

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

August 2019 | Issue No. 280

IT'S A NEW RUNNING SEASON: Let's Start The Right Way

By Tom Coniglione, MD



It's a new training season. We will see old friends who, like us, have been hiding from the summer heat and humidity. As we embark on the new season, let's try to avoid the slip-ups that led to last season's wounds.

INJURY RATES

There have been many research studies designed to figure out how many runners get hurt each year. Although the research has been (methodologically) sound, the results are hard to digest.

Dr. Peter Jokl and his colleagues at Yale have one of the leading running clinics in the country. In their studies they have

found that 40-65% of all distance runners get injured each year. Other studies have found the injury rates to be even higher. Yes, the numbers are difficult to digest.

One of the problems in understanding injury rates is the definition of a running "injury." Some studies define "injury" as something that makes the runner miss one run. The definitions make the time of being unable to run range from one week to longer.

INJURY RISK FACTORS

In previous issues of the Landrunner Newsletter, we have repeatedly reviewed risk factors for injuries. We have emphasized the 4/40 rule: running more than four times a week or more than 40 miles a week increases the rate of injuries.

A number of recent research studies have confirmed the numbers we have been quoting for several years: 4/40.

Another risk factor for injury is increasing the number of miles run per week AND increasing the speed/pace at the same time. The lowest risk for injury is when we keep the speed constant and gradually increase the mileage OR keep the mileage constant and gradually increase the speed.

The glute (butt) muscles are important to maintain alignment of the knees and hips. Glute weakness is common in hip and knee injuries.

Having had an injury in the past increases one's change of having another/second injury.

In the research studies men and women have similar injury rates. In our local experience, about 2/3 of all injuries occur in women.

See *New*, on page 6

President's Message

By Dana Sue Campbell, Landrunner President

Summertime running in Oklahoma can be tricky at times. We should be very cautious when the temperatures start getting into the triple digits. I personally have found that I've got to run for cover and try to avoid the harmful sun. These are my summertime running tips I want to share.

1. Have a race goal. I try to enter a popular fall race and I shoot for a specific goal. I've found that racing can become a small chore and I don't always look forward to it. I enter a race so I can see my running friends or earn my race series points. I set my plan for two goals. One that's high and another that's easy to run. My mission is so that I can always have a positive from the race. I don't make unrealistic expectations for my racing.

2. Plan ahead. Beat the heat! I try to run early morning instead of midday in the summer. I feel like I need mental preparation for fall marathons, 5ks, and 10ks. The heat could last until October. I try to work in a couple of 5ks into my overall summer training. I prepare healthy snacks and drink lots of water before my longer runs.

3. Run at different places. I try to pick shaded areas and or parks with trees and plenty of nice easy and scenic trails.

4. Substitute a workout for a swim, hike or a quick run. I feel like my workouts in the summer are less intense because I like to trade off the weights for a swim or quick three mile run.

I like to give my running a little variety and race myself back into fall marathon running.

Let's run or get involved!

1. The Community Assistance Committee is an outreach to the community. The committee would like to see more applications. They provide financial assistance. It is a good way to volunteer time to the local community. This committee is always looking for volunteers! They are looking for ways to provide services that will help promote running in OKC. This is the committee that I started with four years ago. It was awesome to see the smiling faces of the school aged children when we donated to the schools.

2. The Merchandise Committee has done an amazing job on cool looking apparel. The committee chair, Lacey Norton, and her team have done a super job. She's looking for fresh faces! This is my recommendation if you want a way to get involved with the Club.

3. Our newsletter is great! It requires effort and time. Please submit an article or advertise. Contact Chuck Mikkelson for details.

4. Attend club meetings, marathon training, or socials!

Good luck with your fall marathon training. We will see you on August 3, 2019.

Dana



SATURDAY SEPTEMBER 7

@ OKLAHOMA CITY UNIVERSITY CAMPUS

DETAILS AND REGISTRATION: SIGNMEUP.COM

JOIN US FOR THIS INAUGURAL EVENT SUPPORTING
BREAST CANCER SURVIVORS AND THEIR FAMILIES

- 5k and 10k distance: 8am and 8:15am start
- 1-mile fun run and walk starts at 9am and is family-friendly, stroller-friendly, pet-friendly

PROCEEDS BENEFIT LOCAL NONPROFIT, PROJECT31 • PROJECT31.COM



SANTA FE THUNDER

HALF MARATHON
LIGHTNING 5K
FITNESS WALK
THE RACE DIFFERENT



RUNNING IS ART!



RACE PHOTOS © CURTIS GILLEN

SUNDAY SEPT 15 2019 SANTAFETHUNDER.COM



GLOBAL RUNNING & ART FESTIVAL
SATURDAY SEPTEMBER 14 2019

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
8/6	Landrunner Trail Sweep & Pizza	Louie's on the Lake @ 6:00pm
8/9	Sizzlin' Summer Hottest 5K*\$	Wheeler Park @ 8:00pm
8/19	Club Meeting – Self Defense for Runners	Kimray @ 6:30pm
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
9/7	Pink Up the Pace 5K, 10K, 1M \$	Oklahoma City University @ 8:00am
9/15	Santa Fe Thunder*\$	Santa Fe, NM @ 8:00am
10/5	OKC River Run 5K, 10K & Half	Wiley Post Park @ 8:00am
10/5	OutPace Cancer 5K & 10K	800 NE 10th @ 8:00am
10/5	Down Syndrome Festival & 5K	Myriad Gardens @ 8:00am
10/6	Spirit of Survival (Bike Ride on 10/5)	Lawton, OK @ 7:20am
10/6	Stilly Half Marathon \$	Stillwater @ 7:30am
10/26	Tulsa Run 15K, 5K, 2K	Tulsa, OK @ 7:50am
10/27	Miles for Miracles 15K, 5K, 1M \$	1106 N Stonewall Ave @ 8:00am

* Denotes Series Races

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

Landrunners In Action

5/27 BOLDER BOLDER 10K, CO		
NATHAN BOYLAN		1:12:40
6/2 COVER BRIDGES HALF MARATHON, VT		
JACQUELYN WOLF		2:16:28
6/15 GRAND CANYON HALF MARATHON, AZ		
BILL GOODIER		2:14:08
SHEILA MILLER		3:36:12
6/15 LEADVILLE MARATHON, CO		
STEVE WELLS		5:41:54
ELLEN REEDER		3:45:12 – HALF

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

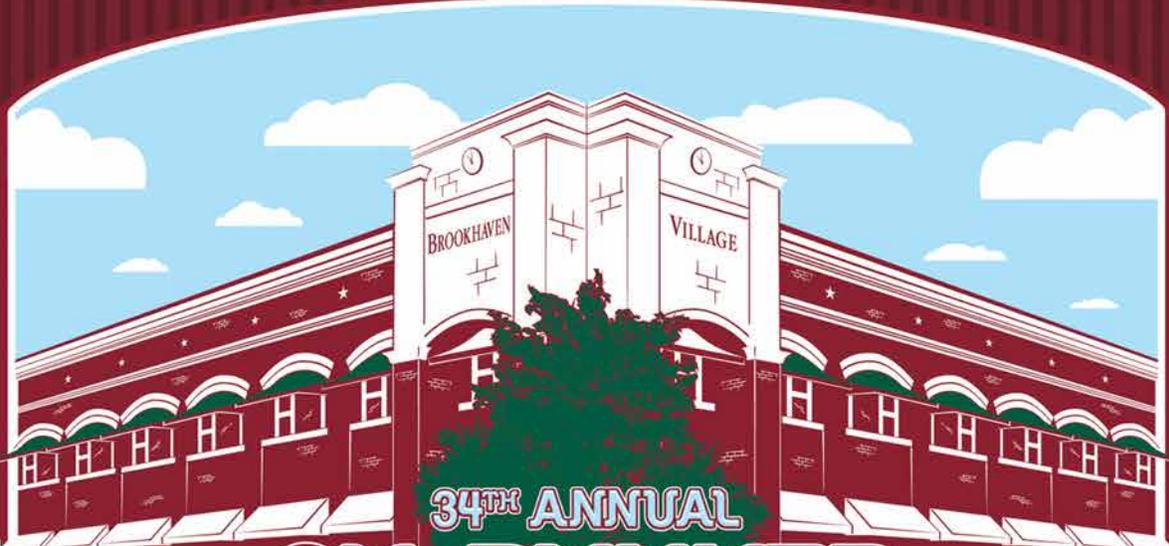
*Price Increase 9/25

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

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

New, continued

High Intensity Interval Training (HIIT), CrossFit and comparable programs are superb for increasing strength, flexibility and explosive power; they can also add to the risk of a running injury. It is the “explosion” portion of these programs that causes problems.

WHAT SHOE IS BEST FOR ME?

Running injuries are often related to a mismatch between foot structure and the running shoe. In the analyses we have done, almost 40% of injuries are due to the runner wearing the wrong shoe. What shoe is best for you?

You can have your gait analyzed. The information from the analysis can be used to help you select a running shoe. Having developed some of the technology and having used it extensively, I used to think gait analysis was the way to pick a shoe.



Research has shown and experience has validated the research. **THE BEST SHOE FOR YOU IS THE ONE THAT FEELS THE BEST!**

FOOTSTRIKE and INJURY

You can read “Born to Run” by McDougall, (Dr.) Daniel Lieberman’s research, the book I am now reading, “Run for Your Life” by (Dr.) Mark Cucuzzella, or any other comparable publication. They all say the same thing: run on your mid foot or run barefoot.

Is striking/landing in the mid foot better than striking on the rear foot/heel? This topic evokes extensive passion among runners.

Normal adult foot



The long and short of the dilemma: injury rates are the same between rear foot and mid foot strikers.

Rear foot strikers have slightly more ITB and knee problems.

Mid foot strikers have slightly more metatarsal stress fractures, more calf, Achilles and plantar fascia injuries.

Casual observations at training runs have led us to conclude about 75-80% of runners are rear foot strikers; for years, we have quoted that number. Recent research studies have led to the same conclusion; ~80% of runners are rear foot strikers and ~20% are mid foot strikers.

Most important question: can you transition from your (current) rear foot-striking pattern to a mid foot-striking pattern?

Our research shows that about half of all runners think they can transition to mid foot striking. However, when they get tired or fatigued, most revert to their original foot strike pattern.

In the books it is said we can transition to a mid foot-striking pattern, “but it may take years.” In the meantime, are we supposed to have a mixed foot strike pattern of running? One sure way to fool the running doctor is to have a mixed foot strike running style.

This is the short summary of issues related to limiting injuries among runners.

There is so much more runners should know and consider.

- The Brooks Adrenaline GTS 19 is advertised as a stability shoe. It FUNCTIONS like a neutral shoe.
- Assuming you are not changing shoes due to an injury, do you need an orthotic with whatever new shoes you select?
- What’s the deal with Kinesio or Rock Tape? Why all the colors? Is it worth the cost?
- Health/nutritional supplements; do they do anything?

If you are wondering about these questions, let us know and we can address them in future newsletters: news@okcrunning.org or runwithdrtom@gmail.com

LANDRUNNER DISCOUNT!

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

 CALEBSCAUSEFOUNDATION

 CALEBSCAUSEFOUNDATION

Help us serve 10,000 Oklahoma children!

ENTER CODE: LANDRUNNER

*\$5 OFF REGISTRATION

Summertime Running

Meteorologist and runner Will Bakula spoke at the June meeting. We all understand the importance of adequate hydration when running in Oklahoma summer temperatures. He explained the differences between heat cramps, heat exhaustion and heat stroke and provided information about how to address each of these symptoms. In summer weather, an unprepared runner’s body can escalate from body cramps to severe heat stroke in less than thirty minutes.

Key tips to avoid problems during your summer runs:

- Allow Two Weeks of Constant Running (Body Acclimated)
- Don’t Rely Solely on Thirst (Keep Hydrated)
- Drink 4-8 oz for Every 15-20 Minutes of Running
- Weigh Yourself Before/After (Drink 16 oz per/Pound Loss)
- Use Sunscreen (Non-Drip so it doesn’t get into eyes)
- Protect Eyes with Sunglasses
- Wear Light Color Microfiber Clothes
- Run Early or Late (Longer Shadows Best)
- Have Salty Snack (Pretzels) or Drinks (Sport Drinks)
- Have a Running Buddy
- Know the Heat Index and don’t run when it exceeds your personal limit.

HEAT FIRST AID

Heat Cramps

- Hydrate with Water/Sport Drinks
- Slow Down/Ease Pace
- Massage Cramps & Stretch

Heat Exhaustion

- Get Out of Sun (Shade or A/C)
- Loosen Clothing
- SIP Cool Water (Avoid Caffeine & Alcoholic Drinks)
- Take a Cool Shower

Heat Stroke

- Call 9-1-1 Immediately
- Shaded Area or Indoors in Air Conditions
- Try to Cool Rapidly (Bath, Shower, Garden Hose)
- Lay Down w/Feet Elevated (Shock Prevention)
- Monitor Body Temperature (101-102°)
- If NOT Vomiting or Disoriented (SIP Cool Water)
- If Seizure, Lay on Side & Keep Mouth/Throat Free

OH!! WHAT A RIDE!!! at the Piecewalk 5K



Jim Roblyer, Kevin Lynnes & Rider

RUN FOR AWARENESS • RUN FOR ACCEPTANCE • RUN FOR INCLUSION • RUN WITH A PURPOSE!



JOIN US FOR OUR 25TH ANNIVERSARY!

DOWN SYNDROME FESTIVAL & 5K

SATURDAY, OCTOBER 5, 2019 AT THE MYRIAD BOTANICAL GARDENS



5k starts at 8 AM, followed by the Awareness Walk at 9:30 AM.
Festival is free and open to the public, and begins at 9:45 AM.



WWW.DSFESTIVALAND5K.COM

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

Hot Stuff: Secrets for Fast Running by Heat Training

By Melissa Brevetti, Ph.D.

The heat doesn't mean just cookouts, pool time, and hot fun in the summertime. Put simply, it is the perfect season that could adapt your body for your fastest running times. As mentioned in an online *Runner's World* article (2017) that "It's uncomfortable, but science says training in the heat is worth the trouble: Hot weather workouts teach your body to sweat more (which keeps you cool), increase your blood-plasma volume (which benefits cardiovascular fitness), and lower your core body temp," meaning that these adaptations prime a runner's body for Personal Record (PR) times.

Ironically, I write this as I am quasi-missing out on my favorite training season. Our twins are due in the Fall 2019, so I am excited to share some of my joys for training in the heat, which I did—specifically and carefully—last summer when I did the scorching 102° Hotter N'Hell hundred mile bike ride and the 140.6-mile Ironman triathlon distance in the early fall. Here is what the science shows us:

1. Watch Hydration - most bodies can adapt well to the heat but it takes time and hydration considerations. Hydrate before you ever get thirsty, begin fueling one to two days before an intensive run. One common rule: Strive for 16-32 ounces of fluid per hour of exercise. If you are working out 30+ minutes, then you will need additional nutrition with some electrolytes. Use fuel effectively (due to sweating) that contains vital endurance nutrition, such as carbs, sodium, and potassium, and try this several weeks before race day. Also, post-run fuel may include hydrating fruits and vegetables (strawberries, watermelon, celery, cucumbers, and even smoothies).

2. Consider Training by Time - this trick can help when you need to focus on effort level. Most people slow down by at least 10% in the heat, so a set distance is not necessarily the aim, because you need to focus on the effort and endurance, not to mention safety. Even if you are hardly sweating, your muscles are getting less oxygen and becoming less efficient. In brief, the distance in hot conditions requires an increased effort compared to normal. Evaluate what you usually run (or cycle, swim, etc.) at a certain distance, then plan for that time period.

3. Train Super Late or Super Early - my preference is evening workouts, so find a time that you can get a quality workout to fit with your schedule. Remember that if you need to train indoors, that is another good option for your safety. After it gets too late and dark outside, I often jump on my treadmill for a relaxing run. It takes about four days of consistent training in order to begin adapting to high temperatures, and it could take around two to three weeks to acclimatize—give your body time to adjust by not running mid-day. One study from the *Medicine & Science in Sports & Exercise* (2007) showed that even 50°-59° weather caused a slightly slower pace—surprisingly—while several studies have indicated about 45° weather is considered optimal performance weather. Therefore, summer training will help to boost your times for fall runs.

This summer has been hot stuff, so remember to dress appropriately with light colors, light fabrics, and some type of sun protection along with carrying/placing your water to be ready. Indeed, last summer 2018, I went out, purposefully with my gear, in the 110° record day to test myself and build confidence. It worked. With that being said, train carefully and gradually in the heat, and it becomes a way to mentally give yourself a boost. Cheers to more summer fun and adventures ahead!

SIZZLIN' SUMMER SERIES

REGISTRATION OPEN: **HOTTEST 5K**

All Runners Receive:
Tank and Bottle Opener
Finisher Medal

August 9, 2019
8:00 pm
Wheeler Park
Oklahoma City, OK 73116

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



sizzlinsummerseries.com

REGISTER NOW!



Allstate

HOT Chocolate 15k/5k

OKLAHOMA CITY | 10.20.19



HOTCHOCOLATE15k.com

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:



OU MEDICINE | Stephenson CANCER CENTER

OUTPACE

CANCER RACE



Saturday, Oct. 5

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.



REGISTER AT OUTPACECANCER.COM

**OKC
BRING
YOUR
PACE.**



Registration now OPEN

WWW.SPIRITOFSURVIVAL.COM



October 5-6, 2019

SPIRIT OF SURVIVAL 2019
Elmer Thomas Park - Lawton, Oklahoma



OR



HALF / QUARTER / 5K / 62M / 52M / 26M

SPIRIT WALK • KIDS' MARATHON • 13M FAMILY BIKE RIDE



MILES FOR
MIRACLES

OCTOBER 27, 2019

15K

8:00AM

5K

8:15AM

1 MILE

8:30AM

All proceeds benefit Children's Hospital Foundation.

MILESFORMIRACLESOKC.COM



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!

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August 2019

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Visit The Landrunners Online:

www.okcrunning.org

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Fall Training

Starts Saturday August 3rd
Wheeler Ferris Wheel @ 6:30am

Landrunner Trail Sweep
Tuesday, August 6 @ 6:00pm
Meet @ Louie's on the Lake
Pizza after the sweep!!!

Club Meeting - Monday, Aug 19th
Self Defense for Runners
Kimray Conference Center

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