

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

July 2019 | Issue No. 279

Bay of Fundy International Marathon

By Chuck Mikkelson

Most runners are always looking for cool weather and a fast marathon course. Northern Maine, late June, along the northern Atlantic Ocean sounded like a good option to knock off another state marathon and enjoy some cool weather running. Mary and I also like to run a marathon around our birthdays and this was her birthday pick. The course was described as a few rolling hills and crossing the Franklin Delano Roosevelt (FDR) Bridge into Canada and back. The course was six miles in Maine and 20 miles in Canada on Campobello Island to the Head Harbour Lighthouse and back to Lubec. I like rolling hills and have run over bigger bridges than the FDR. We recruited a few Landrunner friends, Bill Goodier, Sheila Miller and Maurice Lee to share in the fun.

It all started at the Quoddy Lighthouse, the easternmost point in the US which was pretty cool. Sunrise was 4:45 am and the race started at 7:10 am so no problems waking up or walking around in the dark. The weather forecast a week out was calling for low 50's, cloudy and light winds. Sounded great! However, the actual starting temperature was a sunny 66 with light winds. Temperature and winds both went up from there but low humidity.

It was a short six mile bus ride from Lubec to the start line at the lighthouse. The ultra-marathon runners started around 5:30 am in Lubec and ran six miles to the lighthouse. I heard one of the ultra-marathoners say go Landrunners as he was rounding the ultra turnaround point. I didn't recognize him initially but then he stopped and removed his hat and I realized it



Bill Goodier, Chuck & Mary Mikkelson, Maurice Lee was fellow Landrunner, Brian Joachims. I also met a girl from Tulsa that recognized the Landrunner tank I was wearing. There were only 140 marathoners so it seemed like you met just about everyone. Some of us saw a small whale off the coastline that kept us entertained before the race.

The race started with a loud blast from a miniature cannon and we were off to conquer those "few" rolling hills. The first six miles of rolling hills were not bad, but it was a lot warmer than we were expecting. At mile six we crossed the FDR Bridge into Canada. We had to have our passports checked the day before at both the US and Canada border stations and have a sticker affixed to our bibs.

See *Bay*, on page 6

President's Message

By Dana Sue Campbell, Landrunner President

It's been a spring of crazy weather and already a **HOT** Summer! I hope that you're staying hydrated and I hope that you're getting miles of running or walking! Try to fill your summer with friends and/or family! Make memories!

I would like to mention a long time Landrunner, John Hargrove. I met John in 1989 on a Sunday morning while running up Mount Scott. We had a long chat about running, made friends, and went to Meers to eat! He's an amazing long-distance runner who has run the Okie Relays, Leadville, and all of the OKCMM and countless other races! I've seen his newspaper clippings, medals and awards. John is a great ambassador of the Oklahoma running community. He will be the first one to encourage you at a race or even help you finish your first 5K or even a marathon.

Recently I took an afternoon drive to John's place on Route 66. I enjoyed his wonderful museum of running memorabilia, movie theater, an old telephone booth, old cameras, old Sonic and gas signs, beautiful antique cars, and many other fun things. John is talented as he can build or restore a car and reupholster too! I stood in amazement of all of his talents! Last month, I drove 38 miles to personally thank John. He is always encouraging runners and encouraging me. I consider John a close friend and like family to me! He encouraged me to run, keep my head up, and breathe deep. If you've met John, you are

lucky. If you haven't, make it a goal to meet John or someone else that will inspire you!

Let me help you stay connected with the Landrunners. Who knows, maybe one of our members will inspire you!

1. The Community Assistance Committee is an outreach to the community. The club will give back financially and volunteer time to the local community. This committee is always looking for volunteers! They are also looking for new ways to provide services that will help promote running in OKC.

2. The Merchandise Committee is responsible for our cool looking apparel. This committee has done an excellent job.

3. The Landrunner newsletter is awesome. It requires effort and time. If you would like to submit an article or advertise, contact Chuck Mikkelson.

4. Ride the bus to the fall running trip (TBA) and attend club meetings or socials!

**July: Ice Cream Social and Potluck - See website*

**August Upcoming Events:*

•Trail Sweep: TBA – Landrunners will provide pizza and beverages

•Landrunner Club Meeting, Monday, August 19, Kimray 8 NW 42nd Street, OKC 73118

Speaker: TBA

Keep smiling and socializing!
Dana

Join us for an EPIC moment in history as we kick off our
 ✨ 8th Annual 5k & 1 Mile Fun Run! ✨

CALEB'S CAUSE
 FOUNDATION

August 24, 2019
 8:30am
 at Lake Hefner

REGISTER TODAY AT
 CALEBSCAUSEFOUNDATION.ORG

f CALEBSCAUSEFOUNDATION
 Instagram CALEBSCAUSEFOUNDATION

Help us serve 10,000 Oklahoma children!

USE CODE: LANDRUNNER FOR \$5 OFF REGISTRATION

LANDRUNNER DISCOUNT

SIZZLIN' SUMMER SERIES

REGISTRATION OPEN:

HOTTER 5K

All Runners Receive:
Tank and Bottle Opener
Finisher Medal

July 26, 2019

8:00 pm

Wiley Post Park

Oklahoma City, OK 73116

*Fundraising for Regional Food Bank of Oklahoma's
Food for Kid's Programs*



**RUN ALL
THREE
RACES!**

HOTTER 5K

JULY 26, 2019

8:00PM

WILEY POST PARK
OKLAHOMA CITY, OK

HOTTEST 5K

AUGUST 9, 2019

8:00PM

WHEELER PARK
OKLAHOMA CITY, OK

VISIT SIZZLINSUMMERSERIES.COM FOR MORE INFO

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
7/4	Fireball Classic 5K, 10K, Half	Ada, OK 6:00am
7/4	Stars @ Stripes Forever 5K*\$	Stars & Stripes Park @ 7:00am
7/13	Landrunner's Ice Cream Social	Deer Creek Village Clubhouse @ 2:00pm
7/26	Sizzlin' Summer Hotter 5K\$*	Wiley Post Park @ 8:00pm
8/9	Sizzlin' Summer Hottest 5K\$*	Wheeler Park @ 8:00pm
8/24	Moore War Run 5K	Moore HS @ 7:30-am
8/24	Caleb's Cause 5K\$*	Lake Hefner East Wharf @ 8:30am
8/31	Brookhaven 5K*	Norman @ 8:00am
10/5	OKC River Run 5K, 10K & Half	Wiley Post Park @ 8:00am
10/6	Stilly Half Marathon	Stillwater @ 7:30am

* Denotes Series Races

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

Landrunners In Action

5/5 LINCOLN MARATHON, NE

JAMIE KILPATRICK	5:17:55
DEBRA CHRONISTER	1:51:35 – HALF

5/11 RUNNING WITH THE COWS HALF, KS

CHRIS BABIN	1:59:59
RACHEL BABIN	2:35:45

5/18 JOPLIN HALF MARATHON, MO

BETSY HILBURN	2:03:15
KELLY HILBURN	2:19:19

5/25 TRENT WALDRON GLACIER HALF, AK

LIZ BUSCHELMAN	2:55:00
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6/1 HASTING HALF MARATHON, NE

GAILE LOVING	3:09:08
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6/23 BAY OF FUNDY INTERNATIONAL MARATHON, ME

OKC LANDRUNNERS – 1ST PLACE MARATHON TEAM	
MARY MIKKELSON	4:19:45
BILL GOODIER	4:31:13
MAURICE LEE III	4:42:47
CHUCK MIKKELSON	5:12:33
SHEILA MILLER	2:49:47 – HALF
BRIAN JOACHIMS	7:26:00 – ULTRA

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



5K, 10K, HALF MARATHON

WILEY POST PARK

2021 S. Robinson Ave, OKC, OK 73109

PROVIDE HOPE

OCT 5TH, 2019

5K - \$25

10K - \$35

HALF (13.1M) - \$50

*Price Increase 9/25

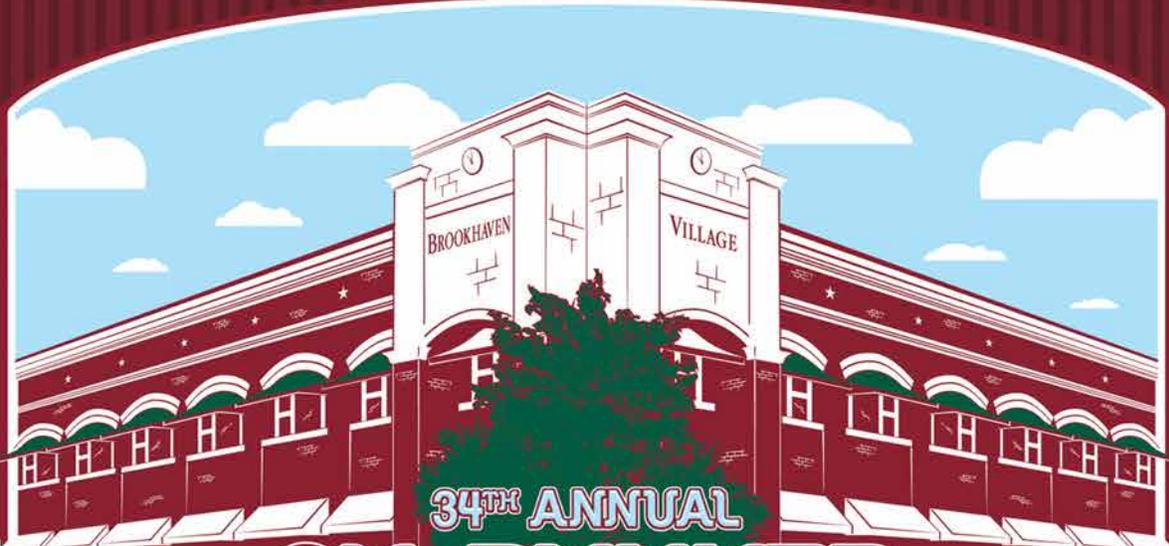
100% of all runner registration fees will be donated to the Rett Syndrome Foundation!

RunSignUp.com/OKCRiverRun



"Hi, I'm Mercy. I have Rett Syndrome."

The **GOAL** of the OKC River Run is to raise support and awareness for Rett Syndrome, which is a genetic disorder that affects mainly girls and severely impairs "nearly every aspect of the child's life: their ability to speak, walk, eat, and even breathe easily."
THE NEED FOR RESEARCH IS CRITICAL!
<https://www.rettsyndrome.org/about-rett-syndrome>



NORMAN, OK

34TH ANNUAL

OK RUNNER

Aug 31st, 2019

BROOKHAVEN RUN

THE FASTEST 5K IN OKLAHOMA
HOME OF THE 2019 USATF 5 KM STATE CHAMPIONSHIP

5K ROAD RACE Runs through beautiful neighborhoods with long stretches shaded by large trees, several straight-aways, music, and two water stations. The race has a \$7,600 prize purse and attracts the most talented field of elite runners of any road race in the state, alongside several hundreds of runners and walkers of all abilities. A separate division is available for wheelchair athletes.

1 MILE FUN RUN Chip timed, awards for top 3 under 16 males & females, no age group awards.

ANDY ALLIGATOR KIDS' SPRINTS Free 50, 100, and 200 meter runs for boys and girls 8 years old and under. Sign-up race day, age and gender determine distance and group (held within Brookhaven Village, not in street).

register now at myokrunner.com/brookhavenrun

Bay, continued

Campobello Island - islands are flat, right? WRONG, WRONG, WRONG. We ran on the main highway 774 which was still open to traffic but there was very little traffic and it wasn't a problem. The first couple of miles on Campobello Island there were long uphill and long downhill but as we got closer to the turnaround point the uphill and downhill became steeper and steeper. Some so steep they were difficult for me to run up or down. It was 10 miles out and back so at the turnaround the uphill became downhill and those downhill were now uphill. The temperature was rising, full sun and very little shade. There was a lot of walking by all. Somehow Mary got the 24 mile water stop to have a 16 ounce Canadian Bud Light ready for me. I am not a fan of Bud Light but the cold beer sure went down fast. Plus it gave me the energy to run back to the USA.

The finish was back over the FDR Bridge, through the US border patrol, right onto Lubec's Waterfront by the Lubec Brewing Company. There were plenty of aid stations and lots of friendly volunteers. Porta potties were few but they did advertise there are a lot of trees and bushes along the course. The finisher medals and awards were hand-made by a local artist



*Maurice Lee, Sheila Miller, Bill Goodier,
Chuck & Mary Mikkelson*

in Lubec. After finishing we had one last hill to climb, as the house we had rented was a short walk from the finish at the top of the hill overlooking the bay.

I am happy to report that the Landrunners took first place in the marathon team competition.

We need articles for the newsletter so if you have a running story – please send them to news@okcrunning.org

Free Physical Therapy!

**WE ARE SEEKING PARTICIPANTS FOR A FREE
RANDOMIZED CONTROL STUDY TO BE PERFORMED AT
HEINEN PHYSICAL THERAPY CLINIC.**

**TO BE CONSIDERED FOR THE STUDY, YOU MUST MEET THE
FOLLOWING REQUIREMENTS:**

- HAVE ACTIVE ACHILLES TENDON PAIN**
- HAVE HAD PAIN IN YOUR ACHILLES FOR AT LEAST 3 MONTHS**
- ARE OVER THE AGE OF 18**

**PLEASE CONTACT US AT 405-256-8699 OR AT
REINE@HEINENPT.COM IF YOU FEEL YOU MAY QUALIFY
OR HAVE ANY QUESTIONS.**

MOORE WAR RUN

SATURDAY, AUGUST 24, 2019 - 7:30 AM

A 5K THROUGH DOWNTOWN MOORE



MOOREWARRUN.COM

5K REGISTRATION: \$35 ADULTS / \$15 STUDENTS

INCLUDES T-SHIRT, TIMED BIB & FINISHER MEDAL
SANCTIONED BY THE USATF

PROCEEDS BENEFIT THE SCHOLARSHIP FUNDS AT
MOORE, WESTMOORE & SOUTHMOORE HIGH SCHOOLS.



Presented By:



Mosquitoes Don't Like Me.....some of the time

By Tom Coniglione, MD

After running on a typical hot humid morning, far too sweaty to go into the house, I sit in the backyard, drink some water, stretch and relax. After 30 minutes, I go in the house, eat breakfast and get on with the day. During those 30 minutes in the yard, I have no mosquito bites.

In the evening, when I go outside to do some yard work, mosquitoes immediately surround me; it's all out warfare.

Mornings and evenings are the time of day mosquitoes are most active. So why do mosquitoes attack (me) in the evening and not in the morning?

Why do mosquitoes attack certain people and not others?



Mosquitoes use carbon dioxide (CO2) as their primary means of identifying bite targets. We emit CO2 through our skin. Mosquitoes can sense CO2 from 160 feet away.

The higher the metabolic rate, the more carbon dioxide will be produced. Running is an excellent way to increase the metabolic rate and produce carbon dioxide.

Mosquitoes can sniff down victims through the lactic acid, uric acid, ammonia and other compounds emitted in sweat; running produces these. They also like people who have a slightly warmer body temperature; a hot sweaty human must seem quite delicious to them. Running makes us warm; therefore, more appealing to mosquitos.

After a run then, we should be prime targets for those flying vampires. Yet for some (unexplained) reason, some runners seem to be immune to mosquito bites following a run. I say "some runners" because I've asked a couple other runners about post-run mosquito bites; they have made the same observation. This is not a scientific experiment.

A few other interesting tidbits about mosquitoes - There is one study that shows drinking a twelve ounce can of beer makes a person more appealing to mosquitoes that seem to like to be high. It seems the alcohol in the beer changes the chemicals coming

through the skin. It is those chemicals that attract mosquitoes.

Mosquitoes are very light and have difficulty flying in any type of breeze. A slight breeze, as little as 1 mph, will keep mosquitoes away. When we walk or run, we create a breeze, which is why we never get bitten while moving.

Type O blood is more appealing to mosquitoes; I'm Type A. People with Type O blood release certain chemicals from their skin, which inform the mosquito of a nearby meal.

WE KNOW Mosquitoes SUCK... BUT BEES don't

It's important to protect yourself and your family against mosquitoes; they carry bad diseases. The most effective mosquito repellents are DEET, picardin and Lemon Eucalyptus. Other "natural" products are available but have not been studied; anecdotal remarks about their efficacy are just that – anecdotes.

Some people use commercial systems to repel or kill mosquitoes. Here is where things get dicey; read on only if you are interested in killing bees.

The commercial systems involve spraying the yard every 14 – 21 days with either a synthetic or "natural" product. The natural product repels mosquitoes and the synthetic product kills them. The exact components of these products are "trade secrets."

Another commercial system intermittently sprays a synthetic product around the periphery of the yard: contents are secret.

Why is this important? Are you familiar with the disappearance of bees? Yes, bees are dying off in huge numbers. It is becoming increasingly clear that nicotine-based insecticides (Neonicotinoids) are the main cause of bees dying.

The commercial mosquito repellent products kill bees! The companies selling commercial products admit that if their product lands on flower pollinators* frequently, the pollinators "can be harmed."

*Pollinators are animals (bees, wasps, butterflies, moths, hummingbirds) that take pollen from a male plant and bring it to a female plant. The result is a seed or fruit. By this time, everyone in the USA knows about the loss of pollinators. If you want to kill more bees, save the DEET and spray your yard.

Loss of pollinators is why there is currently a crisis in the citrus and almond producing areas of California.



Stars & Stripes FOREVER

5K

Proud to be a  Series Race!

100% of proceeds benefit the Silver Strings of Putnam City Orchestra!

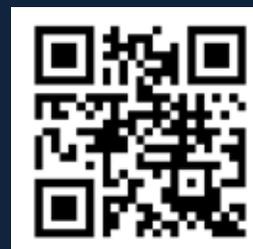


Thursday, July 4, 2019

Stars and Stripes Park — Lake Hefner

7:00 a.m. — Race Starts

- * 10th Annual Patriotic Costume Contest - \$100 Prize for winner
- * Free Dry-Fit T-shirt, Drinks, Snacks, & Fresh Cut Watermelon
- * Finisher Medals for all participants!
- * USTAF Official Timed Race | Awards for age group winners



(scan to visit our website!)

Register Online — WWW.SSF5K.ORG

Three Lessons in Life from *Can't Hurt Me*

By Melissa Brevetti, Ph.D.

Many have been eagerly awaiting David Goggins writing his autobiography in order to gain insight into the mental toughness of the ultramarathon runner and triathlete—not to mention retired Navy SEAL—and his incredible ability to go beyond limits. He has competed at top levels, including Badwater Ultramarathon (135-miles through Death Valley) and the Ultraman World Competition (6.2-mile ocean swim, 90-mile bicycle ride, and 52.4 mile run over three days). One must wonder how he finds the mental tenacity to push that hard and long. Here are three lessons from his book, *Can't Hurt Me: Master Your Mind and Defy the Odds*.

1. The 40% Rule - When the human brain says that you are done, you're really at 40% of physical capacity. To explain more fully, the brain has a safety mechanism of sorts to prevent us from hurting. Scientific research supports this notion that we have more to give than we realize, which indicates a significant portion of performance and toughness is not physical—that is, tenacity is a mental mindset of determination. It is, of course, difficult to tap into since fear and pain are not fun, which is why Goggins coaches to do something uncomfortable every day. Goggins explains, “I understand the temptation to sell short, but I also know that impulse is driven by your mind's desire for comfort, and it's not telling you the truth” (p. 211). Thus, the next time you think you are at your limit, squeeze in just one more, because challenging yourself will help you accomplish more than you realized.

2. It's Not About Applause or Stuff - I'm not sure if this was directly said, but “I don't do sh*t for applause, I don't do sh*t for fanfare. I do sh*t for me” is attributed to David Goggins. In particular,

I liked the story how he taught himself to swim, painstakingly, and took on that fear so that he could work towards his personal dream of being a Navy SEAL, which is another fascinating story. No spoilers here. As Goggins explained in Jesse Itzler's book, *Living with a SEAL*, it is important to know what is important to you and protect it at all costs. He does not mean the stuff, figuratively and literally. Indeed, he has competed in the toughest circumstances (including two Hell Weeks of SEAL training) and races so that he continues to learn and to embrace the journey of self-discovery. There is no testimony without a test.

3. Make Grit a Habit - Grit has become a well-known, studied construct that has become highlighted through a widely viewed TED talk (Duckworth, 2013) and best-selling book (Duckworth, 2017). Although there have been critiques about whether grit is the secret component to success, it is perceived as Grit = Passion + Perseverance. These can be developed through a growth mindset as Goggins demonstrates from his childhood to present-day life. With these traits honed and practiced, according to the scientific evidence, people who put in the time become successful, despite starting with less talent. This is an important lesson for adults and children: persisting through challenges or failures is a pivotal part of achieving goals.

While it may not be fun having to endure hardships, which is one of the major themes of *Can't Hurt Me*, we grow in compassion and understanding as well. It is important to allow people—as well as ourselves—to have the space to take on risks and to step back so that tools to problem-solve are learned. Finishing strong can bring such fulfillment.



OCT 26 | **#RUN TULSA RUN!**
tulsarun.com

For more than forty years, the Tulsa Federal Credit Union Tulsa Run has made its mark as Oklahoma's most historic race. Between the wheelchair races, 2K, 5K or classic 15K, there is a distance for all abilities and ages. Come in costume and be a part of this Tulsa tradition!

REGISTER AT TULSARUN.COM
PRICES INCREASE ON AUGUST 15!

[@RUNTULSARUN](https://twitter.com/RUNTULSARUN)





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July 2019

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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's
Ice Cream Social**
Saturday, July 13th @ 2:00pm
Deer Creek Village Clubhouse
6101 NW 155th St

Fall Training
Starts Saturday August 3rd

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