

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

January 2021

Issue No. 297

IT'S TIME to Start Running

by Tom Coniglione, MD

We are all COVID-fatigued. Long periods of sequestering, quarantine and even isolation, has had severe health consequences. We have been eating too much – of the wrong things. Nerves are frazzled. Depression and loneliness have afflicted too many. Bring on the vaccine!

The new year has started. Let's greet the new year with renewed hope, anticipating a very different 2021. Let us resolve to eat better, get healthier, embrace everyone around us and look at the glass being half full.

Although health club restrictions are minimal in Oklahoma, many people are not comfortable being in a closed environment. Because of the airborne method by which COVID spreads, it would be best to exercise in an environment in which the spread of COVID is minimized: open air, fans, open windows – you know the drill.

Biking is a good way to start an exercise program. It's a little cold for many to bike outdoors. But we have more places to bike than ever before – the River Trails, Lake Overholser, Scissortail Park, Lake Hefner, Mitch Park and a few others.

One of the safest places to exercise is outdoors. Wind and distancing will assure minimal, if any, spread of COVID. Cold? Sure, but there are many ways to keep warm.

Many people have seen us running around the neighborhoods. Liking what they see, some will want to run also. There are many programs designed to help new runners.

My advice to new runners has evolved away from scientific and theoretical to simple and practical.

PRACTICAL WAY TO START:

Run with ANY pair of shoes that are comfortable.

Running form is unimportant. Gait is natural. Neither heel nor midfoot striking is bad.



Start with the run-walk method. Walk a little, run a little. How much of each depends on fitness. One method is to walk a certain number of seconds/minutes followed by running for shorter intervals. The online walk-run programs are good but prescriptive.

For many, I have recommended a similar run-walk approach. Utility poles are 0.1 miles apart. Walk a few poles, then jog one pole then walk. As you regain your breathing, jog another pole, then walk to regain your breathing, then jog another pole.

The total distance to be covered by the novice runner is recommended to be about three miles; that seems reasonable.

See *Time*, on page 4

President's Message January 2021

By Kevin Lynes, President

The year of 2020 is finally behind us. I for one am looking forward to 2021 and what the year will bring to us especially as a running community. As you most certainly know by now, the OKC Memorial Marathon for 2021 has been postponed to early October with the half marathon, 5K, and kids marathon to be run on Saturday, October 2 and the marathon and marathon relay to be run on Sunday, October 3. The marathon is considering adding cycling to this year's event as well. Cycling was added to last year's event since it was held virtually. This will be the first time the events will be held on different days. This is due to limiting the crowd sizes in case social distancing is still in effect at that time. We just don't know what October will bring but there is hope on the horizon with the coronavirus vaccines being available to the general population very soon. Something I am looking forward to will be attending and working the marathon expo which will be held in the new OKC Convention Center which is scheduled to be completed in early 2021. I love working the Landrunner booth at the expo seeing and visiting with people from around the country and the world. The new center is located directly across the street east of Scissortail Park.

Due to social distancing guidelines, we were unable to have several of our club meetings in person in 2020. We were able to have a couple of outdoor meetings at Scissortail Park in the months of September and October. Hopefully we will be able to host in person club meetings in the next few months and I have a new location in mind to have our meetings for the future. Hopefully the new location and in person meetings will become a reality soon. We traditionally don't have club meetings in November and December. 2020 was no exception as the board of directors held our election of officers meeting in November as required in our by-laws. The past few Decembers we have held a holiday party for all club members, but we cancelled the party due to no large gatherings. Stay tuned as we still have our banquet scheduled for February but that may change as well. Check our website and social media for any and all updates.

I mentioned that we had our election of officers in November. I would like to introduce you to our officers for 2021 and the board of directors. I will stay on as president for 2021 and our incoming vice-president is Kelly Hilburn. Remaining as secretary for the second year is Lacey Norton and returning for another year as treasurer is Terra Deupree who has served in this capacity for several years. The board members are Kim Andres, past president Suzie Bostick,

Melissa Brevetti, Debra Chronister, Tom Finley, past president Bill Goodier, Bill Hickman, Betsy Hilburn, Shirley Lynes, past president Chuck Mikkelson, Ben Pierce, Heather Puckett, past president Jim Roblyer, and Steve Wells. Please thank a board member when you get the opportunity as our service is totally voluntary and we serve because of our love of the Landrunners and love of the sport.

How to stay motivated to continue to run and train during the pandemic times is an interesting subject. Something I would like to see this year are articles on how to stay motivated in our newsletter. I challenge our club members, regardless of skill level or years running, to send in articles on what you are doing to stay motivated. It doesn't require any writing skills to share your stories, just write from the heart. I personally use the running and cycling app Strava and each of my runs are posted on this social media site. I keep up with those who I follow on Strava and it motivates me to see what other runners are doing. I also like the kudos on Strava from fellow runners. I remember training for my first marathon and asking veteran marathoners for advice on training and running the race. I was able to run with several marathoners and get as much advice as I could to make me a better runner. Unfortunately, at this time it is not possible to run in large groups and get advice in person. That is why I would like to see articles from any of our members and your motivation tips just might be helpful to another runner who needs some advice. Articles with photos are great. Show us your beautiful faces! I know several members who have been able to travel to in person races and marathons out of state. I see the photos on social media so please share those photos and experiences in our newsletter. It's really easy. Just email to news@okcrunning.org so Chuck and Mary can get in our newsletter. At this time, we are still publishing the newsletter online on our website at www.okcrunning.org and will continue online only until we can resume normal running events.

I can't wait for what 2021 throws our way. I just hope it's good! I want to close and leave you with a quote from Mark Twain. "Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So, throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." I challenge you to go for that race, hike, bike ride, etc. that may be in your bucket list. It just might make 2021 special!

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
2/6	Lake Hefner Trail Sweep	Stars & Stripes Park @ 9:00am
3/28	Nate the Great 8 Race \$	Lake Overholser @ 8:00am

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

Landrunner Marathon Training.....

Training will start in June for the OKC Memorial Marathon on October 2 & 3, 2021. We would like to resume some kind of limited training starting in February. Covid-19 numbers, vaccine rollout, restrictions and guidelines will determine if we can safely host training runs earlier in the spring. Please do your part to control the spread so we can run together again soon.

2021 Landrunner Officers

Kevin Lynes, President	Terra Deupree, Treasurer
Kelly Hilburn, Vice President	Lacey Norton, Secretary

2021 BOARD OF DIRECTORS

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

Time, continued

The next day, no running. You can do some exercise that complements running; bike, swim, row or use an elliptical machine. The general principle is to use muscles DIFFERENT from those used to run.

Over a period of weeks, gradually increase the amount of time spent running, still covering the same distance of about three miles.

GENERAL SUGGESTIONS:

RUN THREE DAYS A WEEK. The other days do a different exercise.

MAINTAIN A SLOW SPEED, while gradually increasing the distance.

Do not increase speed and distance at the same time; **CHANGE ONE THING AT A TIME.**

TAKE A LONGER RUN ONCE A WEEK. Or, run the same distance, followed by a longer walk.

On the non-run days, **CROSS-TRAIN.**

KEEP THE PACE/SPEED SLOW; be able to converse when running.

KEEP HYDRATED and watch what you eat.

Find an event to run. Training with that event in mind can help with motivation.

Run with a partner whose speed is the same as yours. Run with a group – any group.

“You must do the things you think you cannot do.”

“Running may not add years to my life but it will add life to my years.”

Be Careful Not To Run Yourself Into The Ground, Part 2

By Kim Andres

Last month I wrote about an experience that I hoped none of you would ever have, that is – “I ran myself into the ground.” This happened this past November in Texas. I was running down a very steep hill heading home from a run when without warning my legs below the knees seized up. As I wrote earlier, after discussing my symptoms with my doctor, I found myself on prescription levels of supplements for one or more of the vitamin/mineral deficiencies and seeing whether that would enable me to work my way back to strong health.

But, at the end of the day, my vitamin/mineral deficiency did not seem to fully explain my odd ball calf cramps and numb and tingling lower legs and toes. Although correcting the vitamin deficiency went quite some way towards resolving my problems – still, something (the “paresthesia”) was not right.

As an athlete I had participated in several sports over the years, gymnastics in high school and college, then co-ed soccer in my 30’s and since my late 40’s, running and racing. From these sports, I knew what sore muscles felt like and what brought them on and how they would go away once I was “in shape” with the sport. But, with the way I felt now, something else was going on.

My doctor suggested an MRI. Sometimes, he explained (and he is a runner himself!), what presents as a funky leg muscle issue is in fact a lower back issue. But, I responded, “I had never had a lower back issue! I had never had lower back pain!” If anything, I would point to my neck area which, yes, could be sore from time to time. “Okay” he said, “let’s get the MRI for both your cervical (7 vertebrae) and lumbar (5 vertebrae).”

If you have ever experienced an MRI, then you know what a daunting experience that is. I was totally unprepared

for 40 minutes in the tight enclosure/tube without moving and the loud banging and grinding noises as the MRI machine chunked its way along working its way down my spine!

As I was getting dressed, I asked the MRI tech “what do you think – am I okay?” Of course, the tech could not “diagnose” anything but she did say that in her view my cervical vertebrae looked okay “**but if I had your lower back, I would be in PAIN!**” (Yikes!)

So, to my surprise, when the sports doctor, who was my referred spinal surgeon, saw me with the MRI, my stated diagnosis was “spondylolysis of Lumbar 4 on Lumbar 5 with grade 2 anterolisthesis of L4 on L5 measuring 9 mm with bilateral pars defects at L4” Yikes again!

Translated to laymen’s terms, I had (previously undetected) bi-lateral defects in two narrow bones that were limiting the lumbar openings - just a pinch - for the nerves that emerge there to control my lower legs. The steep downhill run had pushed the defects to their limits, resulting in swelling at the injury sites and the impaired functioning in my legs! And to my surprise yet again, this was NOT an injury brought on by running per se but rather, an old injury likely present for years resulting from my earlier participation in competitive gymnastics.

So what now? Twenty years of running and racing (starting at age 46) and I had never before known that I had a lower back impairment. With time and a prescription NSAID, I am recovering. The odd leg sensations have subsided. I still experience some “numbness” in my toes, but I can walk and run again, with confidence. Just having an explanation for what I experienced on that hill, has provided mental assurance that I am no longer “running myself into the ground.”

Helping A Runner – From A Distance

By Tom Coniglione, MD

With COVID, I'm avoiding the office as well as any environment where people gather. With 30 COVID-related deaths per day in the past week, anyone at risk should be avoiding everything. The safest area may be outside with the wind blowing.

A DISTANT RUNNER

Managing injuries without (physically) examining the injured area is difficult. This injury comes to us from St. Louis. You know how that goes - someone knows someone who knows someone else. . . .

A 26-year-old man has run several half marathons. His right Achilles has been hurting for months and getting worse. In the morning it is painful to the point where he hobbles to the bathroom. His training (squats, lunges, plyometrics, running) have gradually decreased to the point where it is difficult to live life, let alone exercise. At work, if he sits still for an hour, it is difficult to stand.

He has had acupuncture, physical therapy, CBD cream and anti-inflammatory creams. He uses an Achilles strap. First, nothing he has been prescribed will do anything for Achilles tendonitis/tendinosis.

Look at his right Achilles: visibly swollen and thick. Less obviously, his foot pronates – a lot. Without correcting the pronation, his chances of improving are remote.

There is much more to the story. He was wearing a shoe that made him pronate, rather than inhibit pronation. He now has a better shoe.

A night splint, like the ones we use for plantar fasciitis, made the morning pain better within three days. For his street shoes we added ½” heel lifts.

Important for his Achilles treatment is to provide support for his arch. A generic, off the shelf arch support was the first step. Depending on how things progress, he may be a candidate for custom arch supports.

As he improves, we will design a return-to-running plan. Eventually he may get back to plyometrics and the other things he was doing that made his Achilles worse. Before we get there, the road is long. When we see an Achilles tendon this swollen, we know two things. It has taken a long time to get this way. And, it will take a long time before he runs again.

High Intensity Interval Training

Short duration high intensity (interval) training (HIIT) benefits general health and running. With COVID, there may be an aversion to fitness facilities specializing in HIIT training. We can still apply HIIT principles when running. Track repeats, hill running or anything where we pick up speed for a (short) distance works. The best is what the Swedes originally called speed play: FARTLEKS.

There are differences between fartleks and steady state running. Tempo (steady state) runs, or intervals, are designed to increase aerobic capacity. Fartleks, as HIIT, are designed to increase anaerobic capacity.

Some runners do fartleks up the hills east of the zoo on NE 50th St. Some drive to the east side of OKC and run the hills there. Heritage Hills is a nice place to do hills and fartleks.

COVID

Research, old and new, shows that masks are critical to stop the spread of COVID; wear a mask.

Recent research has shown a few more things of importance relative to COVID. The COVID virus can be found on surfaces. However, for COVID to infect people, it must be inhaled. Once the virus gets on a surface, it is hard for that virus to get into the air. Disinfecting surfaces and wearing gloves may do little to stop the spread of COVID.

The amount of the COVID virus inhaled determines the severity of the COVID infection. The more virus inhaled, the more severe the infection. This research underscores the importance of masking, distancing and avoiding prolonged contact with others.





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January 2021

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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
Saturday, February 6, 2021

Landrunner Banquet
Cancelled due to Covid-19

"Practice Physical Distancing"

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