

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

October 2020

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OKC Marathon Motivation

By Matthew C. Wilcoxen

25 years ago in Oklahoma City, hate and evil stole the future from 168 innocent men, women, and children. This city and country responded by coming together to build a beautiful memorial to the victims, survivors, heroes, and all those affected by the bombing.

20 years ago, on this same spot, a few runners started a marathon to benefit the OKC National Memorial and Museum. Out of that, we have the opportunity each year to come together as a running community and give a little something back to the Memorial by doing something we love - running. And the Landrunners are proud and honored that you let us share in your own personal journey towards this marathon.

This marathon, born out of tragedy, is a perfect symbol of this city's, this state's, this country's, and every peace-loving citizen of the world's resolve to stand up to evil. To witness and/or suffer unspeakable pain and react with something that brings people together and challenges the individual spirit is an ideal example to set.

We all run for different, personal reasons. But this marathon, in this city, for the reason this marathon exists, gives us all a reason bigger than our individual motivations. When we run the OKC Memorial Marathon, it's an annual march of resistance to hate and fear. It's more than just remembering the lost; it's picking up the banner of hope and carrying it forward for their honor.

While the race will look different this year without a mass start and no festive finish line, we will still be running for the same reason. Whatever day you choose to run your race, with each step you will bury hate and evil under the pillars of hope, strength, peace, and serenity.

The desire to return evil acts that destroy people with events that build people up; to never quit moving forward from tragedy; that is what drove this marathon into existence, and it can help drive you to your finish line.

When your race gets hard, when you think you've hit the wall, when you want to quit, look up at one of the banners along the streets, read the names, and feel their spirit pushing you forward reminding you that life is precious and short and what you have today can be gone tomorrow so don't let this moment slip through your hands. Seize this day and don't let yourself quit.

Stand tall at your start line, take a moment (or 168 seconds) to remember the lives of those lost and listen to the silence as an entire city remembers. Then run your miles with courage, challenge yourself and be fearless but smart.

And when you finish, and you will, cross your finish line strong and proud, owning every step you took on this journey. Reap the rewards of those early Saturday morning training runs.

And then look to your next goal. Don't squander what you've built in yourself. You probably had doubts when you started this training and now you should take a moment to look back and see how you conquered those doubts through hard work. Learn from that and know that you can do anything with a little effort and dedication. Set a new goal, a faster time, qualify for Boston! Your world is unlimited once you get your doubts out of the way. You are already better than you were 16 weeks ago but you are nowhere near your potential.

President's Message

By Kevin Lynes, President

Last month I asked Landrunner Vice President Susan Green to write the president's message. I asked her to write anything she wanted but to include her personal bio with how long she has been running, number of races and marathons, and what she gets most from running. She wrote a fantastic message and I thank her for that. That gave me an idea to focus on our Board of Directors (BOD) to introduce you to the members of our 2020 BOD. The following are bios of several of our board members.

Lacey Norton – Lacey has been on the BOD for two years and is currently the club secretary. She is the merchandise committee chairperson and has served in that capacity for three years and helps design our Landrunner gear and loves meeting runners through conversations at the pop-up store at our training runs and other events. Lacey started running in 2014 to train for her first race, the Oklahoma City Memorial Marathon (OKCMM) half marathon. She had such a miserable race but through our website she saw our free marathon training runs and decided to join us to train for the Tulsa Route 66 half marathon. Lacey has now completed fifteen half marathons and one marathon and will run the OKCMM virtual half marathon this month. She loves the wonderful friends she has made through running. I personally want to thank her for her work on the merchandise committee as she has spent many hours designing, purchasing and coordinating the printing of merchandise and works tirelessly hauling merchandise and setting up the pop-up shop so that we can purchase Landrunner gear.

Bill Goodier – Bill, aka Lil' Bill, has been running for 18 years. He has completed 80 marathons in all 50 states, DC, and on four continents (Asia, Europe, and South America in addition to North America). He has run 19 half marathons and several ultra-marathons including running 102.6 miles in the 24-hour race at 24 The Hard Way at Bluff Creek in OKC. Bill has been on the BOD since 2007 and was the club president in 2016. Being a part of the Landrunners has inspired his running, confidence, and speed, but most of all it is lifelong friendships he cherishes most.

Suzie Bostick – Suzie is a past president, vice-president, and secretary of the Landrunners for several years. She is a long-term BOD member who has run 12 marathons, several half marathons, and many other distances. Suzie participated in the Bulldog Award which was a forerunner to the current series races. The Bulldog Award was an award that the participant had to run 200 miles in a

year and complete several race distances from 5K to marathons. Suzie misplaced her Bulldog jackets for 1994 and 1996 but recently found them. Maybe she will bring them to a future club meeting so we can see the awards for the former Bulldog Award. Suzie is the chairman of registration and packet pickup for the OKCMM and has worked the marathon for all 20 years. In years past, the Landrunners volunteered for the packet stuffing for the OKCMM and Suzie was in charge when we volunteered for the packet stuffing. Suzie also serves on the Trails Advisory Committee and has made many friends through running.

Bill Hickman – Bill has been running since 1979 while living in Arlington, Texas. It all started in an alley in back of the apartment in which he was living. Bill was working for the Dallas Morning News and lived near SMU and started running longer distances while working for the News. Long distance running didn't occur until 2001 while living in Edmond, OK. Bill has run the OKCMM and Tulsa Route 66 both full and half marathons. He has run marathons in Dallas, Las Colinas, Ft. Worth, Denver, Wichita, and Sarasota, FL. Bill has been on the BOD for two years. He misses the Landrunner weekend training runs this year but hopes we can all be back socially sometime next year. He says the Landrunners provide us with a group of like-minded runners to join up with, whether Boston bound or those just enjoying the scenery.

Dr. Melissa Brevetti – Melissa has been running for 24 years but does not want us to do the math on her age! She chairs the Community Assistance Committee (CAC). She loves the Landrunners because we have the most kind-hearted, positive people around! Melissa has run 20 plus marathons and ultra-races, including an Ironman Triathlon prior to giving birth to her beautiful twin babies last year. It has been a busy year for Melissa (such a surprise with twin babies) and feels she is under-trained but will be running the virtual marathon this month at the OKCMM. For more information on CAC please check out our website at www.okcrunning.org. This is a worthwhile committee on which to serve for any club member wanting to serve.

Well, I am about out of room so I will feature Tom Finley, Ben Pierce, Kim Andres, and Kelly Hilburn in the November newsletter. I will leave you with a quote from Thomas Edison. "Genius is one percent inspiration, ninety-nine percent perspiration". Does this mean running makes you a genius?

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
10/4	OKC Memorial Marathon - Virtual	Anywhere 10/4 to 10/18
10/10	Lake Hefner Trail Sweep - Watermelon	Stars & Stripes Park @ 9:00am
10/17	Run in a Child's Shoes Virtual 5K	Anywhere
10/19	Club Meeting & Election of Directors	Scissortail Park @ 6:30pm
12/5	Lake Hefner Trail Sweep – Breakfast	Stars & Stripes Park @ 9:00am

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

Landrunners In Action

9/12 WABASH TRACE NATURE TRAIL MARATHON, IA

ROBIN GARRETSON	3:30:15
MARY MIKKELSON	3:57:31
LORI STADLER	4:08:35
JEFFERY WAGNER	4:08:36
CHUCK MIKKELSON	4:43:26

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

Landrunner Marathon Training.....

Training for Route 66 Marathon or other fall marathons will resume after the OKC Memorial virtual runs are completed. We recommend light running or walking for 1-2 weeks after doing your OKC virtual – reverse taper. We continue to encourage you to follow CDC and local guidelines including washing your hands, maintaining physical distance and wearing a mask when distancing is not possible (although we are not recommending wearing a mask while running). We all need to do our part to limit the spread of the virus so we can beat this. Check the website and Facebook as more details will be updated weekly.

Send photos and stories to news@okcrunning.org



Club Meeting at Scissortail Park on September 21, 2020

Small And Powerful: Sometimes Painful

By Tom Coniglione, MD

They are called sesamoid bones. Several places in the body have sesamoid bones. Ordinarily, we do not know we have them. They are the size of a pea or kernel of corn. When they are injured, these little dudes can hurt.

WHY do they get injured?

We need sesamoid bones in the foot because they are important to the mechanical functioning of the foot. In walking and running they provide leverage when the big toe pushes off from the ground. Without sesamoids, the first toe joint would take the brunt of the impact of springing off the ground. Excess/repeated pressure on the sesamoids cause the injuries: overuse.

SESAMOID injuries: There are two: inflammation and fracture. Inflammation is swelling of the tissue around the bones: sesamoiditis. Fracture is when the bone(s) break.

HOW IT FEELS: The runner notes pain in the big toe joint when pushing off. Any activity requiring “pushing off” the ground can cause pain. Sprinting and plyometrics often cause pain.

DIAGNOSIS: Involves fingers, sometimes x-rays and occasionally an MRI. There is never bruising in the foot. To differentiate sesamoiditis from a stress fracture may be impossible without an x-ray. Frequently, one of the sesamoids is in two parts: bipartite sesamoid. Is the sesamoid normal, with two parts, or do the two parts represent a stress fracture? Often it is impossible to tell without an MRI.



Right panel: This sesamoid is in two parts. Is it a normal (bipartite) sesamoid or is it a fracture? On close inspection, there is debris between the two parts. The debris represents the body’s attempt to heal. Despite efforts to help healing, this one did not heal.

Left panel: Shows no sesamoid in the circle because that bone was removed.

When there is sesamoiditis or a fracture, we have to eliminate trauma to the injury. “Get off your toes” is the mantra. That means stop the plyometrics, no sprinting, no deep knee bends, no planks.

The elliptical machine is a good idea. However, if the excursion is too long, the trailing leg’s sesamoid will receive pressure.

Sometimes a boot or cast is needed to relieve pressure on the fractured sesamoid. Various forms of support for the first toe joint can help: widening the shoe, stiff soled shoes, taping, orthotics, splints, etc. At times, creativity is needed to design something to relieve pressure on the sesamoid.

For any injury to heal, there must be adequate blood flowing to the tissue. Sesamoid fractures take about eight weeks to heal. However, the blood flowing to the sesamoid bones is not the best. So sesamoid fractures are in no hurry to heal and may take longer.



The sesamoid in the circle is in two parts. If this was a normal sesamoid, there would not be the jagged strands of white spanning the gap between the two pieces. This is a fracture.

This one was easy and an MRI was not needed.

OSSO
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**As COVID free
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Squats

By Tom Coniglione, MD

RECOGNIZE THIS?



WHAT: It’s a deep squat.

WHY: Squats are good for developing strength in the hips, glutes and quads.

POTENTIAL PROBLEM: This month we have two runners who developed tears of the medical meniscus (knee cartilage) from deep squats. Earlier this year, we had another. That is three runners who

needed knee surgery and were out of running for three months.

ISSUE: The issue is deep squats can cause a meniscus tear. “Deep” is relative. In the literature and in the three cases we have seen this year, all the tears were associated with a “deep” squat - the same as in the picture. However, there are people that can do deep squats without a problem.

How low should you go in a squat? The lower you go, the more muscle strength is built. 90 degrees is what many fitness experts recommend - moderate strength increase without risk of injury. Medically, there is no science to give us a magic number; the only science available is related to deep squats and injuries.

A rule of thumb would be to limit the squat to a depth that does not cause knee discomfort.

Be careful!

Election Of The Board Of Directors For 2021

In accordance with the Election of the Board of Directors for 2021 policies and procedures, the slate of candidates is hereby listed below. Ballots will be available at the election to be held during the October 19, 2020 club meeting. If there is not an October meeting due to the Covid-19 pandemic, the election will be held online in which members will receive an email with voting instructions.

The 2021 elected Board of Directors will meet before November 28th to elect the Officers and Committees for the 2021 term.

2021 Director Nominations

Kim Andres, Suzie Bostick, Melissa Brevetti, Debra Chronister, Terra Deupree, Tom Finley, Bill Goodier, Bill Hickman, Betsy Hilburn, Kelly Hilburn, Kevin Lynes, Shirley Lynes, Chuck Mikkelson, Lacy Norton, Ben Pierce, Heather Puckett, Jim Roblyer and Steve Wells



Oklahoma
Lawyers
for Children

Run in a Child's Shoes:

Celebrating families with OLFC

Virtual 5k benefiting Oklahoma Lawyers for Children

Oct. 17th–Oct. 24th



Use this QR Code or go to <https://runsignup.com/Race/OK/OklahomaCity/RunOLFC2020>

Oklahoma Lawyers for Children is the only local nonprofit that provides high quality legal representation for kids in the foster care system. Without the support we receive from our community this would not be possible.





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October 2020

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Visit The Landrunners Online:

www.okcrunning.org

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Lake Hefner Trail Sweep
Saturday, October 10 - Watermelon
Saturday, December 5 - Breakfast

October Club Meeting
Oct 19 - Scissortail Park

Route 66 Training Runs
resuming after 10/18

"Practice Physical Distancing"

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