

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

March/April 2021

Issue No. 299

## Community Assistance Program: The Ripple Effect from the Running Club

*by Melissa Brevetti, Ph.D.*

If you are not familiar with the Community Assistance Program, I would like to explain this unique opportunity for Oklahoma running programs, educational institutions, and organizations. In honor of furthering the club's mission—to support the health and fitness for all through recreational running—the OKC Running Club provides support through networking and donations. Please consider filling out an application today: <https://www.okcrunning.org/CommunityAssistance>. Through the support of various groups, there is a positive ripple effect of helping and caring for all people in Oklahoma.

This year the OKC Running Club gave to ROARS, which is the Langston University (LU) Walking/Running Club. All students, staff, and faculty members are invited to join the training and then participate in a 5K. Dr. Desmond Delk and Dr. Newby have built an inclusive program to encourage health for the campus. Previously, the OKC Running Club provided safety vests at the first 5K and gave a donation of \$3,000.00 this year to support the health of the LU community. LU has over 70% first-generation students and is the most western public Historically Black College or University (HBCU) of the United States. We wish ROARS the best as they support health at their university.

Another group that was supported is the Down Syndrome Association of Central Oklahoma (DSACO). What is Down Syndrome? A person with Down Syndrome is born with an extra copy of chromosome 21 that results in 47 chromosomes instead of the typical 46. Adults with Down Syndrome experience “accelerated aging,” meaning they experience conditions in just their 40s and 50s that are more commonly seen in elderly adults in the general population. Recent data shows that 50% of people with Down Syndrome have heart defects, and approximately 74% have hearing loss. Thus, the OKC Running Club is excited to support the over 900+ families in the central OK area who have a family member with Down Syndrome. With this donation of \$3,000.00, the DSACO Executive Director wrote that “This is life-changing. You have no idea. They [the DSACO] are going to love this.”

The OKC Running Club are honored to support diverse groups of Oklahoma in order to enhance the health, physical and mental, of people who wish to walk/run for overall well-being. As mentioned earlier, please reflect and consider reaching out via the Community Assistance Program application, because small things become big ideas. Keep up this ripple effect of health and positivity.

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# President's Message March/April 2021

*By Kevin Lynes, President*

What's happening with the Landrunners now three months into 2021? The board of directors recently held our February board meeting via Zoom. We had two applications for the community assistance committee that we discussed. We had a representative from each of the applicants who joined us for the first part of the meeting to present each of their applications and how they apply to our mission statement. Sarah Soell from the Down Syndrome Association of Central Oklahoma and Dr. Desmond Delk from the ROARS Walking Program at Langston University were our guests. Some of you may not be familiar with the community assistance committee (CAC for short). The Landrunners is not just a running club but also a civic organization as we give back in many ways to our community. One of the ways is through CAC. We solicit and receive several applications each year from organizations such as school running clubs, for example, for donations to help with their organization. Some of the ways we donate, but are not limited to, are to help purchase running shoes, provide equipment, and help with their training programs. After discussions regarding these two applications the board approved to financially support both programs. If you have a group who you think may qualify for assistance from the Landrunners please visit our website at [www.okcrunning.org](http://www.okcrunning.org) and click on the CAC tab and download our application. All applications are reviewed by each committee member and the committee meets to give the recommendations to the board and it is up to the board to make the decisions regarding each application. Dr. Melissa Brevetti is our committee chairperson and the members of CAC are Cara Nance, Tom Finley, Kelly Hilburn, Betsy Hilburn, and Kevin Lynes. Please visit our website for all committees and consider joining one of our committees. It is a great way to give back to our great club.

Another way to give back to the club is to participate with our litter control at the Lake Hefner Trails. Jim Roblyer is our chairperson of the Lake Hefner Trail Beautification Committee. This committee is in conjunction with Oklahoma City Beautiful ("OCB") and OCB provides some of the supplies we use for our trail sweeps. The Landrunners have adopted the Lake Hefner Trails as well as the Bluff Creek Trails. We have taken the responsibility of cleaning up the trails several times per year as this is one of the most used areas of Oklahoma City for running, walking, biking, rollerblading, and other forms of exercise. With the pandemic where so many of us

have spent so much time at home, the Lake Hefner Trails are seeing a large uptick in usage as people are eager to get out and get moving. With the increase in usage this past year there is an increase in trash around the lake. We generally have four trail sweeps per year (once per quarter) but this year we have scheduled trail sweeps every other month on or around the first Saturday of the applicable month. February 6 was a cold and rainy morning and we held a trail sweep on that day. We had seven hearty souls who gave of their time and weathered the elements to help clean up the trails that morning. After the sweep we had breakfast at the Lake Hefner Golf Club restaurant, paid for by the club. Those in attendance that morning were Kelly Hilburn, Betsy Hilburn, Tony Mai, Suzie Bostick, Debbie Chronister, Tom Finley, Shirley Lynes, and Kevin Lynes. Chairman Jim Roblyer was unable to attend and to my knowledge this was only the second time Jim has not attended a trail sweep in the many years that we have been cleaning the Lake Hefner Trails. Thanks so much to Jim for his dedication to the Landrunners and the Lake Hefner Trails. Next Sweep April 10, 2021.

At this time the Oklahoma City Memorial Marathon is scheduled to be run in person in October. We will have our training runs again this year to get ready for the marathon. Our Marathon Training Committee is chaired by Chuck Mikkelson with assistance from board member Ben Pierce. Last year's training was held in a socially distanced format and will probably be done in a similar fashion this year depending on pandemic numbers at that time. So many of us miss the in-person training and we have plans to resume weekend group runs beginning early March at Scissortail Park. Ben Pierce has been in contact with Scissortail Park, and they are excited to host our upcoming group runs. Stay in contact with our website and social media for more details. I can't wait to see everyone again even if it's from a distance as I have spent so much time running by myself. Thanks so much to the training committee for helping to resume group runs again.

I would like to leave you with a quote from President Theodore Roosevelt. "In any situation, the best thing you can do is the right thing: the next best thing you can do is the wrong thing: the worst thing you can do is nothing". Even when I have a bad run and do it wrong, it beats not running at all. We all experience bad runs but tomorrow is another day and that run may just be your best. Just run my friends.

# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
4/3	OK Runner Classic 5K, 10K, 15K	Wheeler Park @ 8:00am
4/10	Landrunner Trail Sweep / OKC Litter Blitz	Stars & Stripes Park @ 9:00am
5/8	Oaklake Trails 5K	Depew, OK 2:00pm

\* 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. Until then join us each Saturday morning for a group run. We will be meeting at Scissortail Park every Saturday in April. Visit the website or our social media for weekly details. Covid-19 numbers, vaccine rollout, restrictions and guidelines will determine if and when we can safely resume our large group training runs. Please do your part to control the spread so we can run together again soon.



OKC Landrunners Trail Sweep  
 OKC Beautiful April Litter Blitz  
 Lake Hefner & Bluff Creek Trails  
 When: Saturday, April 10 @ 9:00am.  
 Where: 3701 S Lake Hefner Drive

Meet at Stars & Stripes Park - South Parking Lot  
 Sign in and get an assigned area  
**BRING / WEAR YOUR MASK!!!**  
 Bags and gloves will be provided by OKC Beautiful.

Questions may be addressed to the...litter chair  
 Jim Roblyer: [jfroblyer@yahoo.com](mailto:jfroblyer@yahoo.com)

# Arcadia Lake Trail Plan

By William Hickman

The City of Edmond has revealed plans to connect the current Post Road/2nd Street paved trail to the current Integris/15th Street trail.

“The design of this 1.8 mile segment began in August and is expected to take 8 to 10 months,” said Craig Dishman, Edmond director of parks and recreation.

This connection will be from the Midwest Blvd./Edmond Road west end of the 2nd Street/Post Road trail to the west end of the Integris/15th Street trail.

The trail connection will create an 9.3 mile paved trail from Post Road via the lake dam around the north end of the lake to Integris and to the 15th Street Spring Creek Park entrance.

The city’s next expansion, Dishman said, will extend the trail from the 15th Street park entrance southwest to Carl Reherman Park.

Eventually, the final trail expansion will complete a loop around Arcadia Lake from Carl Reherman Park around the south end of the lake to Memorial Road and to Post Road. The trail loop around the lake will measure about 20 miles.

“The trails on the far east and south will be later phases,” Dishman said. “We don’t have funds identified for those areas at this point.”

“We are trying to complete a segment at a time (to complete the trail around the lake) – through grants, partnerships, some fundraising, etc. The Arcadia Lake Trail Coalition has never been able to get that “title sponsor” that we have always wanted. At one point \$10 million was the price to have naming rights for the entire trail.”

Dishman said Edmond has had discussions with Oklahoma City about connecting to their trail system by a future trail alongside or near the Deep Fork Creek southwest from Arcadia Lake into Remington Park and Lincoln Park.

Arcadia Lake Trail Mileage (proposed distances approximate)

Post Road via 2nd Street to Edmond Park/Midwest Blvd. west end: 4 miles

Proposed Edmond Park/Midwest Blvd. to Integris: 1.8 miles

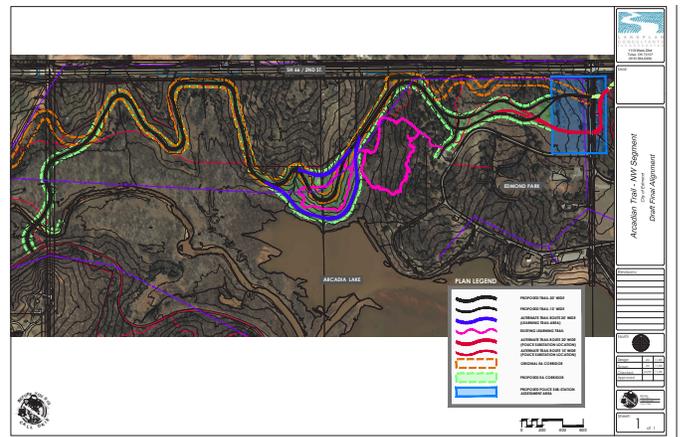
Integris to 15th Street entrance/Spring Creek Park: 3.5 miles

Proposed 15th Street/Spring Creek Park to Carl Reherman Park (route TBD): 1.5 miles

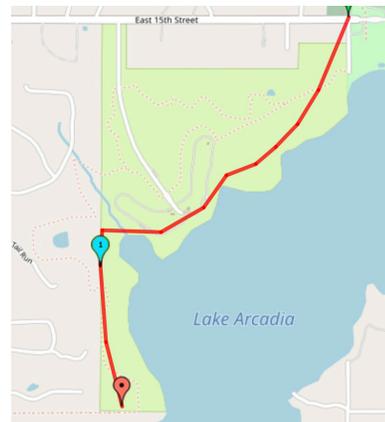
Proposed Carl Reherman Park to Post Road segment (route TBD): 9.5 miles

Future Total: 20.3 miles

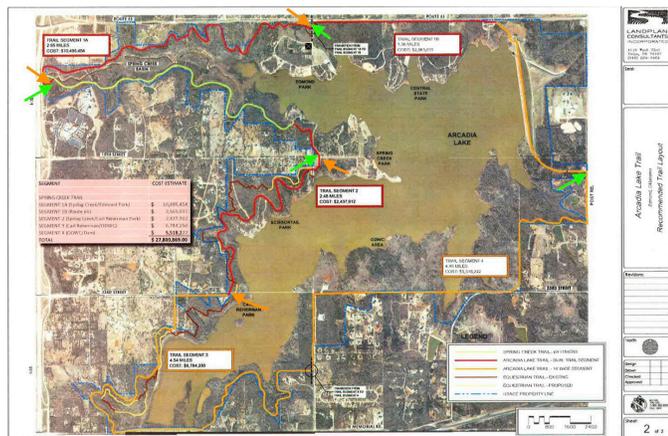
**PHOTO 1:** This draft map from previous years shows proposed routes for the Arcadia Lake loop. Shown are 1) the proposed trail route from Post Road at right to Midwest Blvd./Edmond Park (now completed, green arrows), 2) the proposed trail connection from Midwest Blvd. to Integris (orange arrows), 3) the proposed trail from Integris to the 15th Street park entrance (now completed, green arrows), 4) the proposed trail extension from 15th Street to Carl Reherman Park (orange arrows), and 5) the proposed south and east trail extension from Carl Reherman Park to Post Road.



**PHOTO 2:** Shows the proposed Arcadia Lake trail extension from Midwest Blvd./Edmond Park to Integris. This trail connection will be 1.8 miles.



**PHOTO 3:** This is the proposed route for the Arcadia Lake trail extension from 15th Street to Carl Reherman Park.



# Another Weight Falls In The Gym

By Tom Coniglione, MD



It happened in Honolulu and Chicago; it can happen anywhere. Intense physical activity in a (confined) indoor space was associated with transmission of COVID-19.

In Chicago, over a one-week period of time, 55 coronavirus infections were found among 81 people who attended a high intensity fitness class.

Among the 55 who were infected, three attended class the day after they received a positive Covid test. What were they thinking? What gene pool did they come from? (Another failure for “personal responsibility.”)

This outbreak occurred when classes were limited to 25% of their usual size with a maximum of 15 people in attendance. Everyone who entered this gym were required to wear a mask. However, during the high intensity exercise class, they removed their masks.

In Hawaii, 21 infections were linked to an instructor who taught high-intensity exercise classes after he developed body aches, chills and a cough; he had not been tested for Covid. Later he was Covid positive.

A kickboxing instructor held small personal training classes. He was not sick and was not aware of his Covid status. Of the 11 people exposed to him, 10 became Covid positive. Masks were not worn during these high intensity exercise sessions.

The Covid virus spreads through the air. Getting sick from Covid depends on many things including age and general health. One thing is for certain: the more virus entering the lungs, the greater the chance of getting sick.

We are sick of Covid. We want Covid gone. We want to get back to “life.”

We want to run in groups. We want to get back into the gym. Many states are loosening restrictions for the number of people who can be in the gym. Remember, the looser the rules, the more Covid cases in that area.

Texas no longer has any restrictions. What was the thinking behind this rash and dangerous decision? The governor is a candidate for the Darwin Awards.

## THE FACTS:

During high intensity exercise, we breathe faster and deeper. Therefore, more virus exits the lungs and the more we spread it to those around us. By the same token, breathing harder and deeper means we breathe in more air and potentially more viruses. It works both ways.

Masks can decrease the amount of virus getting to the lungs AND the amount of virus we breathe into the air. The more layers in the mask and the tighter the mask fits, the greater the efficiency to block the virus from entering or leaving. Masks protect US and those AROUND us.

The bad news: Try to exercise with a tight mask!

Not all masks are created equal. The N95 is the best mask; it filters 95% of virus particles. These are in short supply and difficult to obtain. The thin fiber disposable masks with the elastic behind the ears are only fair. The more layers, in general, the better the mask.

There are N95 look-alike masks: NK95, KF94, KN95, etc. Buyer beware. There are many impersonators; the mask is not always what the label says it is. Some are not manufactured according to standard, or quality controlled as they should be. Some are just fakes.

The more difficult to breathe when wearing the mask - the better the mask. High intensity exercise in the right mask? Very difficult.

The safest place to exercise is outside, distanced, with a breeze.

We have to be patient. It’s not over. We have to get everyone immunized. Even after everyone is immunized, 1 in 20 can still get Covid. We have to stop the spread. Runners get it. Spread the word.



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# Olympic Trials – Japan 2021

*By Kim Andres*

THIS IS PRETTY EXCITING STUFF! It looks like we may have the Summer Olympic Games in Japan this summer after all! Saved by the vaccine? Indeed, it rather appears at this time that the 2020 Olympics, canceled in 2020, may in fact go forward in 2021.

As Landrunners, our interest, naturally, is in the distance running events: the 1500K, 5K, the 10K and the Marathon – men’s and women’s.

The men’s marathon is scheduled for Sunday August 8th with an anticipated field of 80 athletes from across the globe. The exact number who will compete depends on how many additional athletes enter the race from nations using a “universality place” -- in addition to the 80 who qualify through time or ranking. Each nation may enter up to three men and three women athletes who meet the qualifying standard. If a country has no athlete that has met the standard, that country may use a “universality place” to place one athlete, regardless of time, into the competition. In the 2016 Olympics, four universality athletes competed in the marathon.

For the marathon, the selection of competing athletes for many countries, including the US, is organized around National Olympic Committees (NOCs) which may select up to three qualified athletes in the men’s and women’s events. The athletes must meet the applicable entry (time) standard or be qualified by ranking during the applicable qualifying period. For the men, the marathon entry standard is 2:11:30 and for the women is 2:29:30. Qualification by ranking is known as the “IAAF pathway” and means runners who place in the top 5 or 10 at a major designated race, regardless of actual time. Determination by ranking is based on the average of the best five results for the athlete over the qualifying period, weighted by the importance of the meet and subject to the 80 athlete cap. If this seems rather complicated, the bottom line is that athletes can qualify by either time or ranking (or both) and certain countries without athletes that meet either standard may use a universality place to enter one athlete in the competition.

Before COVID derailed the Olympics originally scheduled for 2020, the “qualifying period” for the marathon was January 1, 2019 through May 2020. Because of COVID, the end date for the qualifying period was suspended and a new end date of May 31, 2021 was added.

The US women’s marathon trials were held on Saturday February 29th in Atlanta. The race was won by Aliphine Tuliamuk (2:27:23), with Molly Seidel (2:27:31) second, and Sally Kipyego (2:28:52), third.

Tuliamuk was born in East Africa and had moved to the US to attend college. She is among several athletes who will run in Japan who were born in one country and competing for another!

Seidel’s second place was a shocker since it was her first marathon. Before the trials, the longest distance she had run was 20 miles. She is the first U.S. woman to qualify for the Olympics in her debut marathon.

Kipyego’s third gave her a spot on the team, giving her a second appearance in the Olympics after she first competed for her native Kenya in the 5K in the 2012 London Olympics.

In fourth place was Des Linden 36, winner of the 2018 Boston Marathon. Remember that race where the extreme cold wet weather conditions derailed a good portion of the field forcing many runners to drop out or face hypothermia? But as to the Olympic trials, unfortunately, Linden was fourth.

For the men, the top marathon qualifier was Galen Rupp, who ran a 2:09:20. Second was Jacob Riley, at 2:10:02 and third was Abdi Abdirahman, with a 2:10:03.

Rupp, 33, who held the lead throughout the last few miles, is from Portland, Oregon. He had spent the last year and a half dealing with injuries and surgery to correct a Haglund’s deformity (a bony bump on the back of the heel bone).

Jacob Riley’s second place was inspiring as he had not competed at all in 2017 or 2018. Like Rupp, Riley had undergone surgery for an Achilles heel issue.

In third was Abdirahman (2:10:03) who at 43 is considered “ancient” for an Olympic running competition and made the US Team for a fifth time!

In closing, here are some fun Olympic considerations: will all go as planned, and athletes will be representing countries from Algeria to Uganda? Will the defending Olympic champion (2016) and world record holder Kenyan Eliud Kipchoge (2:01:39) compete? If the three US women qualifiers do as well as they did in the trials (beating all of the women who entered the US trials with the fastest times, Jordan Hasay, Sara Hall, Emily Sisson and Kellyn Taylor), will we see gold, silver and bronze for the US?

A good deal has been said about the latest Nike Vaporfly and its newest Alphafly Next%. Just prior to the trials, Nike gave each runner a pair of Alphafly Next% but because the shoes were received only a day or two before the race, only a few runners took the risk of trying the new shoe for the race!

# Overweight Kids

By Tom Coniglione, MD

To be of value to the running community (readers), we have to write these articles as scientifically factual and accurate as possible. Trying to update my knowledge on this topic, for this short article, proved to be difficult. There is a huge amount of anecdotal, biased and incorrect information on childhood obesity. I'll try to be as accurate as possible.

Obesity in children has increased dramatically over the past few decades. The statistics on the number of "obese" children are alarming. There are too many statistics. Reciting all the statistics will make this dreary. One fact of importance: Among children 10-17 years of age in Oklahoma, 19% are "obese." That places Oklahoma as the 8th highest childhood obesity rate in the country: "Top 10 state."

The adverse health effects of children being overweight are significant. Once children become obese, nothing good happens. We have to get serious about protecting our children.



Some observations are important, yet perhaps dull. Here they are: Industrialized countries have the highest rates of overweight children. Industrialization is the process where societies are transformed from agricultural to the manufacture of goods. With industrialization comes cheaper, more processed and faster food.

The facts are clear: The more industrialized a society, the more obesity: adults and children. The USA is the most industrialized country.

The rate at which children become obese is related to eating too many calories. More access to fast food = more obesity. Across the world, as fast food becomes more available, more people and children become heavier. Look at the data for China, Samoa, Nauru and some Middle Eastern countries.

What is the role of exercise in children being obese? Are some children heavier because they exercise less? For example, on the playground, overweight children are less active than slimmer children. Is lack of exercise causing childhood obesity?

Recent research has shown overweight and normal-weight children exercise about the same amount. As runners know, exercise alone will not make you lose weight. That same research shows diet is more important as a cause of childhood obesity. Diet is the MOST important cause of children being overweight.

In the diet, it is the sugar, high fructose corn syrup and fried foods that are the culprits. Of all these, high fructose corn syrup is the worst. READ LABELS!!

## SAY NO TO SOFT DRINKS





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*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, April 10, 2021

**Landrunner Group Runs**  
**Scissortail Park**  
**every Saturday in April**

**"Practice Physical Distancing"**

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