

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

December 2020

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I'm NOT SICK, WHY SHOULD I WEAR A MASK?

by Tom Coniglione, MD

Remember long ago when everyone smoked? Remember the days when no one wore a seat belt? Life is a never-ending process of learning and changing to accommodate new knowledge. We have learned from science that we all should wear seat belts. Fewer and fewer people smoke. The polio vaccine has eradicated polio. Smallpox has disappeared. Scientific discoveries have made the world healthier.

When COVID was new, science knew nothing about it. The first recommendations regarding COVID were based on scant incomplete information. Initially, there was no mask recommendation. Over time, science learned COVID is spread through the air. Then came the recommendation to wear masks. Science has taught us masks are the most important tool we have to limit the spread of COVID. That point requires no discussion. **MASKS WORK.**

Some people took the early information that masks did not help and have stayed with it. Those people still say that there is no reason to wear a mask; "I'm not sick so why should I wear a mask?"

Initially and based on early science, the recommendation was to wear a mask in order to protect others from you – in case you were infected and did not know it. COVID knowledge expands every day. We now know most (more than 50%) COVID is spread from people without symptoms who do not know they have it.

We now know a mask protects others from you **AND** it protects you from others. Yes, distancing and washing hands are important **BUT** the most important thing we can do is **WEAR A MASK** to protect everyone.

We know that once a mask ordinance is enacted by a community or by a state, the number of COVID cases drops 30 - 90%. In the first two weeks after the mask mandate in OKC, new cases decreased by 30% despite the fact not everyone wore a mask. Following a mask mandate new cases fell: 30-40% in Texas, Tulsa and Canada and 70% in Arizona.

What happened to the mask mandate in Oklahoma?

WEAR A MASK - it is more than the issue of "personal responsibility" (which has been a miserable failure).

Not all masks afford the same degree of protection. The medical N95 mask is the best. We can't get these anymore.

The next best mask is cloth with layers. The more layers, the better. Cotton sheets with a high thread count are good. Use several layers of cotton; four is the magic number. You should not be able to see light through the cloth mask.

The mask should fit tight over the nose and mouth; beards are not a good idea. If it is hard to breathe through the mask, you know the mask is effective. A mask that ties around the back of the head is better than a mask that loops behind the ears. A wire mold that fits snug over the nose will close some gaps so less air will escape.

Wash the mask in hot water or soak it in alcohol. **WEAR A MASK.**

A final word about face shields. They offer little to no protection. Air (and virus) seeps out and around the edges of the shield.

President's Message - My Year in Review

By Kevin Lynes, President

2020 started off as a normal year in the running community. We had our marathon training runs starting on January 4 at the OKC Memorial. We hosted a club meeting on January 20 at Kimray and everything was running as normal as any other year. On February 1 we held our annual awards banquet at Will Rogers Park and had a great meal catered by Café/Venue 7. Board member Jim Roblyer was the host again this year for the banquet and we endured another year of his jokes. All who participated in our race series for 2019 were awarded with their Landrunners backpack customized with the Landrunners logo. On February 20 the board of directors held their annual budget meeting at Kamp's 1910 Café to approve our budget for 2020. On March 7 we held our annual Panera Beacon Run 25K, 15K, and 5K races at Lake Hefner. Board member Chuck Mikkelson stepped in as the race director as previous race director, Matthew Wilcoxon, moved to England a short time before the race. By all accounts Chuck did a magnificent job at the last minute. I missed the race this year as we were on our way to Galveston, Texas to get on a cruise ship for the next week with three classes from my high school (Woodward, OK). Yes, I was on a Caribbean cruise the week of March 8 to March 15 when the whole world was going crazy.

The coronavirus had reared its ugly head a few months before and had begun to reach the US in the weeks before and life was pretty much the same until the week of March 8. To get on the ship everyone's temperature was taken and anyone who had a fever was not allowed on board. During the trip the crew did an outstanding job keeping the ship clean and sanitized, constantly cleaning and disinfecting all handrails, doorknobs, and all parts of the ship. We felt totally safe and comfortable and we had a great time. On Thursday evening during dinner the captain came on the intercom and gave an update on what was going on around the world concerning the coronavirus and we were afraid that we might get stuck out at sea as that is what happened to other cruises in the previous weeks. He assured us that we would get back into Galveston on Sunday and that we would be able to disembark the ship. That was a great moment when we were able to walk off of the ship.

Returning home was quite a surprise as going to the grocery store was an adventure due to the empty shelves. We were out having a great time the week when people were buying up all of the essentials and more including toilet

paper! We had no idea what we were returning to although I told a friend of mine toward the end of the cruise that I think we will be returning to a world we don't know. How right I was! My boss told me to stay home for a couple of days and work from home until the company decided the next course of action. Two days turned into weeks and corporate put us on a partial furlough, cut our hours and pay beginning April 1. The furlough was extended through May and on May 15 myself and several co-workers were told our positions were eliminated immediately. My industry, foodservice, was negatively impacted with the closures of most restaurants. I took about six weeks off and started a new position with a local manufacturer of food products in July. I'm just not ready to retire.

So how has the virus impacted our sport? Needless to say, most races were either postponed, cancelled, or run virtually. OKC Memorial Marathon followed the lead of the other large marathons and postponed until October 4. Even our marathon training had to be modified to avoid large crowds and our training committee did an outstanding job organizing our training runs for the postponed marathon. As the date of the marathon approached, the decision was made to hold the marathon as a virtual event as to not have large crowds that could have been a super-spreader event. The 2021 marathon has already been postponed to October once again to be held on October 2 and 3. As races were being cancelled or run as virtual races, the race series committee made the difficult decision to cancel the 2020 race series as it was impossible to continue the series under the current situation. The committee is working on a solution for 2021 and hopefully we will have a solution to our race series for 2021.

I am looking forward to 2021 to see how our sport will move forward and how changes will be made as the virus continues into 2021. I have missed our large group training runs as our training runs are also large social gatherings and I miss the social aspect of running. We all must keep a positive attitude and realize that things will be back to normal someday, hopefully soon. I want to leave you with a quote from Sir Thomas Aquinas. "There is nothing on this earth more to be prized than true friendship." Whether we have met in person or not, I consider all of you my friends. Actually, I consider you all as my running family and I treasure each and every one of you. See you in 2021.

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
12/1	Saints Downtown Santa Run Virtual 5K	Anywhere USA in December
12/5	Lake Hefner Trail Sweep – Breakfast	Stars & Stripes Park @ 9:00am
12/x	Landrunner Christmas Social	Cancelled Due to Covid-19
12/31	Opening Night Finale Virtual 5K	Anywhere USA 12/26 to 12/31

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

Landrunners In Action

10/11 PRAIRIE FIRE MARATHON, KS

JEFFERY WAGNER	3:35:36
CLINT OWENS	3:38:10
DARRICK ACRE	3:48:35
MAURICE LEE III	4:53:21

11/7 HILLY BILLY HALF MARATHON, IA

GAILE LOVING	3:46:00
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Landrunner Marathon Training.....

Training will start in June for the OKC Memorial Marathon on October 2 & 3, 2021. Current Covid-19 numbers, restrictions and guidelines will determine if we can host any training runs earlier in the spring. Please do your part to control the spread so we can run together again soon.

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



Congratulations to all the runners who completed the #RUNtoREMEMBER and the Williams Route 66 Marathon virtual races to earn the #OklahomaStandard medal! Ben Pierce, Director showing off his hardware at the Lake Hefner Lighthouse.

2021 OKC Memorial Marathon Postponed

By Tom Coniglione, MD

When planning the OKC Memorial races, the health and safety of all are the most important considerations. We must consider the participants, volunteers, the community and race staff in the decisions. Each year, a small army of people stress over details to be certain all necessary steps have been taken to make the OKC Memorial races safe. That means enormous effort and expense is needed.

As 2020 progressed, COVID was worsening every day. Was it possible to look to the 2021 races and be confident all involved would be safe? The meeting to discuss the 2021 races took place in early November. The race director, Memorial Board, medical and community representatives participated. Only one question was addressed: Could the OKC Memorial Marathon and

associated races, not scheduled to take place for almost six months, be held safely?

Forecasting far ahead is never simple. However, given the trajectory of COVID-19 in the community, state and country and no effective vaccine or treatment in sight, the decision, although painful, was not difficult - Postpone until October 2021. We look forward to a healthier 2021. We want COVID-19 to be in the rear-view mirror.

On the brighter side, running the races in October should be safer than running in April. In past articles we have emphasized the importance of acclimation with training. Being acclimated to warm weather is why running in October should be safer than running in April.

Be Careful Not To Run Yourself Into The Ground

By Kim Andres

I recently experienced something that I hope none of you ever experience – which was to “run myself into the ground” (my way of expressing it).

I found myself feeling crappy in the mornings for several months and attributed it to simply aging. But still I would head out, early morning, for an Apple watch timed and measured 5K on the streets of my neighborhood. On these runs of late, I would find myself stopping a few times with the worry that my lower legs might cramp or seize up, I was not sure, but would stop and have to walk back home.

The symptoms I was having – so I read – are defined as “paresthesia” a knocking or uncomfortable tingling in my lower legs and a feeling of cramping and muscle rigidity or stiffness. Apart from that I was not having any fatigue or lack of underlying energy.

One morning my 5K route took me up a steep hill, one that started out with a gradual slope, and then pitched up considerably at the top. This was my turn around point and as I was heading back down the hill, I was quite suddenly seized by one of the worse experiences I have ever had with running, where my legs below the knees, seized up. I was nearly a mile from home and I had stopped. I truly don't know how I made it home and I don't want to even think about it -- but I did manage to do so using a stiff legged, very slow, very scary shuffle back to the house.

I am not one to go to doctors.

I am not one to supplement my diet.

Both, I now realize, are tragically irresponsible.

Having been hit by the hill experience, I promptly saw my Texas doctor. I was dumbfounded by the results of his diagnoses from my blood work: extraordinary low levels of vitamin D, B12 and magnesium, among other abnormal indicators with impacts on my kidney function, blood sugar, cholesterol levels and blood pressure. He explained that the lack of proper levels of those vitamins can clearly cause muscle issues, particularly for runners! The only good things I learned from my doctor's visit were that I have good lung capacity and that my doctor is also a runner and we know many of the same Texas runners.

I am now on prescription levels of supplements for one or more of the vitamin/mineral deficiencies and we will see how I do. I am certainly not running and I am not even walking confidently and without continuing paresthesia. At this juncture, my hope is that vitamin deficiency, once corrected, will resolve my problems! If not, I will check for other possible underlying causes. If so, however, the lesson will have been learned – and I caution you to be careful not to do what I did and not allow yourself to take on vitamin deficiencies and run yourself into the ground!

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OPENING NIGHT FINALE 5K

VIRTUAL

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Adolescent Runners: They Can Frighten Us But We Love Them

By Tom Coniglione, MD

Twelve weeks before his first visit to the office, he jumped over a ditch. As his foot hit the ground, he noted pain on the inside of this leg. At the time he was running with his high school cross country team: 50 (or more) miles per week, six runs per week, some miles at a 5-minute pace.

The pain worsened with each training run. Finally he was seen by a physician. X-rays and an MRI showed a stress fracture of the tibia. He was placed in a walking boot: no running and limited stationary biking. The pain continued. After one month, another MRI showed no healing of the fracture. He was instructed to use crutches in addition to the boot. With continued pain he was later instructed to use a scooter with the walking boot. He did not even bike.

After about three months of no running and total frustration, he wanted another opinion. He rolled into the office on his scooter wearing the heavy black boot.

By exam, his tibia had a swollen, painful area: black arc in the x-ray below. (This is the bone reaction to the fracture. It is easy to feel and means the bone is swelling or trying to heal.) This, original x-ray, also had a faint black line across the tibia (straight line). This was easier to see on the original x-ray.

Part of his exam was to examine his “mechanics” or do a gait analysis. That means determining the inter-relationship of the movement of his foot to the ankle and leg. His “mechanics” needed a lot of correction. It was the abnormal foot mechanics that contributed to the reason he had the fracture; jumping the ditch was probably unrelated.



After examining him, we made a temporary support for his arch, recommended a different running shoe, took away the boot and scooter. He was able to walk without pain.

“Let’s just walk for the next two weeks. Then we will get together and see what to do next.” He agreed.

Two weeks later: “How does it feel with walking around?”

“It felt good, so I ran on it.”

“HUH?” (It’s good the doctor does not have a weak heart!)

“Yes, a week after I was here, I ran. I’ve run three miles twice and four miles once.”

On exam, there was less swelling and tenderness of the tibia. We could not have written a better script for this play.

For every stress fracture, we have to know the “mechanics” of the gait which is also known as gait analysis. To understand the mechanics, we have to look at the foot standing and walking. Are there creases or calluses on the foot indicating abnormal mechanics? Which shoe is he wearing and is it creased? Are the ITBs and glutes normal?

Immobilizing the fracture site PLUS correcting the mechanics is needed.

A word on immobilization - If at all possible, it is better to correct the mechanics and not totally immobilize the area. Immobilization may sometimes be necessary for complete pain control. If something like a boot is used to immobilize, we try to transition to a mechanics-correcting shoe with an appropriate arch as quickly as possible. In that way we can avoid loss of muscle in the immobilized leg.

MRI? Two MRIs.

Take home messages are several. First, in the work we do, examining the injured area with the fingers is more important than the x-ray. Second, analyzing the gait is crucial to correcting any injury. Treat but do not overtreat. A runner needs to run. When we take running away, there is an identity and emotional strain on the runner. Lastly, expect a high-level adolescent athlete to do more than he/she is asked to do.



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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.