

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

November 2019 | Issue No. 283

Nutrition And Fuel For Running

By Tom Coniglione, MD



What do you eat after a run? Is it chocolate milk or a protein shake? How about a bagel with peanut butter? Soy-almond shake? Peanut butter-egg white shake? What vitamins do you take? Do you believe in low protein or high protein diets?

By this time, we all know about the sub 2-hour marathon by Eliud Kipchoge. Sure, there is controversy because he was paced and he wore a new space-age shoe. Nonetheless, he ran sub 2. Any way you slice it, sub 2 is truly remarkable.

The topic of nutrition in athletes came up again when he ran that sub 2-hour marathon. We all know about the role of nutrition in running. What does Kipchoge eat? Does he take supplements?

Many years ago I interviewed some elite East African runners. Among the many topics we discussed was nutrition. Since then, the diets of East African runners have been of interest to me.

I spent some time in South Africa where I learned about the diet of their elite and recreational runners. Along the way, we learned about the diet of the Mexican

Tarahumara Indians: ultra runners. All three groups had similar diets.

Doing further research into the diets of athletes, I learned about the diets of many Olympians and elite athletes.

Carl Lewis (400M hurdler, Olympic gold), Maury Rose (Australian swimmer: 15 world records and six Olympic gold medals), Venus Williams (tennis; winner of everything in tennis) have essentially the same diet as the East Africans. There are many other elite athletes who eat the same way.

What do these elite athletes eat? What kind of supercharged nutrients are in their diets?

By our standards, their diets are Spartan and devoid of most of the things we eat. Most of my experience comes from the East Africans: Kipchoge's people. So I will go into their diet.

East Africans eat vegetables – lots of them. Dried corn is mashed/pulverized then mixed with water and slow cooked for hours. Early in the day it may be eaten in a soupy consistency. Later in the day, its consistency is like a paste or thick cream of wheat. It is eaten from a bowl, usually by being scooped into a hand. This is UGALI: the staple of their diet.

Other things they eat: boiled cabbage and managu (green leafy vegetable); rice, beans, eggs and bread - especially after long runs. East Africans refuel with bread. Typically, Africans eat a lot of sugar, usually in tea.

The Mexican distance runners eat a lot of beans. Both groups eat lentils. Beans and lentils are excellent sources of protein.

See **Diet**, on page 6

President's Message

By Dana Sue Campbell, Landrunner President

When I moved to Oklahoma City in 1997, I was eager to become a part of this wonderful community. I joined the Oklahoma City running club after I ran in the 1997 Redbud Classic race. I'm always up for a challenge and new vision.

One of my goals was to run a marathon. I achieved this dream because of the structured training runs with the Landrunners. I'm honored to be a part of this amazing club. Another goal of mine was to be involved in our community. I even had dorkie goals like running in all 77 counties in the state of Oklahoma. I invite you to make a list of dreams and goals that not only include running but getting involved with a running group, church, or any volunteer group. For the past two years I've invited you to become more involved and here is my list for you again.

1. Join the Community Assistance Committee. This is an outreach to the community. They will give back, financially and volunteer time to the local community. This committee is always looking for volunteers! They're looking for new ways to provide services that will help promote running in OKC. Dr. Melissa Brevetti and team do a lot of good work.

2. Join or help the Merchandise Committee. This group is responsible for our very fashionable looking run apparel. This committee has done an excellent job for the past few years! Let's begin by thanking Lacey Norton, Steve Wells, and team for the hard work that they do. I love my Landrunner gear and I hope that you have one of our new running shirts.

3. Submit an article to the Landrunner newsletter. The newsletter is awesome, and it takes effort and time. If you would like to submit an article or advertise, contact Chuck Mikkelson. I have every newsletter for the past ten years. I love the study and go over what Mark Bravo and Dr. Tom Coniglione write.

4. Attend club meetings, socials, and help pick up trash. Our next trash pickup is December 7. Check the website or Facebook for more details.

5. Become an active board member or even the Club President.

Always remember to have fun! Keep it fresh and dream. Write down your goals, find a vision, change your running route, find a new marathon, and change your races up. Run in the 2020 Panera Beacon races, run the OKC Memorial Marathon next year. I hear that they will have a new course or just plan a new running adventure. Find something wild, fun, unique and interesting. You can find most races online.

- a. www.dgroadracing.com
- b. www.TrailLink.com Tulsa area running
- c. www.Mapmyrun.com
- d. www.Tatur.org
- e. Runningintheusa.com

Run for others! Why do we run? To stay fit and help clear your mind and feel better. I hope that this message encourages you to dream big, make goals, and have a vision to stay motivated to run! I personally choose to run for others. Most of you know that I run to honor my parents. Today's run was dedicated to all of you that are running and have finished a run.

After attending October's Landrunner meeting, I felt even more motivated to run in the Berlin, Chicago, or New York City marathon one day.

Have fun, find a reason, dream big, and make it stick! Maybe one day I will run in these races with you.

"But they that wait upon the Lord shall renew their strength, they will mount up with wings as eagles: they will RUN, and not be weary and they will walk and not faint." Isaiah 40:13

A special thanks goes to Debbie McBee for praying for me. Thank you to Kathy Moffit, Becky Cunningham and her daughter for their support and encouragement. I love the Landrunners. You've made me feel like family. See you around the trails....

Dana

MARATHON RELAY

GET YOUR TEAM TOGETHER & ROCK THE ROUTE

NOVEMBER 24, 2019 • TULSA, OK



Williams
ROUTE 66 MARATHON
presented by BLUE CROSS AND BLUE SHIELD OF OKLAHOMA

REGISTER TODAY @ ROUTE66MARATHON.COM



Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
11/2	Saints 5K	Oklahoma Christian School @ 8:30am
11/2	Robert Brady Memorial 5K*\$	7340 W Memorial Rd @ 9:00am
11/2	Little Red Heart Run 5K*	701 S Lincoln @ 9:00am
11/23	Williams Route 66 Marathon*\$	Tulsa @ 8:00am
11/28	Edmond Turkey Trot 5K\$	Edmond @ 8:00am
11/28	Piedmont Turkey Trot 5K	Piedmont @ 8:00am
11/28	OKC Turkey Tracks*\$	Downtown OKC @ 8:30am
12/7	Landrunner Trail Sweep & Breakfast	Lake Hefner S&S @ 9:00am
12/14	Sandridge Santa Run 5K	123 Robert S Kerr @ 9:00am
12/31	Opening Night Finale OKC 5K \$	Bicentennial Park @ 3:00pm

* Denotes Series Races

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

Landrunners In Action

9/14 LAST CHANCE BQ2 CHICAGOLAND, IL

BRANDI PARKER 3:33:46

9/15 SANTA FE THUNDER HALF MARATHON, NM

CHRIS BABIN 2:10:14

RACHEL BABIN 2:34:05

9/29 BERLIN MARATHON, GERMANY

JEFF WAGNER 3:18:36

ROBIN GARRETSON 3:44:57

9/29 CLARENCE DEMAR MARATHON, NH

MARY MIKKELSON 3:53:53

CHUCK MIKKELSON 4:43:20

TRAIL FEST – CLANCY GREEN

10/3 BRYCE CANYON 3:27:08 – 13.75

10/4 ZION PARK 2:58:22 – 13.75

10/5 HORSESHOE BEND 3:09:49 – 11.6

10/6 MEDTRONIC TWIN CITIES MARATHON, MN

CHINNI POKALA 3:37:42

JANE PACE 4:46:35

10/9 KANSAS CITY HALF MARATHON, MO

DAVID MAYNARD 2:55:47

10/13 FAYETTEVILLE HERO HALF MARATHON, AR

HEATHER PUCKETT 2:44:05

CHRISTOPHER LEE 2:59:18

10/13 CHICAGO MARATHON, IL

ROBERT BROWN 3:24:12

JUSTIN CHAN 3:34:35

COURTNEY ROBINSON 3:52:31

LONNIE SHAW 4:02:43

CHASTITY TEETER 4:05:07

ANGELA MORRIS-BALLARD 4:08:11

BRAD VAUGHAN 4:28:18

MARK BALLARD 4:57:18

JULIA REZA 4:59:48

JIMMY LE 5:12:10

REBECCA JAMES 5:13:44

BRIAN JOACHIMS 5:20:45

SUSAN GREEN 5:23:41

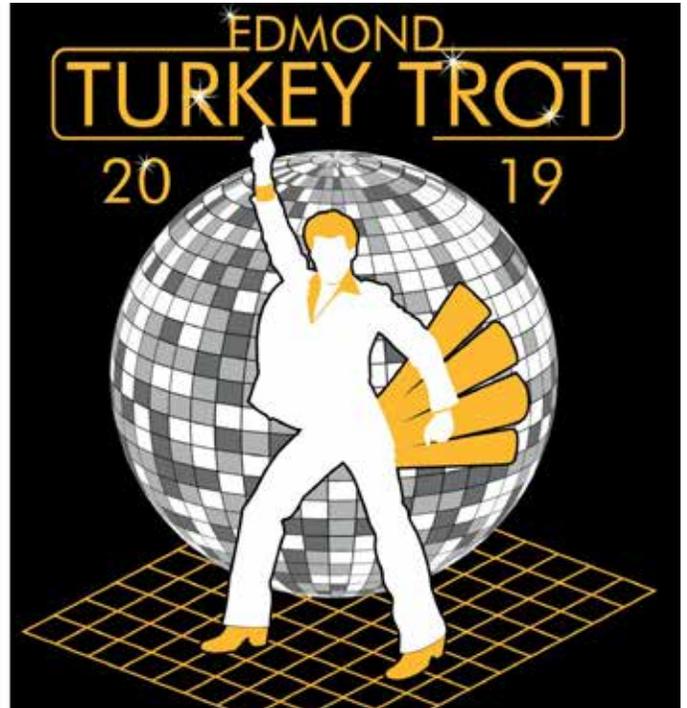
10/20 IMT DES MOINES MARATHON, IA

JEFFERY WAGNER 3:26:29

DANA JOHNSON 3:48:56

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

EDMOND TURKEY TROT



Nov. 28th

EdmondTurkeyTrot.com

5k, 1 Mile - Family Pet Friendly

Proceeds Benefit Turning Point Ministries

Diet, continued

Based on what we know, the East African diet is carbohydrate-dense. Their food is locally produced/grown. Very little is processed. Think about the “plant-based diet.” Plant-based diets are not necessarily vegetarian.



Where’s the meat? With respect to (us) Western civilization meat-eaters, in the African diet there is very little meat. Meat is eaten, usually at times of celebrations, like weddings or births: a couple of times a month. The meat is served as accompaniment to a meal, not the main part of the meal.

It would be nice to have scientific experiments to examine the value of the African-type diet in athletes. With research we would know if this carbohydrate-dense diet enhances or inhibits athletic performance.

Having no science, we have to rely on “observational” evidence. Based on the (these) observations of a natural, no supplement diet in elite athletes, we have to pay attention.

Want to know more? Read about the intestinal microbiome. Read “The China Study,” or “Forks Over Knives” or “What is a plant based diet and should you try it” (Katherine McManus). Any book by Dean Ornish will give the reader insight into nutrition and a healthy lifestyle.



EAT 1 BROWNIE, RUN 1 MILE
EAT 2 BROWNIES, RUN 2 MILES
EAT A PAN OF BROWNIES, RUN OUT FOR MORE BROWNIES

ARTS COUNCIL
OKC
OKC, MO, USA

DEC 31

OPENING NIGHT
FINALE
5K

LIVE ENTERTAINMENT

FAMILY FRIENDLY

DIVISIONAL AWARDS AND PRIZES
FOR MOST FESTIVELY DRESSED

3PM
DOWNTOWN
OKC
BICENTENNIAL
PARK

PRESENTED BY
PARRISH
DEVAUGHN
THRUFF LAWSON

DON'T DROP THE BALL!

REGISTER AT
ARTSCOUNCILOKC.COM

This is a USATF certified course

TURKEY TRACKS

Thanksgiving Day 2019: 8:30am - 1 Mile Fun Run / 9:00am - 5K



Race Perks:

- Everyone Gets A Jacket and Medal
- Support Toys For Tots
- 3 Options For Packet Pickup (including Race Morning)
- Fun For The Whole Family
- Plenty Of Parking Options
- FREE Race Photos

For more info visit:
<http://www.okcturkeytracks.com>



Save The Date: 2/9/20

For more info visit: <http://www.frozennozeseries.com>

Strong & Healthy Forever: Secrets of Living Well for Runners

By Melissa Brevetti, Ph.D.

With much gratitude for scientific and medical improvements, people are living—significantly—much longer. According to the latest Time Special Edition of “The Science of Living Longer”, the average American born today has a projected life span of at least 20 years more than someone who was born in 1925 living conditions (2019). That being said, a person’s DNA and living conditions are not necessarily someone’s destiny. Runners have key outlooks that lend itself to being strong and healthy forever.

Train Your Mind

Runners are great at developing an array of tools for motivation. But we need to remember that staying motivated in the long-term is what really matters. Training logs work well, running friends work well, inspirational races work well. In other words, find a meaningful mind-body connection that makes you feel engaged and fulfilled.

Get Moving Consistently

Once I read that the key to a good running streak was “improvisation.” How ironic. Yet true. Sometimes, life happens and take advantage of enjoying new gadgets, clothes, events,

recovery foods, friends, places, and workouts. It will pay off. If one always does the same workout, the body does not have to strive to the same level of difficulty to maintain. Motivation is often achieved through variation.

Eat with Diversity

Your body uses two main macronutrients in order to create energy: fats and carbohydrates. There is, of course, a caveat to eating too many fats and carbs since they need to be used, which ties us back to the importance of activity. Healthy fats, such as nuts, seeds, and fish, are directly linked with longevity. Refined carbohydrates are categorized in the overly-processed and sugary sources that need to be limited. However, good carbs are often needed to operate well. Examples of whole carbs include grains, fruit, quinoa, oats, vegetables, and legumes. These carbs are linked to higher metabolic health and a well-rounded food intake.

Find Your Happy Place

It’s no secret: your outlook can change how you age. We cannot control everything, so focus on variables within your control to be a strong and healthy self. Only you get to decide how your story ends—let the adventure be unique and yours!

TURKEY TROT
5K & 1 MILE
8:00AM START TIME
THURSDAY, NOVEMBER 28TH
 15 JACKSON AVE NW PIEDMONT, OK 73078

Bright sky
 ministry

Come wobble before you gobble! Proceeds will benefit Bright Sky Ministry, a non-profit that provides foster, kinship and host families with the items they need to succeed.

SIGN UP TODAY AND USE CODE "LANDRUNNERS" FOR \$5 OFF!
<https://runsignup.com/Race/OK/Piedmont/PiedmontOklahomaTurkeyTrot>
MEDALS FOR ALL ● COSTUME CONTEST ● T-SHIRTS LIMITED

THE
COWTOWN
2020



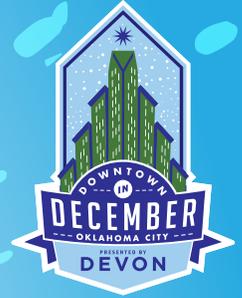
ULTRA * MARATHON * HALF MARATHON
* 4 PERSON MARATHON RELAY *
10K * ADULTS 5K * KIDS 5K

February 28th - March 1st

NEW THIS YEAR: 4 PERSON MARATHON RELAY
REGISTER AT COWTOWNMARATHON.ORG

NEW MEDALS FOR 2020 & 2021





Open to all ages and abilities. All runs begin and end at SandRidge Energy – 123 Robert S. Kerr. Enjoy free drinks and snacks, a photo booth, music, family activities, and more. Cash prizes awarded to top finishers. Don't forget to wear your most festive attire!

CHECK IN	—————	7:30AM
1 MILE FUN RUN \$20	—————	9:00AM
5K \$35	—————	9:30AM

FOR MORE INFORMATION OR TO REGISTER NOW, VISIT DOWNTOWNINDECEMBER.COM



LOOKING BACK.
RUNNING
FORWARD.



20TH
ANNUAL
KC
MEMORIAL
MARATHON
APRIL 26
2020



SIGN UP NOW
at okcMarathon.com

to celebrate the OKC Memorial Marathon's 20th anniversary and run with us as we continue to Change the Course of OKC with a bigger and better Finish Line Festival at the new Scissortail Park.

#RUNtoREMEMBER

Proceeds benefit the Oklahoma City National Memorial & Museum.

MARATHON HALF MARATHON RELAY 5K KIDS MARATHON





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November 2019

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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



Fall Training Runs
Every Saturday until Nov 16th

Lake Hefner Trail Sweep
& Post Sweep Breakfast
Saturday, December 7, 2019

Christmas Potluck Social
TBA

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