

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

February 2021

Issue No. 298

Cold Weather Running Tips

by Tom Coniglione, MD



LAYERS and more LAYERS

Layer clothes. The top layer should “break” the wind. Remove the top layer and wrap it around your waist. The under layers should wick away moisture.

WEAR LIGHTS and REFLECTIVE CLOTHES

The top layer should be reflective. Make sure drivers can see you.

COLORS

In summer we wear light, sunlight reflecting colors. In winter we can wear darker colors (as long as they are reflective and drivers can see you). Even on a cold winter day, dark colors will add heat. It can be surprising how much heat can be gained from those dark colors - try it.

STOP, then GET WARM

When you stop running, your body temperature drops. If you are wet, your body temperature falls even more. Get out of wet clothes and GET WARM.

WIND

Wear a windbreaker to cut the wind. Run perpendicular to the wind. Run into the wind to start the run.

HEAD AND HANDS

Keep the head and hands warm. Forego trying to keep everything else warm. As soon as you start running, the

body will warm. Just be concerned about keeping the head and hands warm; beanies, caps, headbands, even (in cold weather) a ski mask.

SHORTS OR LEGGINGS?

We see runners out in the cold wearing only shorts and a short sleeve shirt. What’s wrong with them? They ask, what’s wrong with (the rest) of us?

There is nothing wrong with them wearing shorts and there is nothing wrong with us wearing leggings, or vice versa. Some runners are more comfortable wearing less.

CHILLING

When it is cold and you are comfortable at the start of a run, you are overdressed. If you are warm at the start, you are overdressed. Be chilly at the start; dress for temperatures 20 degrees warmer than the actual temperature.

ICE – avoid it!

Be careful! There is always the treadmill, affectionately called the dreadmill by many runners. It’s better than nothing. Yak Trax? They work for ice and snow. Still, be careful!

HYDRATION

When running, we lose fluid. Even when the temperature is low we lose fluids. Wind causes more fluid loss.

FINALLY

In the summer when it is hot and humid, we think about maintaining mileage until things cool off.

In the winter, we think about maintaining mileage until the weather warms.

Today is here - now. “Don’t put off until tomorrow what you can do today.” - Ben Franklin

“Make today count. You will never get it back.” - Anonymous

President's Message February 2021

By Kevin Lynes, President

We are now one month into 2021. How have your goals changed since the unprecedented year of 2020? Looking back on the January newsletter issue, Dr. Coniglione (affectionately known to us as Dr. Tom) had a statement on COVID fatigue that really struck a nerve with me when he mentioned that we have been eating too much of the wrong things. I know I have been guilty of this and am at my heaviest weight since I have been running for many years. I know that I need to get back to healthier eating habits so I don't feel so sluggish on my daily runs. 2020 was a tough year for me as I lost a lot of motivation as we were forced to distance run and not gather in large groups. In past years the running community has kept me accountable not only to get my runs in but also to keep my diet in check. I'm not making excuses, just that I need to be more accountable to myself. Gaining control of my diet is my main focus for 2021. I think being successful in this area will make me a better and hopefully faster runner. If you are having these same issues, reach out to a friend to keep you accountable.

I looked back on some articles online about running goals. Here is some of what I found about getting focused in 2020. Even though this article was written before the COVID changes, I think it applies to 2021 as well. Here is what one article said word for word. "New year, new you? Or maybe you'd be better taking a step back and thinking about what you really want to accomplish. Hoping to log a new PR? Run your first marathon? Maybe you'd like to just stick to an activity schedule? Work smarter, not harder by taking a more measured approach and chipping away at a clearly defined goal by building up and developing your training sessions gradually. Most experts agree that setting clear and realistic goals is critical if you want to improve. And not just in sporting environments. Having goals to work on can trigger new behavior, and help you find new focus and a more productive mindset. All essential when committing to a dedicated program over a specific period of time. Having a clear idea of where you want your goals to take you can help you find the motivation and discipline you need to put in the work to get there." For me, taking a step back

and evaluating where I want to be in 2021 is the best advice to get me to my personal goals. Since I have moved to half marathons from marathons about three years ago, my goal of weekly mileage is about 20 miles instead of up to 40 miles. I still enjoy running every Tuesday morning with my great friend, blind runner Benny Meier. We both are much older than when we first started running together and through a series of surgeries and injuries, we are so much slower these days but it is still as enjoyable as when we were both younger and faster. Have a goal of running with a friend or two to stay motivated and keep running enjoyable.

If you have been running around Lake Hefner for several years you may remember a Landrunner named David Manguno. David was our local distance champion averaging 19.93 miles per day and logged 7.277 miles in 2017. David passed away suddenly in October 2018 which took the local running community by surprise and shock. We held a little ceremony in David's honor before a training run after David's passing and the ceremony was attended by David's mother, Arlene Manguno, sisters Dee Dee Manguno Estes and Julie Manguno Thompson, and brother Mark Manguno. They had traveled to OKC from the New Orleans area. I have been fortunate to have formed and maintained a friendship with the Manguno family and we still communicate occasionally. Arlene loves to read our newsletter and is actually a paid member of the Landrunners. We received a very generous donation to the Landrunners from Dee Dee in October 2020 in David's honor. We have received other donations from the family in the past and I want to personally thank them for their generosity and love of David. If interested, please check out the December 2018 newsletter issue for the article I wrote in honor of David.

Here is looking forward to 2021 and achieving my personal and running goals. I look forward to the day that we can all be together for meetings and social gatherings soon. Don't ever give up! I want to leave you with a quote from Ralph Waldo Emerson. "What lies behind us and what lies before us are tiny matters compared to what lies within us." Run on my friends.

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
3/28	Nate the Great 8 Race \$	Lake Overholser @ 8:00am
4/3	Lake Hefner Trail Sweep	Stars & Stripes Park @ 9:00am

* 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 March. 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.



Thank You Landrunner Trail Sweepers @ Lake Hefner 12-5-2020

How to Make Screw Shoes

By Camille Herron 1st published Landrunner Feb 2014

A popular post I have on my website is “How to Make Screw Shoes”. I thought I’d share it this month with the Landrunners.

When we lived in Indiana, getting extra traction was a must for much of the winter - that was, unless you wanted to run on a treadmill (yuck!). Here in Oklahoma, only the odd storm or two sticks around long enough to warrant seeking out shoe traction options.

- Why make screw shoes instead of buying Yak Trax or ice spikes?
- The screws are less obtrusive to your gait, the feel of the shoe, and the ability to run on concrete.
- They’re lightweight.
- They’re cheap.
- They work perfectly on snow/ice/black ice, whether a little or a lot.
- If you like tools and being a handyman (or handywoman), this method is for you!
- The downside (although, not really an issue):
- It takes time and a little troubleshooting.
- You have to put them in and take them out, depending on the conditions or set aside an old pair of shoes for this purpose.
- You end up with holes in your soles, but they’re small/not a problem.



What do I mean by “screw shoes”? I’m talking about screwing into the bottom of your shoes with #6 Hex Head Sheet Metal Screws (3/8 inch is readily available, or 1/4 inch if the forefoot is thin - you may have to order or call around about these). You can usually pick

these up at Ace Hardware or other hardware stores—7 cents per screw (approximately 10 per shoe = \$1.40). The reason for this type of screw over others is they have a lip around the edge that helps them stick into ice/snow. Also, because they are flat and not crowned, they don’t put pressure on the soles of the feet. You can get zinc coated screws, which I think are more expensive, but they won’t rust and will last longer.

Here’s how I do it: I recommend using a thicker pair of older shoes— a pair you can set aside as your “screw shoes” (unless you don’t mind doing this with your current trainers and taking the screws in and out). Usually 8-12 screws per shoe will work, so you should buy around 20-30 of the 3/8 inch screws and 10 of the 1/4 inch if they’re available so you have some screw backups. Also, you need to purchase a 1/4 inch magnetic drill bit that can go into either a power drill



or a manual screwdriver. Personally, I use the power drill for the 3/8 inch screws and the manual screwdriver for the 1/4 inch screws.

I generally try to put the 3/8 inch screws symmetrically around the outer edge of the shoe. You should put them in the rubber that hits the ground first instead of the foam. Then, depending on the thickness of the shoe, you can put either the 3/8 inch or 1/4 inch screws in the mid-forefoot. I’d suggest taking out the insole to make sure the screw isn’t coming through, but definitely don’t put your finger there while you’re drilling the screws in! You might also have to put the shoes on and walk around on concrete to see if you feel any of the screws (particularly the mid forefoot). This is why it’s advantageous to get the 1/4 inch screws because you definitely don’t want to feel any of the screws, like you’re running with a rock under your forefoot.



On concrete, your shoes feel “sticky”. I find the screws give great traction without being obtrusive to your gait/shoes or feeling awkward. Once you get the hang of drilling/undrilling the screws, you can do it quickly— not more than 5-10 minutes. The screws are generally fairly durable— I change them out as needed. Having holes in the sole isn’t a problem. Three years ago I wore my “drilled Puma’s” (minus the screws of course) for several marathons. The holes are small enough you shouldn’t have issues getting debris in the holes. I sometimes move the screws around if I’ve drilled/undrilled a few times and am concerned about the screws coming out. I’ve generally not had issues with the 3/8 inch screws coming out. The shorter 1/4 inch screws may come out, so make sure they’re screwed in tightly.

Overall, I love the screws and have done many hard workouts with them on concrete with black ice. They give me confidence and no worries about footing or maneuvering around ice/snow. It’s better to be safe than sorry! If there’s ever severe ice, I’ll strap on the ice spikes, which you can also pick up at a hardware store.

Happy winter running everyone, and be safe!



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Lake Hefner Trail Sweep
Saturday, April 3, 2021

Landrunner Training & Beacon Run
TBA

"Practice Physical Distancing"

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