

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

December 2019

Issue No. 284

Oh! What a ride!!! Miles for Miracles

By David Ball

October 27th was the inaugural Miles for Miracles 5K and 15K races in Oklahoma City. The race benefits the Children's Hospital Foundation and is the re-boot of the former Wings to Fly race which had been held in El Reno, OK. The 5K race was run within the OU Health Sciences Center campus and was a hilly, challenging course. The 15K race extended north on Lincoln Ave in which runners had great views of our capitol building heading north and back south.

It was my second, and definitely not last, time to be a pusher for the Landrunners Oh! What a ride!!! I pushed a Children's Hospital Miracle child named DeKharai. He is 11 years old and has "run" a couple of 5K's before. Thanks to Jim Roblyer for taking care of the Oh! What a ride!!! chair for me. The Oh! What a Ride!!! program is definitely a team effort. DeKharai was born a normal, healthy baby boy, but on his third day he suffered a stroke and became a quadriplegic. He has endured over 35 surgeries in his 11 years of life and has a progressive visual disorder and seizure disorder. His mom, Deborah, tells me that his name means "the bringer of joy" and she says he does that every day. I could tell that from his smile. Kharai, as his friends and family call him, loves sports and music and being with family and friends.

I was so grateful that he was able to run the 5K Miles for Miracles race with me and we completed it faster than expected. I will certainly invite him to run another race with me.



President's Message

By Dana Sue Campbell, Landrunner President

Mark Bravo, dedicated and longtime Landrunner wrote, "Gratitude unlocks all you can be. It washes away all insecurities, lessens our ego, and gives us permission to tap into the fullness of life." This has been my mantra all year!

I have been grateful for your support for the past two years!

The wonderful and fun things that I was able to take part in:

1. Trash pickup at Lake Hefner has always been fun. Whether it is freezing cold or hot at the Lake Hefner trails I truly loved seeing and meeting new friends! I mean who does not want to pick up trash with Landrunner members like Hall of Fame runner Kathy Moffitt? She always gets up early and supports the Landrunner trash pickup and then we all have fellowship together at the Lake Hefner golf course clubhouse. I usually take part in a delicious and free breakfast! Thank you to those that attend our trash pickup at Lake Hefner!

2. Running with the Oklahoma Governor, Kevin Stitt, was simply an awesome experience for me. I cannot describe how much fun we all had running with Governor Stitt! I know that the first mile we had so much security and undercover police; I thought that I would get arrested. When I arrived the Governor walked right up and introduced himself. I was afraid to pass the Governor when he hit those steep little hills in downtown OKC. I noticed that the Governor made a comment about the hill and we all laughed. (Who knew that lil' Dana, born in Anadarko would be running with the Governor!)

3. Participating in the Landrunners Oh! What a Ride!!! program. Thank you to Jimmy Roblyer and Kevin Lynes for asking me to help push a wheelchair participant. It was a humbling experience and tears rolled down my cheeks. I've never felt so much love along the 2019 Oklahoma City Half Marathon course. My love for the sweet little girl can never be replaced and I want to push another participant again!

4. Attending our wonderful Landrunners banquet is a good time! I loved seeing many friends and past presidents! We always have the best awards! My favorite is Amy Pannell Krokstrom and Karl Krokstrom's hand made awards. These awards are a treasure and I love how Karl made an award for my good friend Benny Meir in Braille.

5. Checking out the new OKC Memorial Marathon courses for the past two years and hearing everyone's input. I think that the best input for the courses is the RUNNERS!

6. Running in the best race in OKC - the Panera Beacon races. Last year was so windy that I lost my Panera car seat towel in the wind. I guess it is still out there and I hope that next trash day I can find it! LOL!!

7. Watching the runners run every Saturday at a training run or running with fellow Landrunners at Caleb's Cause or the Swazi run! I will truly treasure those races!

8. Running in races and going back along the course to find my running friends. Whether you are first or last I'll always be cheering for you! My goal as your president was to be supportive and encouraging you along the way!

9. Running with Camille Herron, IUA Ultra World Championship Winner and OKCMM Winner. She is an amazing runner, she's humble and she will go the distance for our Landrunners!

10. Listening to the guest speakers for the last two years. One of the highlights was having OKCMM Winner, Connor Holt speak about running and Ireland! He is Get out the Garden funny!

These are just a few highlights of the past two years! You've been my family along the way. I've enjoyed reading and hearing everyone's praises about the new Stanley Draper Trails. I like running the new trail and seeing the beautiful scenery, new paved trail, and the artwork along the winding course! If you have not been to the new trail, grab a friend this weekend and go run/walk the new trail.

I encourage you all to have fun and DO NOT gripe about a thing! Tomorrow is a new day! Write down a goal, find new hidden gems and choose your passions carefully! I ask you to support your new President and Officers.

See you at the **Holiday Party** Wednesday, December 11, 2019 at Deer Creek Village Clubhouse, 6101 NW 155th St. *Bring your favorite dish.* Details are on Facebook and on the website. Please RSVP!

Don't forget trash pick up at Lake Hefner on Saturday, December 7, 2019. FREE Breakfast to follow! The more that attend, the quicker we can have fellowship.

As always have fun, dream, and encourage others. Don't leave a runner behind.

Gotta Run!!!!

Dana



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**
Injury Lawyers

**REGISTER AT
ARTSCOUNCILOKC.COM**

This is a USATF certified course

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
12/7	Landrunner Trail Sweep & Breakfast	Lake Hefner S&S @ 9:00am
12/11	Landrunner Holiday Social – Potluck	Deer Creek Village @ 6:30pm
12/14	Sandridge Santa Run 5K	123 Robert S Kerr @ 9:00am
12/31	Opening Night Finale OKC 5K \$	Bicentennial Park @ 3:00pm
1/4	OKC Memorial Training Starts	TBA
2/1	Landrunner Banquet & Series Awards	Will Rogers Garden Center
3/1	Cowtown Marathon	Fort Worth, TX
3/7	Panera Beacon Run 5K, 15K, 25K*\$	Lake Hefner East Wharf @ 7:30am

* Denotes Series Races

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

Landrunners In Action

9/29 HOKA CHICAGO HALF MARATHON, IL

DAWN MOORE	2:09:25
CHRIS SEMAN	2:09:25

10/13 FAYETTEVILLE HERO HALF MARATHON, AR

BEN PIERCE	1:48:08
------------	---------

10/26 COLONY HALF MARATHON, TX

MARK ERLER	2:15:03
------------	---------

11/2 ROCK N ROLL SAVANNAH MARATHON, GA

BOB LEMON	3:51:51
-----------	---------

11/3 MARSHALL UNIVERSITY MARATHON, WV

MARY MIKKELSON	3:46:39
CHUCK MIKKELSON	4:33:31

11/3 NYC MARATHON, NY

DANNY PONDER	3:30:02
CARLEE DAUB	3:44:30
ROBIN GARRETSON	4:00:35
JOLYNN BELLINGER	4:38:36
GAIL BELFLOWER	4:44:19
HOLLY MISTLER	4:59:21

11/10 RDC MARATHON, NC

JEFFREY WAGNER	3:28:54
----------------	---------

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



Directors Terra Deupree, Kevin Lynes & Melissa Brevetti present a Landrunner Donation to the American Cancer Society 5K running program.



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



It's My ITB - Leave My Foot Alone

By Tom Coniglione, MD

Last month we addressed how the ITB and the gluteal muscle were related. In keeping with the ITB theme, let's look at why the foot is an important part of ITB pain.

Here's what happens:



In running, the foot rotates toward the inside. Yes, with every step there is some degree of pronation. Pronation is normal. Only when pronation is excessive does it become abnormal.

After the foot rotates, the lower leg (tibia) also rotates toward the inside.



The arrow points to the spot where the ITB crosses a bone on the outside of the knee (lateral femoral condyle). When the lower leg (tibia) rotates to the inside, the ITB is forced against this bone.

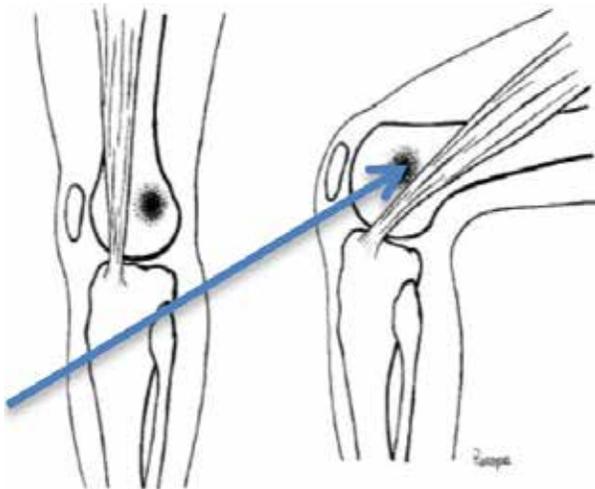


Figure 1

From Nicholas JA, Hershman EB: The Lower Extremity and Spine in Sports Medicine. St. Louis, Mosby Year Book, 1995, p. 928.

As we bend the knee, the ITB flips over this bone. Visualize a bug on your windshield. The windshield wipers squash the bug against the windshield.

This is what happens to the ITB. Crossing the shaded bone causes inflammation, which makes the pain.

When a runner has ITB pain, we have to address the glutes, as we did last month. We have to stretch the ITB **AND** we have to look at the mechanical relationship of the foot to the ITB.

Excessive pronation of the foot can happen in any of three parts of the foot. Each part requires a specific correction. At times the entire foot is excessively pronating; we have to fix all three parts.

A car has wheels. Balance, align and maintain air pressure.

A runner's wheels are his feet. Treat your feet well.



2001

2020

LOOKING BACK • RUNNING FORWARD
20 YEARS



SIGN UP NOW!

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.

okcMarathon.com



MARATHON HALF MARATHON RELAY 5K KIDS MARATHON

Proceeds benefit the Oklahoma City National Memorial & Museum



P.O. Box 18113, OKC, OK 73154

ADDRESS SERVICE REQUESTED

December 2019

PRSR STD
U.S. Postage Paid
Okla. City, OK
Permit 1810

Join or Renew Online Today!

Check your mailing label for your renewal date.

Join or renew your subscription online at www.okcrunning.org or:

1. Write a check for **\$20** to OKC Running Club
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



**Lake Hefner Trail Sweep
& Post Sweep Breakfast
Saturday, December 7th**

**Christmas Potluck Social
Wednesday, December 11th
6:30 - 9:30pm
Deer Creek Village Clubhouse
6101 NW 155th St**

**OKC Memorial Training Runs
Start Saturday, Jan 4, 2020**

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