

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

June 2020

Issue No. 290

## The Covid Menace

By Tom Coniglione, MD

In a recent tornado special on PBS, Gary England talked about tornado warnings. He said: "If people don't pay attention, they die."

Now we deal with viruses and Gary's warnings: pay attention or risk disease and possible death.

All parents know about viruses. We had measles and polio; diseases eradicated by vaccines. Most of us get annual influenza immunizations and very few get the flu.

Few people paid much attention to other viral infections – until COVID-19. If you have become sick with COVID-19, or if you know anyone who has, you have respect for this viral infection.

### INFECTIOUSNESS

Measles is the king of viral contagion; one person with measles will infect more people than any other virus. In descending order of contagiousness/infectiousness: measles, smallpox, rubella, mumps, SARS, then COVID. Routine influenza is much less contagious than COVID.

We are trying to get back into the gym or we are trying to get back to running in a group. Whatever we do, we have to do it right.

### MASKS?

Have you tried to wear a mask and run? Most people who've tried have been frustrated at the difficulty of running with a mask. The more effective the mask is at filtering out viral particles, the more difficult it is to run in that mask.

Why? Surgical masks with the rubber bands that fasten behind the ears will block out about 70% of viral particles the size of COVID. The tighter N95 mask will block out 95% of those viral particles. The tighter the mask, the more difficult it is to take in air. The more difficult to take (suck) in air, the more difficult it will be to run.

You can make your own face mask from a sheet. The higher the thread count sheet, the smaller the holes in the mask will be and more viral particles will be filtered out. Double thickness of a high thread count sheet will make a good mask.

Running with glasses and wearing a mask – impossible.

### DISTANCING

The official recommendation is "distance" by staying at least six feet apart. That six-foot distance is somewhat arbitrary. The stronger the breeze, the more exhaled virus will be blown away. In a lab with no air circulation, exhaled virus will linger in the air for 14 minutes.

When running, many runners find their noses drip water. In the winter there is more dripping. The nose responds to dry air. The colder and drier the air, the more dripping there will be. This drip contains viral particles.

Some runners spit. Not that this is sanitary but it happens. Can spit contain viral particles? Yes.

You know about coughing.

### TOUCHING THINGS

We are told to keep our hands away from our faces, noses and eyes. Having tried to keep my hands away from my face, I can reassure any reader it is impossible to not touch your face. Research shows that we touch our faces about 20 times per hour. Half the time we touch our face, we have contact with the eyes, nose or mouth.

Touching the eyes with COVID on your hands is not known to do much that is serious. Some people get

See Covid, on page 4

# President's Message

*By Kevin Lynes, Landrunner President*

Well, another month has gone by without any actual races, training runs, or group meetings. I'm hoping we can get back to some sense of normalcy in June. We won't know if we will be able to resume group runs yet as it depends on the CDC and state and local guidelines at that time. Keep checking our website at [www.okcrunning.org](http://www.okcrunning.org) for updates and please check our social media for updates as well. My hope is that everyone is doing well and still able to get out for your run. Some gyms are open with social distancing and I had a chance to visit my gym on their first day of their re-opening. It was really nice to get back.

I received a message from a young lady back in December asking about group runs and/or training runs here in OKC. This lady is in the US Air Force stationed in Altus and was training for the OKC Memorial Marathon. I informed her that we had not started our marathon training runs until the first of January but that she was welcome to come join any of our groups who were running on weekends but she was unable to make the trip until the training run at Draper on February 8. We had talked several times on the phone but I did not actually meet her until that day at Draper. Her name is Grace Tinkey and she is a native of Georgia. I introduced her to the group and she was able to run with a couple of other fast runners and ran the 14 miles in the time it took me to run seven! She really enjoyed the Landrunners and was hoping to run OKC in April. She posted on Facebook that her training in Altus was finished and she was transferring to South Carolina. Hopefully she can return someday to run our marathon but I am happy for her to be back close to her home and family. I have had the pleasure to meet and run with others from out of state who may be here for temporary duty and find us on our website and/or social media. It is really neat to meet other runners who just need a place to run and want to meet with a group to run even if it's just for one weekend run and then return home. I believe Grace and I will stay in contact and continue to be lifelong friends. If you ever have a chance to run with someone who has reached out to us who may be from another city or state (or even country), it is a really rewarding way to get to know someone from another area.

A lot of you know our local blind runner Benny Meier. I have had the privilege of guiding him for the last 13 years. A couple weeks ago he gave me two of his new guide ropes for me to tie with the loops and knots it takes to be able to guide him. I couldn't figure out how to do it so I stopped by his house so I could use one of his other ropes to figure out how to do it. I knew that Benny had played beep ball for 25 years but did not know how great of a player he was. Beep ball is baseball for blind players and the ball actually has a beeping sound so the players can hear where the ball is. Benny is a two time national champion player winning the national championship with the West Coast Dogs in 2008 and 2009. The Dogs are a team from all over California. Benny played for the Dogs in 2007 and was

in the World Series in Minneapolis when the Mississippi River bridge collapsed. I remember calling to make sure they were not in the accident. He is in the National Beep Ball Hall of Fame and is a 10 time all star player. He batted .777 in the 2000 season playing for the Bombers and was in the World Series in Houston. In the 2001 season playing for the Oklahoma City Bombers the World Series was in Cleveland, OH. In the World Series that year Benny won the offensive MVP going 21 of 25 for an average of .840 at age 58 while scoring 21 runs. The OKC Bombers played in the tournament in Texas with seven Texas teams in 1986 and Benny won the MVP on defense and OKC was not invited back after beating the Texas teams in both 1985 and 1986. That is the accomplishment of which Benny is most proud. The 1999 season World Series was in Taipei, Taiwan and Benny played for the Fast Star Comets from Chicago. Benny was inducted into the Oklahoma Sports Hall of Fame-Guthrie at the same time that Andy Pettite was inducted as the recipient of the Warren Spahn Award which is the award that goes to the outstanding left-handed pitcher in Major League Baseball. Andy Pettite was a pitcher for the New York Yankees which is Benny's favorite baseball team. It was quite an honor for Benny to meet Andy and be inducted at the same time with Andy. The picture shown is of Benny's two beep ball world series champion rings. The rings are huge and look like Super Bowl rings. Quite impressive indeed. Benny is also a legendary runner both locally and beyond. In his younger years Benny was an excellent sprinter and participated in the Endeavor Games and Senior Games and won and placed in several events for many years. His trophy collection for both running and beep ball is very impressive. I'm honored to be a friend to Benny and his wife Angela.



We are in need of articles to put in the newsletter. Anyone can write an article on anything to do with our sport. Even if you have just a little bit to share with us just send photos and articles to [news@okcrunning.org](mailto:news@okcrunning.org). You don't have to be a writer to submit an article. Just send in your story and our editors can make it happen. Maybe you have a 10 year old just getting into the sport. Send us a photo and a little story about him or her. We love seeing the youngsters getting out there with us. Be safe and it will be a celebration when we can all be together again.

# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
6/3	Global Running Day	Go for a Run, anywhere, anytime
6/13	Happy Camper Run 5K*\$	Norman @ 8:00am
7/4	Edmond Firecracker 5K	Spring Creek Trail @ 8:00am
7/11	OKC Pool Party 5K	Earlywine Park @ 8:00am
7/25	Red Day Run 5K*	Edmond @ 9:00am
8/8	Oklahoma Autism Piecewalk 5K*\$	Scissortail Park @ 6:00pm
8/29	Oak Lake Trail 5K	Depew, OK @ 9:00am
9/12	Shepard's Watch 5K	Stars & Stripes Park @ 8:30am
10/4	OKC Memorial Marathon*	OKC Memorial @ 6:30am

\* Denotes Series Races

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

## Series Runners.....

Our committee is working on ideas for you to still be able to earn your series points. We will have Virtual events over the summer as a way to connect while we are apart! Some races have been turned into a virtual race which means all you have to do is provide proof of registration and proof you completed the miles. Snap a photo of yourself or your watch, and post to Social Media with the appropriate hashtag. Details on that to follow! We will have prizes for various categories so keep an eye on Facebook for exciting opportunities and more details! #LRVirtualSeries

## Landrunner Marathon Training.....

Training for the OKC Memorial Marathon will resume June 13 but stay tuned for more details. As with so many things right now, it will most likely look different. Check the website and Facebook as more details will be posted by June 6th

What have you been doing during the COVID-19 Lockdown?

Send photos and stories to news@okcrunning.org

**Covid, continued**

red eyes that can look like pink eye. But actually getting the infection into your lungs after touching your eyes is highly unlikely.

There are charts showing how long COVID remains alive on various surfaces – more below.

**COVID infection comes from the air we breathe which contains the virus. Coughing, sneezing, spitting, breathing spreads the virus. Remember, if the virus is anywhere, it is everywhere.**

**THE GYM**

In closed spaces the virus spreads easily. Before going to the gym, put on your mask. When you get to the gym, wipe down whatever equipment you are going to use. Use a product containing at least 60% alcohol or a chlorine base bleach.

The gym staff should teach you the appropriate technique for cleaning equipment. Wash your hands with soap or use a hand sanitizer. Then pick up the alcohol or chlorine spray and spray down the equipment. Wait about one minute for the disinfectant to kill the virus then wipe everything and repeat the procedure.

Smooth, nonporous surfaces such as stainless steel or a plastic coating are a particular problem. The virus can live for up to three days on a smooth, nonporous surface.

Copper is the best surface because copper will kill the virus within a matter of hours.

Any weights, bars, benches, machines or knobs should be cleaned after every use. Although we all clean up after ourselves in the gym, before you use a piece of equipment, clean it yourself as if no one had cleaned it before.

**Wash your hands!**

Can you infect yourself after touching a surface containing COVID? According to the CDC, it is unlikely. However, the CDC does not address an important question. If you touch a surface containing COVID, then touch your face.....

Running or using the gym should be areas of low risk for contracting the COVID virus. We have to be diligent and aware of safety for others and ourselves.

**Social media spreads misinformation. Get the facts from reputable sources.**

**Gary England: “If people don’t pay attention, they die.”**

# Injury Prevention – Free Testing

*By Derrick Crampton, PT*

In 2015, I completed my first half marathon at age 44. I hobbled across the OKC Memorial finish line. Stress fractures in both tibias should have ended my runs. Since then I have run eight more half marathons and numerous 5, 10 and 15Ks. How is that possible?

In 2015, I went on a quest to discover “Why” the fractures happened to me. While it took me six months of therapy, compression wraps and training to get back to running pain free, I learned the answer. I learned why the injury happened and I began helping injured and struggling runners.

Now I have an extremely powerful analysis tool to help me quickly analyze your run, while you run. That’s right, while you run. It is instant data from two gyroscopes, two magnetometers and two

accelerometers giving me information on every stride and every footfall that you make. Together my 26 years as a Physical Therapist and the DorsaVi system can analyze your run, isolate any mechanical problem(s) and get you on the road to being pain free while you run and prevent injuries down the road.

I am offering this test free to runners. Why? Because I get it. I know. I have been there, and I am here to help.

For your free DorsaVi analysis, call me at 405-753-9064.

Derrick Crampton, PT

Select Physical Therapy

Due to training regime time lines, offer expires June 30, 2020.



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*Our Edmond store remains temporarily closed, check [myokrunner.com](http://myokrunner.com) for updates!*

**OK RUNNER: CARE, CREDIBILITY, LEGACY**

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# What Has The Coronavirus Done To Our Beloved Sport Of Running?

*By Kim Andres*

What has the coronavirus (COVID-19) done to our beloved sport of running? What havoc has been brought to the 124th running of the iconic Boston Marathon 2020, which is now rescheduled from Massachusetts's Patriot's Day, April 20, to September 14, because of this pestilence? Does the Road Runners Club of America (RRCA) – based in New York City - offer any guidance for us runners and hope for the resumption of races any time soon?

I wanted to know, because like you, I am concerned as to whether the Oklahoma City Memorial Marathon, postponed from late April to a new tentative date in October, will be allowed to go forward.

So I reviewed the Boston Marathon and RRCA websites for the most current information I could find and, although plans for running events change rapidly as virus fighting initiatives take hold, this article covers information on Boston and RRCA racing guidelines under the COVID scourge as of late May.

## **The Boston Marathon**

First, as to the Boston Marathon. It appears that decisions concerning that race and whether it will go forward on September 14, will be made by Boston's Mayor Marty Walsh in conjunction with the Boston Athletic Association (the BAA). Mayor Walsh recently acknowledged that he was "leav[ing] the door open" on making additional changes to the current reset date. When the race was delayed in April shortly after the COVID-19 outbreak, it was thought that the rescheduled date in September would provide enough time to get the virus under control, but with the rescheduled marathon currently less than four months away, concerns about the pandemic remain.

This year's Boston would field more than 30,000 runners and a lot more spectators lining the route. Obviously, those numbers would make social distancing hugely difficult for everyone.

The BAA said in a recent statement that they are "actively exploring all options," for this year's race. The organization continues to work with public officials on what the September marathon will look like, with health and safety remaining a top priority.

The race brings in as much as \$200 million to the Massachusetts economy. Runners can be expected to come to Boston from all over the world and range from decorated professionals and Olympians to amateur runners who take to the storied 26.2-mile course through eight communities as charity runners seeking to raise money and awareness for various causes.

The Boston Marathon has not been canceled in over 100 years. What will happen in 2020? And,,,after months of seeking to find a way for Boston to go forward.....CANCELLED FOR 2020.

## **Guidance from the RRCA**

Changing gears, the website for the Road Runners Club of America (RRCA) takes a robust approach to information on the virus and its impact on running activities and races in local communities. It urges runners to first and foremost, draw on expert medical advice from the CDC and from state and local public health agencies to know what is going on in their community.

The RRCA offers several recommendations on running activities as restrictions ease around the country. It cautions that we will see a slow phase-in of return-to-activities and that we should be mindful that state officials may say one thing, while county or city officials may say something else based on local conditions. There will not be an "all-clear," "return to normal" directive applicable to everyone involved in running.

Running clubs, like our own Landrunners, are urged to work with local officials to understand when we can be allowed to host our group (training)

*See Sport, on page 7*

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**Sport, continued**

runs and to produce races. Presumably race directors throughout Oklahoma are likewise considering these points for their race events.

The RRCA suggests that some communities will start to allow small group gatherings of 10-25 runners before allowing events over 100 people. This may present an opportunity to implement small, controlled group runs to test updated sanitation efforts with future larger group runs.

The RRCA has issued *Operational Preparedness Plans for Group Runs* which Landrunners can consult and adapt to local considerations to implement new plans. Another RRCA guideline is "*Looking Forward: Guidelines for Events*" which gives helpful tips. The guide, as of May 3, includes small case studies of recent events utilizing new procedures for physical distancing and sanitation. For all events and group runs post-pandemic, the RRCA recommends addressing Covid-19 and other diseases in your waiver of liability moving forward.

Noteworthy is the RRCA's information on claims of negligence that a runner may assess against a RRCA member club. Specifically, the General Liability policy provided by the RRCA for its members will defend claims of negligence if someone sues an event, club, or coach saying they got Covid-19 at the event, club program/run, coached program/run.

That said the burden of proof that an illness was actually contracted at an event will be a challenge (does the runner prove "causation" and what proof of causation will suffice?).

In any event, managing the risk of a claim of negligence makes it imperative for race directors and run organizers to put plans in place for sanitation and physical distancing guidelines that are in accordance with local and state health department

recommendations. The RRCA also suggests that COVID-19 specific language be added to the standard waiver that runners sign when entering a race or other organized running activity. Such waiver could be a first line of defense if someone tested positive following participation after an event or organized run or group activity.

Of course, many events scheduled between now and – whenever! - are moving to virtual options and the RRCA offers a variety of resources available for hosting them. If converting a pre-planned event to a virtual option, the RRCA suggests updating the event waiver and using an updated sign-up for capturing virtual run data/results. Even such virtual runs should be protected by insurance.

The RRCA acknowledges that face masks can be preventative but that the risk of transmission outdoors and when not in a crowd is dramatically reduced. So what are the recommendations for spacing?

Depending on the distance that droplets from breathing/sneezing/coughing can linger, the advice for walkers, the distance two people moving in the same direction in a line, should be at least four to five meters and for running it should be ten meters. Ideally runners would pass each other maintaining that distance side by side (hardly practicable on a trail).

In early stages of reopening races, a conservative approach is to require participants to wear masks when near others such as during check-in and at the start line. Would runners then run the entire race with a mask? Would they don a new mask after finishing the race? Should the race organizers have a supply of face masks to provide to runners who do not bring a face mask to the event?

Well, there is a lot more on the RRCA website and perhaps we should all go there but at this point, this writer **has had enough**. How about you?

# “Kinder, Gentler”

*By Mark Bravo*

Life is different right now for us all, and no matter how we’re maneuvering through it at present, possibly the most challenging fallout, beyond keeping our health intact and helping others do the same, is not knowing what the “other side” will look like.

While easy to feel we have virtually no control of many aspects of our lives, we still have the unalienable right to “own our attitude”, the most pivotal aspect of which is whether we lean positive or negative. Whether we’re liberal, conservative, short, tall, gifted (with trappings, talents, et al) how full we see our glass is a choice we can always make, and no one can wrest from us. If we stay mindful of this, at especially pivotal life moments like now, I feel we usually take the right turn when we reach those “fork in the road” moments. And our sport (MOTION itself) is as key at these times as any single component!

Patterns represent order. When we leave an old pattern (or one even disappears without our ‘permission’) we enter an unknown space. Like the space between our exhalation and next inhale, the place is ripe with unlimited possibilities for new choices.

This in-between space can be unsettling. We often resist new avenues for fear of losing our identities. Yet changing a long-held pattern, whether we do so ‘kicking and screaming’ or willingly, allows us to undergo a rebirth of sorts.

Our daily actions (for ALL of us) undoubtedly have gone through changes recently. When born from an outlook of confidence and happiness (like remembering gratitude from the good around us, both human and otherwise) this brings positivity to our lives, which we build upon. So when something you’re used to in your life is not there temporarily, see yourself as an alchemist in your own transformation, having the capacity to constantly refine and direct your actions and thoughts into healthier designs.

This is where our sport becomes extra prominent on the scene. We’re more fortunate than most to have walking and running as an outlet that immediately makes us feel better. Physically of course, and it’s completely unbiased: this lighter sense comes to us no matter our ability or the intensity with which we approach it. However, an added intangible is the “sorting out” of things not completely balanced in our lives. Every day recently I seem to discuss with others how fortunate we are to recognize the value of getting out (OR staying in) and moving. Don’t take it for granted; it instills perseverance, patience and that ingredient possibly as essential (in not only rare, but normal times) as food and water: HOPE.

And if you go out for a 45-minute effort, and you don’t have it that day (physically, or the heart’s not in it), take what comes...for now, that’s enough! And still everything else that day seems better from the effort!

To finish up here, I’d like to remind you of a few traits you might want to make sure exist in your daily lives, especially now.

**GRACE:** Toward others and yourself. No playbook exists currently.

**PATIENCE:** We’re all trying to figure out the next “right move” to make. And we will!

Find a positive when you get up in the morning, and go for it! Just one thing: physical, mental, or emotional. This sets your mind toward a course that’s energizing and cleansing, builds adrenaline, and your momentum has begun! Be smart, but don’t be afraid to be fearless!

Just one more thing. One of my favorites: “The fear won’t help you save what you have—but it might make you lose what you could become!”

Keep thriving, athletes!

*Some excerpts are from Bravo’s book: “MOMENTUM: 77 Observations Toward A Life Well Lived.” Reach Mark at 405.824.8385 or runbravo@yahoo.com for a signed copy. Proceeds go to the Oklahoma City National Memorial and Museum.*



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



**OKC Memorial Training Runs**  
Resuming June 13 until then  
**PLEASE**  
"Practice Physical Distancing"

**Club Meeting**  
TBA

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