

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

November 2020

Issue No. 295

## Why An Okc Man Believes Running The Streets Could Be The Road To Recovery For At-Risk Youth

by JENNI CARLSON

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Steve Buck remembers all the purple shirts.

They were impossible to miss, of course.

When he went to Bartlesville a few years ago for a half marathon, people in purple shirts seemed to be everywhere. Kids. Teenagers. Adults. More than a hundred all together. They were there with Run the Streets, a program using running to mentor at-risk and in-trouble youth in Bartlesville and surrounding areas.

And as much as their purple shirts stood out to Buck, their camaraderie made even more of an impression.

“It really, really began to resonate with me,” he said.

Then the executive director of Oklahoma’s Office of Juvenile Affairs, Buck realized the model should be copied in Oklahoma City.

Now, his hopes have become reality.

Run the Streets OKC has launched with a plan to bring together kids and mentors in early 2021. The end goal for the first class will be the Red Bud Classic in April, but really, the end goal will always be transforming young lives.

It’s an objective Buck believes in fervently.

“All kids are redeemable,” he said.

But how?

That’s the question forever facing Buck and others who have spent their lives working with at-risk youth. How do you help them navigate through trouble? How do you reach them?

Bob Williams has asked himself those questions, too.



*Run the Streets, started in 2009, recently completed its 23rd season. The running program in Bartlesville pairs at-risk and in-trouble youth with adult mentors, and because of its successes, it is being replicated in Oklahoma City.*

The longtime juvenile probation officer who is now a supervisor in the state’s Office of Juvenile Affairs was even thinking about it as he laced up his running shoes one day more than a decade ago. He was heading out the door for a long run, but his mind kept coming back to a story he’d read in *Runner’s World* magazine.

It told of a high school in Los Angeles using a marathon-training program to motivate student to not only stay in school but also to graduate. The cost was low, but the impact was significant.

“Why can’t we incorporate that as an alternative to traditional probation for kids?” he thought.

By the time he finished his run, Williams had formulated what would become Run the Streets. It would

**See *Run the Streets*, on page 4**

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# President's Message

*By Kevin Lynes, President*

The virtual OKC Memorial Marathon is now completed. I personally am thankful that the marathon decided to go virtual this year as opposed to cancelling. I have seen so many posts and pictures on social media of several runners and even cyclists having a great time participating. Having the freedom to make our own courses to run was interesting as well. I have seen several unique courses posted and the parks department even had courses laid out with mile markers at Lake Hefner and the OKC River Trails just to name a couple. I had the honor of guiding our local legendary blind runner, Benny Meier, for the half marathon and we ran it at the river trails and got to see several runners and cyclists participating on the actual date of the scheduled marathon, October 4.

We held our club meeting outside at Scissortail Park on Monday, October 19 so we could socially distance. Our guest speaker was Malcolm Tubbs from the Fox 25 morning show. Malcolm just ran his fourth marathon on Sunday, October 4 on the Oklahoma River Trails. He gave a great presentation on his personal life, his career at Fox 25, the OKC Thunder, and the Oklahoma Sooners football program. He is very involved in running and loves the sport and runs 50-60 miles per week. His next goal is to do ultra-marathons at some point in the near future. Malcolm is a great athlete and I have no doubt he will be a great ultra-marathoner as well. Also at the club meeting the new Landrunners board of directors for 2021 was elected. The board members will be updated soon on our website.

I had a recent idea to introduce several of our current board members in my messages. Last month I featured five of our board members and this month I'm featuring four more.

**Tom Finley** – The first time Tom went to a Landrunners training run he was impressed that 200 or so other brave souls ventured out on a very cold day. He did not know anyone else there that day but was welcomed by several other runners. Runners of all levels were there that day. He was impressed with the pre-run announcements and was reminded that we each have a gift in that we are runners. He immediately knew that we were his kind of people! That day was about nine years ago. Tom has served on the Landrunners board of directors (BOD) for three years and has been running for 11 years and has run 14 half marathons as well as other distances. I first met Tom with the Edmond Running Club where he served as vice-president. The ERC decided to cease operations a few years ago.

**Ben Pierce** – Ben is a first year BOD member in 2020 and has served on the training committee for a couple of years and also serves on the communications committee. You have most certainly seen his training videos on social media this year. Ben is the youngest BOD member and loves learning

from the seasoned runners and leadership of the Landrunners. Thanks, Ben, for not calling us seasoned runners “old”! Ben started running with a purpose in 2015 and is starting to get on track for the Boston Marathon dream. He has two marathons and around 20 half marathons under his belt at this time. His favorite race is the OKC Memorial Marathon and is hit with powerful emotions every time he crosses the finish line. The Landrunners have provided him with inspiration when he started training with us and had never seen such a large community that felt so close. Ben, like most of us, has missed the large training group and looks forward to the day when we can all run together again.

**Kim Andres** – Kim comes to us recently from Texas and has been a runner since late 1999 and immediately jumped into racing. As she says “why run if it is not in a race”. Some 20 years later she has logged 1,422 timed competitive races. Her first race was a 5-miler at White Rock Lake with the Dallas Running Club and it did not go well as she had to walk a lot and had no aerobic endurance. Two years later at age 48 she ran her first marathon in Houston, qualified for Boston and ran Boston a few months later. She ran a 5-mile race in New York City's Central Park in 2001 six weeks before the Twin Towers were hit and afterward attended an arts related party on one of the floors that was hit and has a photo of the Statue of Liberty from that floor. Kim and her husband, Marc have a second home in OKC in the Cobblestone sub-division and is a consumer litigation attorney for Citibank. They recently moved her parents to OKC from Tuscon. She enjoys being a part of the Landrunners and misses the face to face comradery we have endured in 2020. Kim graciously writes several articles for our monthly newsletter and has given us insight to the running clubs in the DFW area.

**Kelly Hilburn** – Kelly says that he has “lost” over 80 half marathons or further distances and possibly twice as many 5K's and 10K's. He has been on the BOD for two years and claims to perform no notable service. He says we keep him on the board for his attendance record and boyish good looks. As soon as we find a niche for him, we will notify membership! Thanks, Kelly, for the humor. His wife, Betsy, is also a runner and serves on the board with us as well. We affectionately call her “Rocket” which refers to her running speed.

We will not have a club meeting in November as the BOD will meet to elect officers for 2021. Please refer to our website or social media for any updates on meetings and other club activities. I will leave you with a quote from Zig Ziglar. “What you get by achieving your goals is not as important as what you become by achieving your goals”. Until next month, happy running to all.

# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
11/26	Piedmont Turkey Trot 5K	Piedmont @ 8:30am
12/1	Saints Downtown Santa Run Virtual 5K	Anywhere USA
12/5	Lake Hefner Trail Sweep – Breakfast	Stars & Stripes Park @ 9:00am
12/x	Landrunner Christmas Social	Cancelled Due to Covid-19

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

## Landrunners In Action

9/12 BROOKINGS MARATHON, SD  
 JAMIE KILPATRICK 5:01:30

Click the link on [www.okcrunning.org/newsletter](http://www.okcrunning.org/newsletter) page to submit out of state results. Send photos and stories to [news@okcrunning.org](mailto:news@okcrunning.org)

## Landrunner Marathon Training.....

Training for Route 66 Marathon or other fall marathons resumed after the OKC Memorial virtual runs were completed. Depending on when you plan to run your virtual Route 66 will determine your weekly mileage. Our schedule will be to run it on Nov 22 so November we will be tapering down to race day. 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). Everyone needs to do their 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](mailto:news@okcrunning.org)



*President Kevin Lynes ready to serve watermelon to all the trail sweepers.*

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## ***Run the Streets, continued***

target teens in Bartlesville and Washington County on probation in the court system as well as at-risk kids in schools. They would find adults who would commit to being mentors. Then, the kids and the mentors would meet three times a week for training runs, ultimately finishing the 12-week program with a half marathon.

Williams launched the program in 2009.

“Initially, even though people were fascinated by the idea, I think they had a hard time believing it was going to work,” Williams said.

How could running change lives, they wondered?

Williams knew it wasn’t the running but rather the relationships.

“The barriers came down because ... it’s a side-by-side mentoring,” Williams said. “It’s not like a coach where you’re asking a kid to go out and do something. You’re running side by side with that kid for 10 miles.”

The mentors stay with with the kids, and when you spend an hour or two running beside someone, you talk. Bonds are built, and for Run the Streets, that’s where the magic happened.

More than a thousand kids have logged more than 160,000 miles over the years, and nearly 200 of them getting off probation.

“They have really built a template that works,” said Buck, the Run the Streets OKC leader. “They are very regimented in expectations of the kids. They are very regimented in expectations of the mentors. They have a well-crafted training plan.

“We will borrow as much as we can structurally from them.”

Run the Streets Bartlesville, for example, provides everything the kids need, including running shoes and socks, sports bras for the girls and compression shorts for the boys. Buck already has buy-in from Cleats for Kids, Red Coyote and Express Employment Professionals to provide the same to kids in Run the Streets OKC.

Buck knows this isn’t the perfect time to launch. The pandemic has scrambled everything. Mentors and kids in the program will have to be mindful of social distancing, and races may well get canceled or go virtual.

Buck also changed jobs earlier this year as did one of his biggest allies. Trevor Pemberton was the chief district judge of the Oklahoma County Juvenile Division when Buck proposed Run the Streets OKC, but Pemberton was recently appointed to the Oklahoma Court of Civil

Appeals, so Buck will have to sell this idea to the juvenile division’s new presiding judge.

All of those are obstacles Buck is willing to tackle.

Anytime he has doubts, he thinks about a story Williams shared.

One of the first kids who did Run the Streets in Bartlesville had been arrested after running from the police, then coming at an officer with a baseball bat. The officer wrote in his arrest report that he nearly shot the boy.

The teenager not only completed Run the Streets but also asked Williams to be the godfather when his daughter was born.

A few years ago, Williams happened to see his goddaughter at her elementary school. After they hugged and talked a moment, Williams was walking away when he overheard a little girl asking his goddaughter about him.

“That’s Bob Williams,” she said. “He started Run the Streets, and when my dad was in trouble, he helped him.”

Williams acknowledges the program doesn’t have a perfect success rate. Not every kid finishes. Not every kid who does stays out of trouble. But Run the Streets has changed hundreds of lives.

Steve Buck believes the same is possible with Run the Streets OKC.

“All youth have value,” he said. “Every young person that we can help find success ... those are the wins I’m interested in.”

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Want to help?

Run the Streets OKC is looking for mentors and donations for its inaugural class, which will culminate April 11 with the Red Bud Classic 10K.

Mentors: Go to [rtsokc.com](https://www.rtsokc.com) if you are interested, or email [stevenbuck@sbcglobal.net](mailto:stevenbuck@sbcglobal.net) if you want more information.

Donations: A donation of \$60 will provide everything needed for one youth in the program. Contributions can be made online at [cleatsforkids.org](https://www.cleatsforkids.org) or by check to Cleats for Kids, 720 W. Wilshire, Suite 120, Oklahoma City, OK, 73120.



Trot. Gobble. Nap.

15 Jackson Ave. NW  
Piedmont, Oklahoma

November 26, 2020 8:30 AM

5k Race

1 Mile Fun Run

Virtual 5k

Registration includes T-shirt, swag bag, and finisher medal.  
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# Basic Strengthening Exercises For Runners

By Tom Coniglione, MD

Running strengthens the muscles in the back (posterior) part of the body: calf, hamstrings and back. These muscles should be stretched to maintain flexibility.

Running does not substantially increase strength of muscle in the front (anterior) part of the body. To maintain a balance between the anterior and posterior muscles, the anterior muscles should be strengthened.

### HERE'S HOW



**Short arc Quad to build VMO:** turn foot out with the knee at 30 degrees. Raise leg, lock the knee and return to original position – slowly. Do 3 sets of 10 on each leg - separately. If you can do 3 sets without the quad burning, add weight – enough to add resistance but not so much as to make the quad burn. This can be done sitting using a leg extension machine or lying flat as in the pictures. It is not necessary to do a full leg extension.



The full leg extension starts with the knees at 90 degrees. To strengthen the quad without excessive pressure on the knee, start at 30 degrees. Do each leg separately. Keep the foot turned out 15-30 degrees. Each time, lock the knee at 0 degrees and lower the leg slowly back to 30 degrees of knee extension

**GLUTE STRENGTHENING:** can be done on a machine or with a band.



Place a resistance band around both legs and position it just above the knees (easier) or around the ankles (harder). Assume a quarter-squat position (knees about 30 degrees), with your feet pointed forward, hip width apart. With the right foot, step right roughly 12 inches to the outside, Then, with control to resist the pull of the elastic band, step in with the left foot the equivalent distance so that your feet are back to a hip-width distance apart. Repeat in the opposite direction and continue alternating steps side to side. Maintain an athletic stance (don't stand up between steps) and keep tension in the band throughout the exercise. You should feel this on the outside of your hips and thighs. For an extra quad workout, perform the exercise from a deeper squat (knees bent to around 90 degrees) without standing up between steps.

See **Strength**, on page 8

**SPREAD CHEER,  
NOT GERMS!**

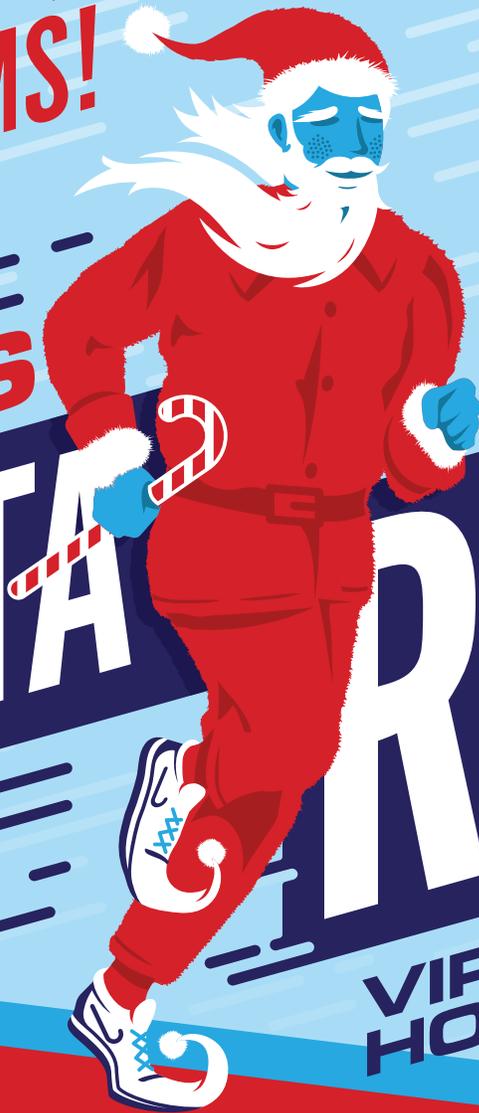
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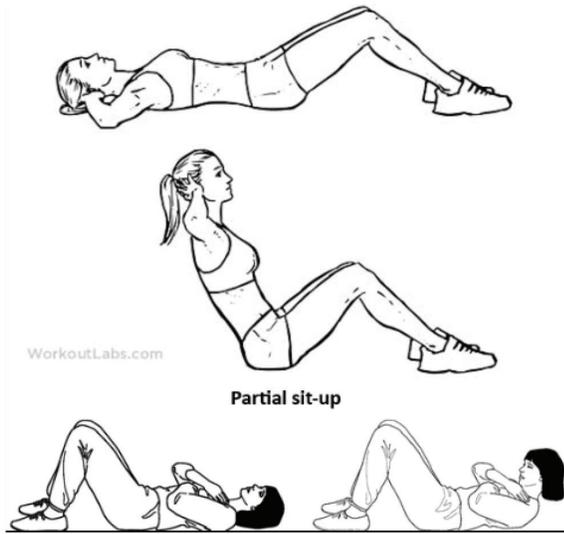
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**Strength, continued**

**CORE STRENGTHENING:** sit ups or partial sit up



Full sit up will strengthen the entire core. Partial sit up will strengthen the upper core. If the full sit up makes the back, uncomfortable, do the partial sit up. Do 3 sets of about 15.

**SINGLE LEG STANDING:** To get better balance and to strengthen ligaments around the knee and ankle. Stand on each leg for 60 seconds. The other leg has no support at all: 3-5 times on each side. Once this can be done comfortably, do it with the airborne leg out to the side, back or waving in the air - all to increase the work done by the stationary leg.



*10/19 Club Meeting at Scissortail Park with guest speaker, Malcolm Tubbs from Fox 25.*



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**Route 66 Virtual Training Runs**  
last weekend 11/14

**Lake Hefner Trail Sweep**  
Saturday, December 5 - Breakfast

**Christmas Social**  
Cancelled due to Covid-19

**"Practice Physical Distancing"**

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