line!! We get off the bus, we run through the Arbuckles to Ardmore, and then relax on the bus ride home! Unless you sit by fun people or the funnier Chuck Mikkelson...

he covers politics, road construction, and the latest maps and trail updates! He may also provide an adult spirit or two!!

You may have noticed our **new running apparel**: be sure to pick up the new running gear at the next training run. New board member and merchandise chair, Lacey Norton and team will be there with smiles. They are looking for volunteers to help with setting up merchandise and selling. (no experience needed!)

Remember to use #landrunners when you post a photo on social media!

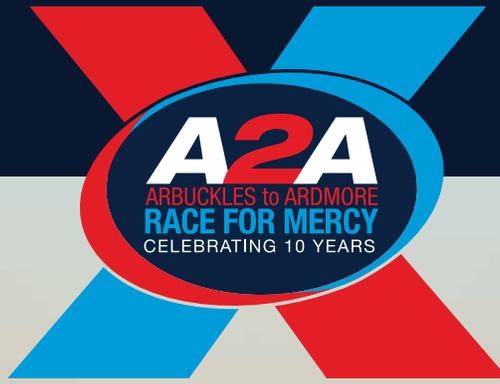
I have been planning to run in many races in 2019! One of my favorite races is our Panera Beacon Run, the Oklahoma City Memorial half marathon, and the Red Day Run in Edmond held on May 11th.

Click on The Landrunners www.okcrunning.org to register for our Panera Beacon Run!

See you at the races or on the A2A bus ride!

Gotta Run,
Dana Sue Campbell
ourunninggirl@yahoo.com





GET READY.

You've never seen Ardmore like this.
MARCH 31, 2019 // ARDMORE, OK

Join us for the 10th and final running of the A2A!

MARATHON // 20.6 JUST4KICKS // HALF MARATHON
5K // KID'S MARATHON

REGISTRATION NOW OPEN!

www.a2amarathon.com

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
3/2	Run for Recovery*	Lake Hefner S&S @ 9:00am
3/9	Panera Beacon Run*\$ 25K, 15K, 5K	Lake Hefner East Wharf @ 7:30am
3/10	Run Lucky 5K	Fassler Hall @ 1:30pm
3/16	Landrunner Trail Sweep	Lake Hefner / Bluff Creek @ 9:30am
3/18	Club Meeting - OKC Dodgers & Free Hot Dogs	Kimray 8 NW 42nd @ 6:30pm
3/23	Go Girl Run* - OKC	Myriad Gardens @ 7:00am
3/30	Positive Steps 5K	OKC Zoo @ 7:30am
3/30	Baby Steps 5K	Wheeler Park @ 8:00am
3/31	A2A Races* and Bus Trip	Ardmore @ 7:30am
4/6	Redbud Classic Bike 10/33/45-Miles	6301 Waterford Blvd @ 7:00am
4/7	Redbud Classic 5K/10K/2M \$	6301 Waterford Blvd @ 2:00pm
4/13	Run to the Well	Jenks, OK @ 8:00am
4/20	Easter Run 5K, 10K \$	7903 NW 30th @ 9:00am
4/28	OKC Memorial Marathon	OKC Memorial @ 6:30am
5/4	Oklahoma Autism Piece Walk & 5K \$	Bricktown Ballpark @ 8:00am

* Denotes Series Races

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

Landrunners In Action

1/20 HOUSTON HALF MARATHON, TX

ROBERT BROWN 1:36:58

1/26 RUNNING THE ROSE, TX

STEVE WELLS (22 MILES) 4:10:53

1/26 MISSISSIPPI BLUES HALF MARATHON, MS

GAILE LOVING 2:41:00

1/27 MIRACLE MATCH MARATHON, TX

RANDALL WARD 6:04:49

2/2 ROCKY RACCOON 100K, TX

DAVID WOODWARD 21:47:37

2/9 MESA-PHOENIX MARATHON, AZ

JUSTIN CHAN 3:33:26
 BRANDI RIDPATH 3:35:01
 JIMMY LE 3:43:43
 ROBIN GARRETSON 1:45:02 – HALF
 DAINA DAVIS 2:10:33 – HALF

2/10 ROCKNROLL NEW ORLEANS, LA

JEFFERY WAGNER 3:49:35
 OWEN GARRETSON 4:08:08

2/16 TOO COLD TO HOT 13.1, TX

BETSY HILBURN 2:05:15
 KELLY HILBURN 2:10:52

2/17 LOST DUTCHMAN 13.1, AZ

GAILE LOVING 2:33:28

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



Banquet, continued

ultramarathons on all the continents, and Bill Goodier raced fifty state marathons (plus the Marine Corps Marathon in Washington, D.C.). Furthermore, many door prizes including 4 - \$50 bills were drawn for at the end of the night. It was a fun evening to relax and to celebrate friends' achievements, as well as honor runners we have lost. The excitement of runners is a special energy, and I would like to mention that there was a special thank you for the service of current and past presidents who attended, including Dana Campbell, Bill Goodier, Maurice Lee III, Gaile Loving, Cara Nance, Chuck Mikkelson, Bill Robinson, Nels Bentson, Suzie Bostick, and Jimmy F. Robyler.

Looking forward to more fun and celebrations to come at the next event.

As T.S. Elliot pointed out, dare to risk going too far, whether or not you get it done the first time, it's worth it—always—to find out how far and how wonderful it feels to be on the run, keep striving for different goals and supporting others' to reach their dreams, again and again and again...

Something about Kelly Hilburn, Director

I am in my second season of running in my life time. I ran many 5k's, a couple of 10k's and four marathons in the 1990's ending with the inaugural OKC Memorial Marathon. Back and foot pain ended that first season.

About 2012 I was able to begin running again with the aid of core fitness, better shoes, and the encouragement of my lovely young wife, Rocket (Betsy). In my current running season I have run 60 half marathons, five 25k's, one 20.6 mile, and one marathon. I have also participated in numerous 5k's and 10k's, winning my age group twice.

I began running to get into shape and continue running because nothing has stopped me.

I highly recommend a monthly therapeutic massage, proper foot apparel and running with the club as often as possible. I believe if I had been with the club in my first running season I would not have had to take so much time off in between the two seasons (they would have given me advice to survive the aches and pains, and encouragement to continue).

Rocket and I have run 67 half marathons (or further) in the last 65 months, in 11 states and approximately 50 5k's and 10k's. Running is better with a club.



Ride and Run with the



All runners, walkers, and friends are invited to travel with us to the



A2A Race for Mercy

When: Sunday, March 31, 2019

What: Same day, RT to the A2A Races
26.2 / 20.6 / 13.1 / 5K

Bus Cost: \$22.00 per person, nonrefundable but transferrable.

We take care of the details – you take care of the running!

Visit www.okcrunning.org for more details.



SignUp

th Annual

April 28, 2019

okcMarathon.com

Changing the Course of OKC



Proceeds benefit the Oklahoma City National Memorial & Museum.



KILLING A RUNNER?

By Tom Coniglione, MD

What are you doing? You are going to kill my son! That was the call I received from the doctor. His son, Kevin (not his real name), was a collegiate runner. Kevin was able to run a 4:50 mile. He came to the office asking what he could do in his training to get as close to a four-minute mile as possible.

We brought Kevin to the lab and did the testing to determine his anaerobic/lactate threshold. We found that he became anaerobic at a heart rate above 195. His doctor dad knew, that at 22 years old, Kevin's maximum heart rate was about 200. The 195-anaerobic threshold we computed was close to the 200 his dad calculated.

To train him, we prescribed a program of running at a heart rate greater than 195. That's why his dad was worried.

Kevin trained using a heart rate monitor. His intervals were run with heart rates well above 200: tempo runs at ~190. His best mile time fell to 4:12

Let's consider 4 issues: (1) the formula for determining maximum heart rate; (2) the anaerobic threshold; (3) what happens when we exceed the anaerobic threshold and (4) running with heart rate monitors

HEART RATE FORMULA: 220 minus your age = maximum heart rate possible. The formula was developed in part by Dr. John Naughton when he was on the faculty of the OU Health Science Center. We now know the formula is inaccurate. Use the formula only as a (really) rough guide.

ANEROBIC or LACTATE THRESHOLD: When exercising, muscles use oxygen and sugar to generate energy. In the process, some lactic acid is produced. The harder you exercise, the more lactic acid is produced. That lactic acid is eliminated from the body.

The anaerobic or lactate threshold is the point, during exercise, where you are exercising so hard your body cannot get rid of the lactic acid as fast as you are producing it. The result is that lactic acid accumulates.

With conditioning/training, the anaerobic threshold will increase.

WHAT HAPPENS WHEN WE EXCEED THE ANEROBIC THRESHOLD? Once we produce too much lactic acid, nothing good happens. The legs feel heavy. Breathing rate increases. Nausea, stomach pain and cramps will follow. Keep it up and you will fade.

TRAIN WITH A HEART RATE MONITOR? We have used heart rate monitoring to predict finish time for many athletes including (Boston) finishing times in two runners. In all, we did laboratory testing to measure their anaerobic thresholds. They trained using heart rate monitors for steady state running. Of course, they also did anaerobic training.

In each of the Boston runners, our predicted finishing times were within 40 seconds of their actual finish times.

Should you have your anaerobic threshold measured? Should you use a heart rate monitor to guide your training?

The answer to both questions is NO.

Go to a lab and measure anaerobic threshold? Not really. You can determine your anaerobic threshold yourself. After measuring anaerobic thresholds in many athletes, we now know that the "talk test" is as good as what you can learn in the lab. And it costs nothing.

The "talk test" is simple. If, while running, you can carry on a conversation, you are well below your anaerobic threshold. If you are running more vigorously and you cannot speak more than three words, you are near your anaerobic threshold.

If you cannot talk at all, you made it; you are anaerobic. Keep up this pace and you will soon "burn up."

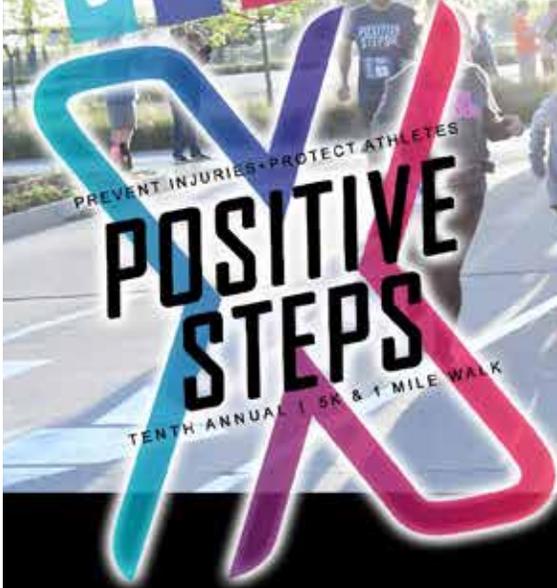
Use a heart rate monitor in training? Sure, if you have one and want to use it. Heart rate monitors are readily available and are used by some runners. In general, heart rate monitors are accurate. However; (1) in many models the monitor lags behind the actual heart rate; (2) wrist monitors are accurate but can lose their accuracy when exercising; (3) chest strapped monitors can become dislodged from the skin and lose accuracy.

**FORGET EVERYTHING AND JUST RUN!
IF YOU SEE ME COLLAPSE, PAUSE MY
GARMIN**

Presented by:



KID FUN RUN IN ZOO
1 MILE WALK
5K
03.30.19



**SATURDAY
MARCH 30, 2019**

JOIN US FOR A MORNING OF FUN



- 7:00 am 5K Check-In/Register
- 7:30 am 5K Start (timed)
- 8:30 am 1 Mile Walk, 1 Mile Kid Run
- 9:00 am Explore the OKC Zoo for the Day

Register Online:

- 5K (USATF Certified Course OK17030DG)
\$40 Advance | \$45 Event Day
- 1 Mile Walk, 1 Mile Kid Run
\$25 Advance | \$30 Event Day
- \$25 Ghost Runner (Donate, cool t-shirt, sleep late)
- Kids 5 & Under Free (t-shirt can be purchased online)

Plus, bring the kids for the 1 Mile Fun Run in the Zoo!

**RUN
WILD**



**REGISTER ONLINE AT
WWW.MCBRIDEFOUNDATION.ORG**

**MCBRIDE
FOUNDATION**

Registration includes OKC Zoo admission for the day, t-shirt, race snack, fun at kid booths.

Guarantee a t-shirt, register by March 12.

Proceeds benefit the McBride Foundation efforts to reduce the Injury rate among Oklahoma student athletes. Public 501(c)(3) nonprofit organization - Tax ID 20-2144771

April 6-7

- 5K/10K
Runs
- 10/33/45-Mile
Bike Tours
- 2-Mile
Walk
- 2-Mile
Baby Stroller Derby
- 5K
Wheelchair Event
- 1-Mile
Kids' Fun Run
- REDBUDBASH

BENEFICIARY
Teach for America-OKC

Registration info & course map
REDBUD.ORG



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OKLAHOMAN.COM

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LEUKEMIA AND
LYMPHOMA SOCIETY

RUN LUCKY

5K & Mission Mile Fun Run 2019

From the the bagpipe players at the start line to the green beer at the finish line, the Run Lucky 5K and Mission Mile Fun Run is the ultimate way to experience St. Patrick's Day in Oklahoma City!

Register today!
www.runlucky.com

Start/Finish:
Behind Fassler Hall

Time:
Fun Run at 1:30 PM; 5K at 2 PM

Cost:
\$30 thru March 7
\$40 thru March 10



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March 2019

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www.okcrunning.org

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



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Saturday, March 9th @ 7:30am

Lake Hefner Trail Sweep
Saturday, March 16th @ 9:30am

Landrunner Club Meeting
Monday, March 18th @ 6:30pm

A2A Bus Trip
Sunday, March 31st

Spring Training - OKC Memorial Marathon
every weekend

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