

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

August 2006 - Issue No. 124

A Marathon Safari

by Tom Briggs

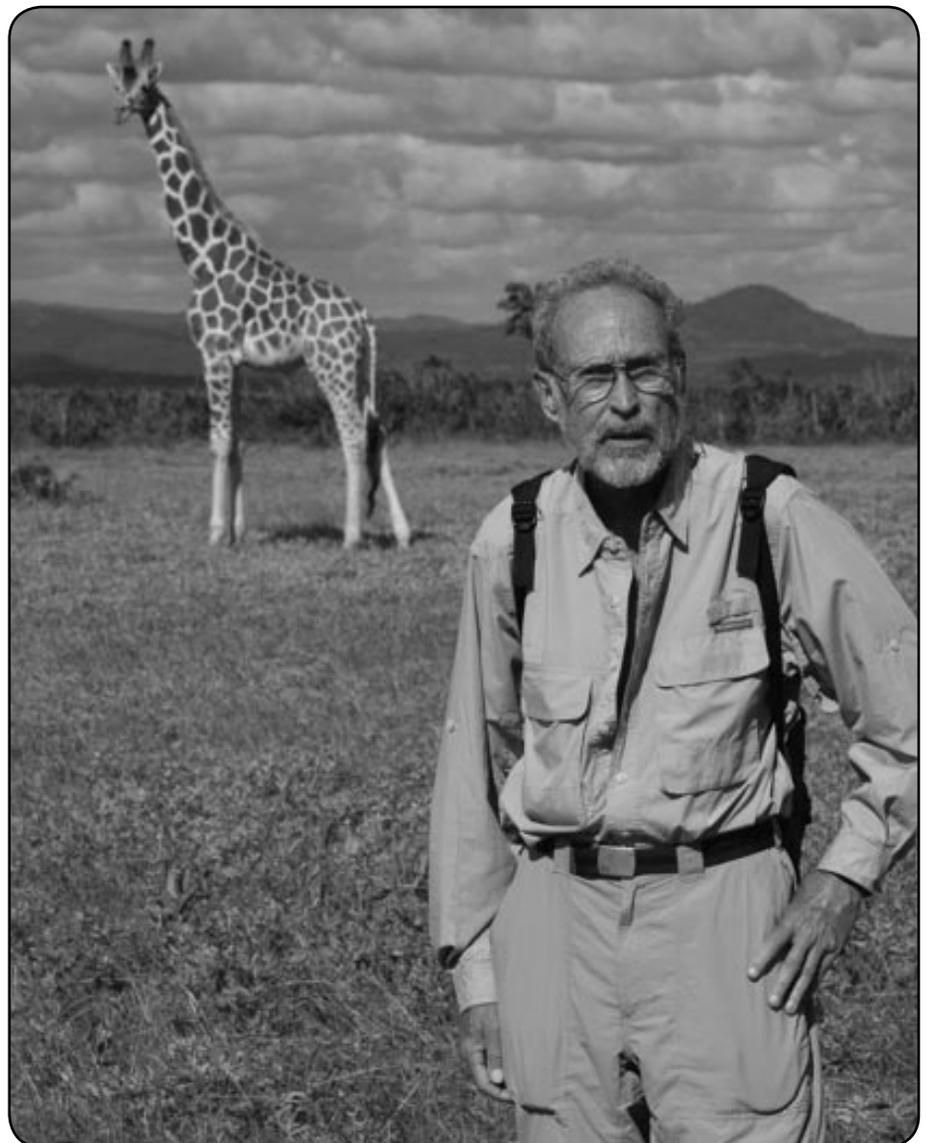
In June, Nels, Donna, and I traveled to Kenya. Nels and I ran what has been called the world's 10th toughest marathon.

An overnight flight via Memphis brought us first to Amsterdam, where we spent a couple of days seeing this fascinating old city with all its canals. Amsterdam is completely flat, and the Dutch have found that the best way to get around is by bicycle. I never saw so many bicycles—thousands and thousands of them!

Then another long long flight to Nairobi, the capital of Kenya. Just a brief overnight there, then a bus ride to the Aberdare Country Club, a rather posh country resort, which seems to be a holdover from another century. At this point we were slightly south of the equator. While there for a few days we took "game walks" to view the local wildlife: giraffes, zebras, baboons, eland (the largest antelope), warthogs, and others. We went on a brief overnight at "The Ark", which is a lodge at a remote location which overlooks a watering hole where we were able to view the animals as they congregate day and night.

Another bus ride brought us to the Lewa Wildlife Conservancy, slightly north of the equator. This is a privately-owned and managed refuge which preserves habitat for a wide variety of game, and also carries out breeding programs for selected species, such as the black rhinoceros, which are in special need of preservation.

(See *Safari*, Page 5)



Busy Landrunners Summer Points To Exciting And Productive Fall

It's been another active month for the Landrunners. At least three races and three different committee meetings have kept many of our members very busy. Several of our runners have discovered the Summer Sunset Series at Earlywine Park. The 5K races are held the first Friday evening of the month during the summer and feature great food and drinks afterwards. The Bethany Freedom Run was again a big success with participation back up to over 300 runners after a rain-soaked 2005 event. The club memberships got behind the Code 3 race this year boosting its participation from about 34 last year to over 200 this year. The Village Police Department put on the event to benefit Special Olympics and did an outstanding job.

At our recent Board meeting plans were approved for a Fall Banquet to be held on November 18th at the Central Oklahoma Homebuilders Association. Please watch the newsletter for specifics about this event. It will be a great party with a reception, dinner, and entertainment. The Edmond and Norman Running Clubs are also being invited to participate.

Due to popular demand the Board also approved ordering an additional 100 tech-type singlets. The design of the new singlets will be slightly different from the current ones. It will

take at least two months to get them and then they will be sold on a first come, first serve basis. These should be very popular with the fall marathon training group.

The Race Committee also met and with the Boards approval will be disbursing \$1,500 to support local races that need our assistance. We have many small races in our area that get by on a shoestring budget and benefit good causes. Those are the type of races that have been targeted for our support. Their existence gives us all many opportunities to participate in running events that might otherwise not be available.

Finally, our July membership meeting featured Dr. Mike Kelly as the speaker. Mike gave an outstanding and informative talk and stayed answering questions until the last person left. Mike is a great runner and through sharing his wisdom and experience an even greater asset to the running community.

Good running to all,

Bill Snipes
President

Upcoming Landrunners Meetings/Socials

<u>Date</u>	<u>Meeting/Social</u>	<u>Location</u>	<u>Speaker</u>
August 21	Meeting	Ingrid's Deli	TBA
September 30	Social	Tom Briggs Home	-
October 16	Meeting	Ingrid's Deli	Jerry Faulkner, OKC Memorial Marathon Winner
November 18	Fall Banquet	Central Oklahoma Homebuilders Association	

Carrie Ciro
Shannon Richardson
Allison Henley
Dr. Richard Tate
Karen Bramblett
Rita Tate
Rick Buck
Jane West
Kyp Hardaway

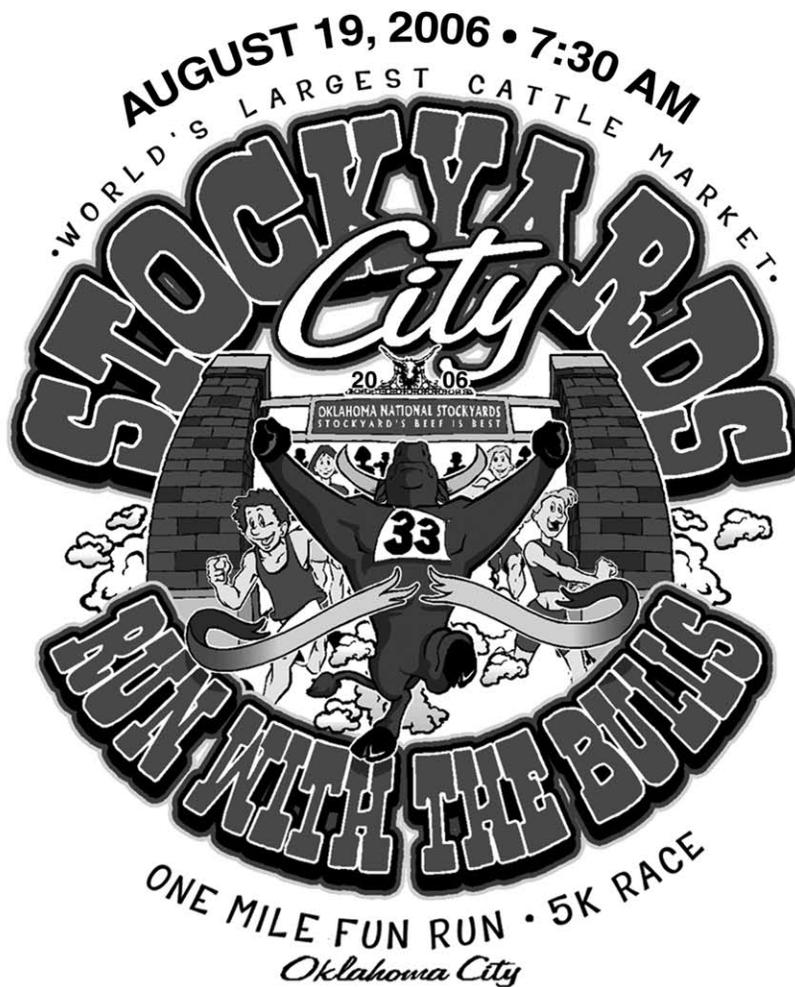
Welcome New Members

Bill West
Angie Hardaway
Maggie Carlo
Sarah Holtz
Larry Hartzell

Roger Lemmons
Sean Kelley
Courtney Lemmons
Evan Kelley
Ricki Looney

Elizabeth Lance
John Machamer
Phillip Lance
Joe McIntosh
Allison Palmer

Alan Mendoza
Julian Palmer
Sean Miller
Tam Tran
Sang Nguyen
Richard Wallen
Village Police Dept.
Amy Wright
Prabdu Kalyanaraman



FUN FOR THE WHOLE FAMILY!

Stockyards Beef hot off the grill at 8:30 am

Race day packet pickup begins at 6:45 a.m. 5 km Race & 1 Mile Fun Run will start at 7:30 a.m.

We sponsor the KPF program



Race location: Gate to the Oklahoma National Stockyards (Agnew and Exchange Avenues)

\$17 pre-registered (includes great technical running shirt! - \$25 retail value)

\$13 pre-registered (no shirt)

\$20 race day registration

Children under 10 free in Fun Run (no shirt) Additional Shirts only \$20

Certified Course - USATF Sanctioned Event

Call 405-235-7267 or e-mail james.emory@umb.com

Mail Generic Entry To:

Stockyards City Main Street, P.O. Box 82446, OKC, OK 73148

or register online at signmeupsports.com

Race Sponsors:

The Athlete's Foot

Brooks

Cattlemen's Steakhouse

Langston's

Oklahoma National Stockyards

The South OKC Chamber of Commerce

UMB Bank

www.stockyardscity.org





**The
Runner**

**Oklahoma City's
Landrunner
Headquarters!**

9644 N. May Ave

The Collonade

405/755-8888

M – S 10 to 6 & Th 10 to 7

Your Local Landrunner Supporter!

(Safari, continued from page 1)

The marathon took place here.

Safaricom is the name of the Kenyan wireless communications company, and a major sponsor. (I could call home from my cell phone even out in the “bush”). The run itself was through the game park, and was totally unfenced. We were told to expect to see wild game as we ran along, and some runners did: one person was delayed ten minutes while a herd of zebras crossed the road. But I didn’t see a blasted thing! This was because: (1) the park management, not wanting any incidents involving runners vs. animals, used planes and helicopters to chase the game away from the marathon route; (2) I was nearly last, so by the time I passed, the critters were elsewhere; (3) having tripped and fallen a couple of times on training runs, I was determined not to repeat that, so I kept my eyes glued to the trail 8 or 10 feet ahead in order to see where to put my feet. Scenery was a second priority!

The marathon, consisting of two 20-Km



loops with an extra Km at start and finish, was as tough as it had been billed. Hot (I guess it got to about 90F, though dry), at about 6000 feet elevation, very hilly, on a sandy gravelly road (trail?) with rocks. It took me nearly 7 hours to do it; had to walk a lot. And the most amazing thing: I was just past 13 Km when I was lapped by the leader, Albert Matebor, a Kenyan of course, as were the whole first page of finishers. While I had done 13, he had done 33! He was charging up and down those gravelly hills as if on a level track! His eventual time, 2:21:13; mine, 6:54:43!

Our accommodations at Lewa were rustic but safe and comfortable. Most of us were in tents, but the beds were good and the food excellent. The whole camp area was encircled by an electric fence to keep wild animals out.

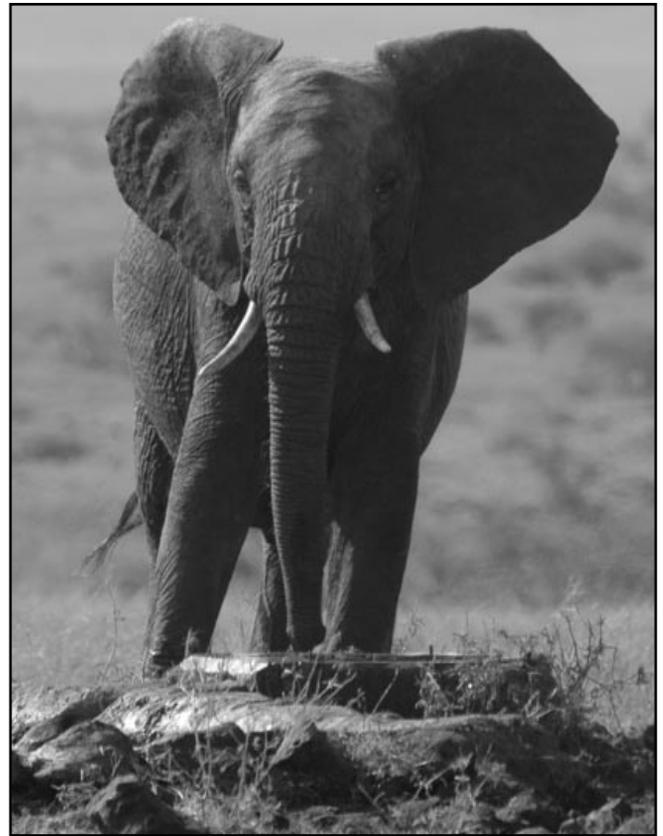
By the way, one of our number took too seriously the exhortations to drink plenty of fluids. According to rumor he took in an unbelievable amount of water the day before, something like 15 bottles! He finished the marathon, but afterwards started having seizures and losing consciousness. He was evacuated by plane to a hospital in Nairobi, and after a couple of

days’ observation was able to rejoin us for the rest of the trip.

Another flight, this time on a small 12-passenger plane, brought us to Governor’s Camp, in the Masai Mara region of southern Kenya. Here is where the wild game really abounded. We went on “game drives,” on which we would be driven around in Land Rovers by guides who were very knowledgeable of the ways and locations of

game. In this way we could approach very close to the animals, and as long as we didn’t get out, big forms like lions didn’t pay any attention to us. Lions, cheetahs, rhinos, elephants—they were all there. We even got to see a leopard up close, a rare sight, as leopards are usually shy and secretive.

One of the highlights was a hot-air balloon ride over the plains for a



unique view of the game below, followed by a champagne breakfast in the bush!

At last the adventure was over; now for a real grind to get home. An hour’s flight in a 12-passenger plane to Nairobi, where we transferred to a jumbo jet for the overnight flight to Amsterdam. Then an all-day flight on another big jet to Minneapolis, and a medium jet to OKC. I managed to avoid catching the African equivalent of “turista” which afflicted many of our group, and returned home in one piece with hundreds of photos and enough memories to last me a long time, or at least until the next journey to what exotic place?





3rd Annual School Bell Run

Sunday, August 27, 2006, 6:30am,

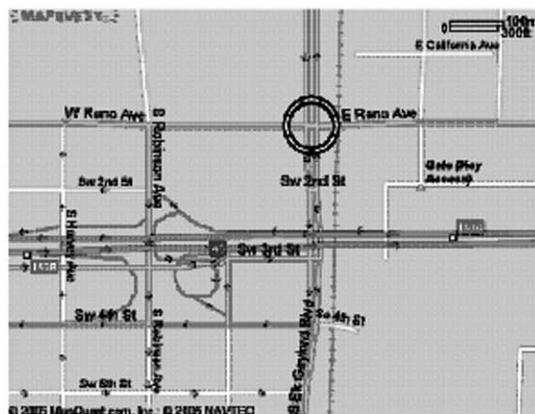
Registration 7:00am, Race Start, Start Line:
E.K. Gaylord (Shields) & Reno

5K (3.1 miles) Runners & Walkers Welcome

**USATF Sanctioned Race
Individual & Team Awards**

\$15 Registration Fee

Sponsored by the Oklahoma State School Boards Association and the Cooperative Council for Oklahoma School Administration



Exit Robinson Northbound. Turn right on Reno 1 block.

Detach and return form to: OSSBA 2801 N. Lincoln Blvd, Suite 125, Oklahoma City, OK 73105 or fax to (405) 528.5695

3rd Annual School Bell Run Registrant Information

First Name		Last Name		Age		
		M / F		SM / LRG / XL / XXL		
School District/Company (if applicable)		Sex		Shirt Size		
Mailing/Street Address		City		State		Zip
PO Number (if applicable)		Credit Card Number		Card Type		Exp (mm/yy)
			Visa / Mastercard		/	

Waiver: In consideration of the acceptance of my entry in the School Bell Run, I do hereby for myself, my executors, administrators, and assignees release and discharge School Bell Run, OSSBA, CCOSA, and other sponsors and officials for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature (Parent/Guardian if under 18)

Date

Oklahoma City Running Club Race Series

Top 3 In Each Age Group (as of the *Bethany Freedom Run*, held July 4)

Name	Score	# of Races	Name	Score	# of Races	Name	Score	# of Races	Name	Score	# of Races
FEMALE AGE GROUPS			45-49			13-15			James Butler 60 6		
9-12			Dani Conovar 107 9	Joshua Calhoun 70 5			Maurice Lee III 47 5				
Cara Romannose 87 6	Mary Mikkelson 84 6			20-24			55-59				
13-15			Anne Wright 58 7	Jason Dixon 21 2			Bob Loving 45 7				
Bridgette Haley 15 1	50-54			Clayton Earlywine 11 2			William Morris 39 5				
16-19			Leslie Fleck 116 9	Adam Monaghan 5 1			Bill London 30 2				
Amy Wright 12 1	Joanne Jackson 72 5			25-29			60-64				
20-24			Jerianne Davis 60 5	Robert Cassidy 132 12			Benny Meier 71 7				
Nichole Webb 27 3	55-59			Tony Maxwell 64 9			John Hargrove 61 6				
Sam Gilchrist 18 2	Sandy Pace 94 8			Bryan Rogers 42 4			Nels Bentson 61 6				
Kristi McGuire 9 1	Linda Cason 55 5			30-34			65-69				
25-29			Karen Carothers 44 3	Cameron Han 76 7			Jim Tabor 75 5				
Tiffany Cone 99 7	60-64			Hank Holland 75 6			Adrian Wolford 75 6				
Laura Maxwell 58 7	Betty Bell 118 8			Trey Cone 58 4			Buddy Jones 53 5				
Amie Henry 51 4A	Suzanne Wilson 82 6			35-39			70-74				
30-34			Evelyn Rowland 45 3	Bill Goodier 61 5			Don Smith 85 6				
Jennifer Han 88 8	65-69			Kevin Hayes 49 6			Tom Briggs 59 4				
Marion Ramirez 54 8	Sherri Rector 100 7			Savine Billings 45 7			A.J. Hickman 14 1				
Jennifer Bell 41 4	Kathy Moffitt 75 5			40-44			75-79				
35-39			Linda Foster 15 1	David Manguno 65 10			Jim Hoke 30 2				
Belynda Tidwell 82 6	70-74			David Lanning 62 8			J. Robb Bartlett 29 2				
Laurie Dietrich 69 5	Deloris Green 105 7			Eddie Tidwell 66 6			Paul Willis 15 1				
Kelli Embry 39 3	75-79			45-49			80+				
40-44			Shirley Hoke 15 1	Kevin Lynes 35 9			Lowell Green 74 5				
Sharon Haley 95 8	MALE AGE GROUPS			Mario Abramson 30 8			Jack Rector 73 5				
Karrie Beardsley 67 6	9-12			Wesley Berlin 69 5			Fisher Lewis 15 1				
Rebecca Johnson 45 5	Matthew Beardsley 9 1			50-54							
	Ryan Sternlof 1 1			Douglas Cunningham 99 8							

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MAKIN' TRACKS

5 km Road Race & ½ mile fun run/walk

September 9, 2006 - 7:30 a.m. - Piedmont, OK

Starts North of First Baptist Church on Piedmont Road
Benefits the Track/Cross Country Programs at Piedmont High School

Ages 13 & up: \$15 – 12 & under: \$10 – Family of 4 or more: \$50
Includes shirts – Shirts guaranteed to first 200 participants

Race day registration & packet pickup begins at 6:00am
USATF Sanctioned Event, USATF Certified Course

Awards: Overall M & F - 3 deep on standard age groups 8 & under – 80 & over
Clydesdale/Filly – Overall M & F - 3 deep in weight brackets
Fun run/walk – Ribbons to first 3 M & F finishers

Pre-register by mailing generic race entry card to:

Makin' Tracks Race, 4408 Ryan Dr. NE, Piedmont, OK 73078

DRAWING for free running shoes & other cool prizes – Must be present to win!

Bring the family & enjoy Piedmont Founders Day Celebration Parade, Food, Arts & Crafts Fair & More

Information Contact: Ric Williams – (405) 373-1111 or email- rwpi17@cs.com



Trolley Track Run

Saturday, October 21, 2006

OKLAHOMA CITY IN THE OLD TROLLEY DISTRICT

three blocks west of Pennsylvania Ave. on NW 19TH

8:00 A.M. 1 Mile Run
8:30 A.M. 5 km and 10 km Run
USATF Certified & Sanctioned

Mail generic race entry form in center of magazine to:

Trolley Track Coalition
P.O. Box 60646
Oklahoma City, OK 73146

For information: Sarah Penn, 405-525-5717

www.trolleytrackrun.com

Register online at: www.signmeup.com

Pre-registration: \$15 before October 13th - T-shirt guaranteed
\$15 after October 13th - T-shirt NOT guaranteed
Race Day: \$20 - T-shirt NOT guaranteed
Race Day registration begins at 7 a.m.
Race is limited to first 500 entries

Prizes awarded
to 1st - 3rd place in
all age groups

Awards

"Everyone in my family ran fast and finished
1st in their age group (except for me).
But, I ran a personal best and it's the best run I've ever done!"
Brad Flaming, OKC, OK, 2005 Trolley Track Run

Sponsored by the Trolley Track Coalition, a non-profit, grass-roots neighborhood organization
dedicated to the promotion, enhancement & beautification of Oklahoma City's Old Trolley District.



TULSA WORLD **ROUTE 66 MARATHON**

Tulsa, Oklahoma - November 19, 2006

EARLY BIRD SPECIAL

Be one of the first 250 to register online and you get to keep your bib# for life!

Full Marathon • Half Marathon • Marathon Relay

Make Our First Marathon YOUR First Marathon

The Inaugural Tulsa World Route 66 Marathon will start and finish in beautiful downtown Tulsa. Runners will travel on Historic Route 66, along the Arkansas River, through Main Street Jenks America, past the Oklahoma Aquarium and through the classic sidewalk cafes of Brookside.

From the Classic Car Parade which will travel the marathon course 30 minutes ahead of the runners to the vintage aircraft flyover at the start, the day will be filled with excitement and entertainment. Get involved in this historic event. Sign up to run or volunteer at www.route66marathon.com

Sunday, November 19, 2006 - Tulsa, Oklahoma
REGISTER ONLINE @ www.Route66Marathon.com

TULSA WORLD

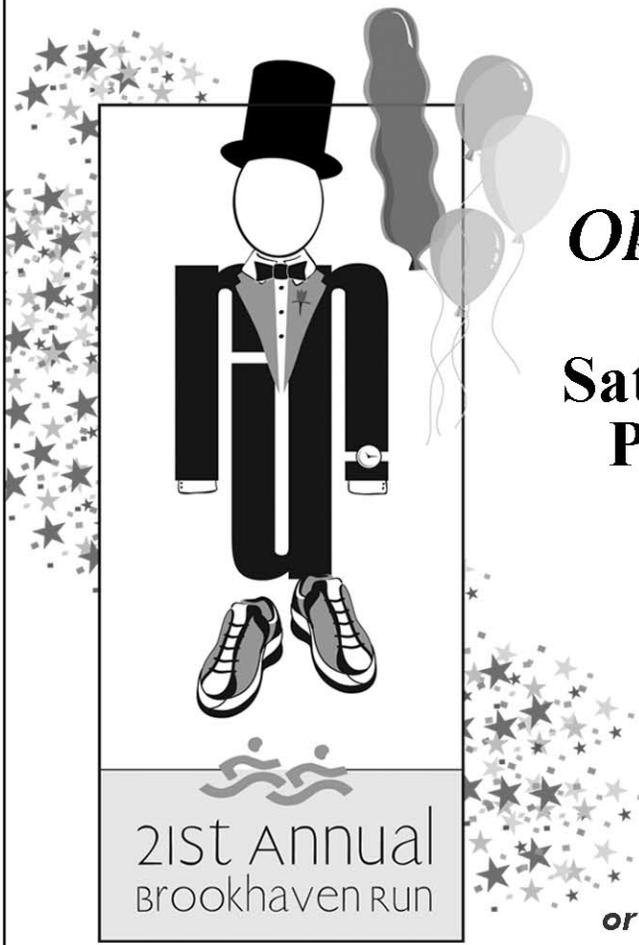
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DOLLAR Thrifty

Saint Francis Health System



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**Saturday, September 2, 2006
Presented by OK Runner
& Brookhaven Village**

36th Ave. NW & Robinson
Norman, Oklahoma
Located 1/2 mile west
of I-35 and Robinson

**For information, call 405-447-8445
or visit www.BrookhavenRunNorman.com**

Registration Fees

Before Race Day - \$15 (\$10 w/out t-shirt)
On Race Day - \$17 (\$12 without t-shirt)

Registration & Packet Pick-up

August 31-September 1 at OK Runner,
10 a.m. to 7 p.m., Located in Brookhaven
Village, 36th Ave. NW & Robinson

Race Day Registration - 6:30 a.m.

Note: 5 km registration must close
at 7:40 a.m sharp for an on-time start

Online Registration

Register at www.signmeup.com

Course

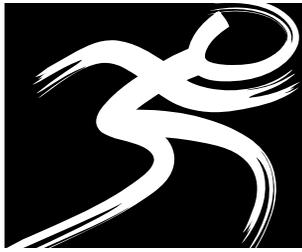
USATF/Oklahoma/LDR certified
and sanctioned 5K course.
Flat, scenic course with accurate
splits each kilometer

Starting Times

1 Mile Fun Run/Walk - 7:40 a.m.
5K Wheelchair - 8:00 a.m.
5K Race - 8:05 a.m.
Kids Under 12 Races (FREE)* - 9:00 a.m.
*No registration or entry fee for Kids
Under 12 Races
Ages 10 & 11 Boys & Girls - 400 Meters
Ages 6-9 Boys & Girls - 200 Meters
Ages 5 & Under Boys & Girls - 50 Meters

\$\$ Prize Money \$\$

Male/Female Open
1st - \$300 2nd - \$150 3rd - \$75
4th - \$50 5th - \$25
Male/Female Masters (non-WAVA)
1st - \$100 2nd - \$50
\$1,000 added for setting the Oklahoma
State Record Open (male and female)
State 5K records: Male 14:07 Female 16:14



TULSA RUN / November 11, 2006

Information in Fields 1-14 required for computer input and results
Register online at www.tulsarun.com until midnight, Wednesday, November 8, 2006

MAIL ENTRY TO: Tulsa Run, Inc., P.O. Box 1319, Tulsa, OK 74101-1319 • Must be postmarked by November 4, 2006
Phone (918) 587-TRUN (918) 587-8786

1 Name: _____

2 Street Address: _____

3 City: _____ State: _____ Zip: _____

4 Day Phone w/area code: _____ Evening Phone w/area code: _____

5 Sex (circle one) M F Age on 11/11/06: _____ Date of Birth (mo/day/year) _____

6 E-Mail Address: _____

7 Official T-Shirt included in packet - 100% cotton long sleeve

- | | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> |
| Small | Medium | Large | X-Large | XX-Large
(\$2 extra) | Youth Sm. | Youth Med. |

8 Race Information & Fees

- 15 KM.....\$25 fee _____ (Add \$10 late fee after 11-4)
- 5 KM.....\$25 fee _____ (Add \$10 late fee after 11-4)
- 2 KM Fun Run \$10 fee _____ (Add \$5 late fee after 11-4)
- Student Fee\$8 _____ **(Under 18, submitted w/primary, secondary or high school team with 20 or more entries by October 25.)**
(Fun Run only)

NO REFUNDS

9 Optional Mailing Fees (Void after October 18. Registration must be postmarked by October 18.)

\$6 Per Packet _____ (Includes official number and shirt)

10 Extra Shirts Ordered

- \$10 _____ (YS, YM, S, M, L, XL)
- \$12 _____ (XXL)
- _____ Add \$1 for each extra shirt ordered if mailed

REGISTER TODAY!

11 TOTAL ENCLOSED

12 Team Information: Name _____ Corp. Open School

(circle one)

- 13 Extras..... Wheelchair Entrant
- (if applicable) 15 km Male Clydesdale Entrant (Weight 170 and up) _____ lbs.
- 15 km Female Filly Entrant (Weight 145 and up) _____ lbs.
- 5 km Male Clydesdale Entrant (Weight 170 and up) _____ lbs.
- 5 km Female Filly Entrant (Weight 145 and up) _____ lbs.
- 15 km Competitive Racewalker
(USATF rules apply, race will be judged)

14 THIS IS A RELEASE. In consideration of acceptance of this entry, I hereby waive any and all claims for myself and my heirs against the City of Tulsa, Tulsa Run, Inc., ONEOK, Inc., Bank of Oklahoma or any of its affiliates and/or The Tulsa World Publishing Company, SemGroup L.P., sponsors of the 2006 Tulsa Run and each of their agents, servants, officers, and employees, for injury or illness which may directly or indirectly result from my participation and I further agree to save and hold said parties harmless and agree to indemnify each of said persons against all liability for any loss, cost, injury or damage to persons or property which may arise by virtue of the undersigned engaging in the Tulsa Run. I further state that I am in proper physical condition to participate in this event. I recognize that the sponsors of this event have not undertaken to provide the undersigned with any medical care, treatment or advice concerning my participation in this event. I understand that the Tulsa Run may be canceled in the sole judgment and discretion of the sponsors if unsafe conditions exist due to rain, snow, sleet, hail, lightning, heat, civil disturbance, strikes, or other circumstances. I further agree that the starting time of the race may be changed at the sole discretion of the sponsors. Any revised starting time will be announced in the Tulsa World. I understand that while I am participating in the Tulsa Run I may be photographed by the sponsors or their agents. I agree to allow my photograph to be taken and to be used as the sponsors see fit. I understand that although police protection will be provided, there will be a possibility of traffic on the course. I assume the risk of running in traffic. I agree to yield to all emergency vehicles. I also am fully aware, whether same be caused by negligence or fault, that baby strollers, baby joggers, pushed wheelchairs and wheels of any kind (except competitive wheelchairs in a separate race), animals and headphones are strictly prohibited and I agree not to have them on the course. Furthermore, I agree not to go back on the course after finishing. I am fully aware that allowing someone else to wear my race number, switching race numbers or running under a false name is a fraudulent act and I agree not to do this. I also understand that the course is considered closed after three hours and that I may be asked to leave the course after that time. If entrant is under 18 years of age, parent or legal guardian must sign entry.

Signature _____ Date _____

Parent or legal guardian must sign if entrant is under 18. If this release is not signed, your entry will not be processed.

NO Strollers, NO Bikes, NO Rollerblades, NO Animals



P.O. Box 18113, OKC, OK 73154

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Permit 1810

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If your mailing label reads 08/06, it is time to renew your subscription. To Renew Your Subscription:

1. Write a check for \$20 to OKC Running Club
2. Mail Check with your mailing label (above) to:

Oklahoma City Running Club
PO Box 18113
Oklahoma City, OK 73154

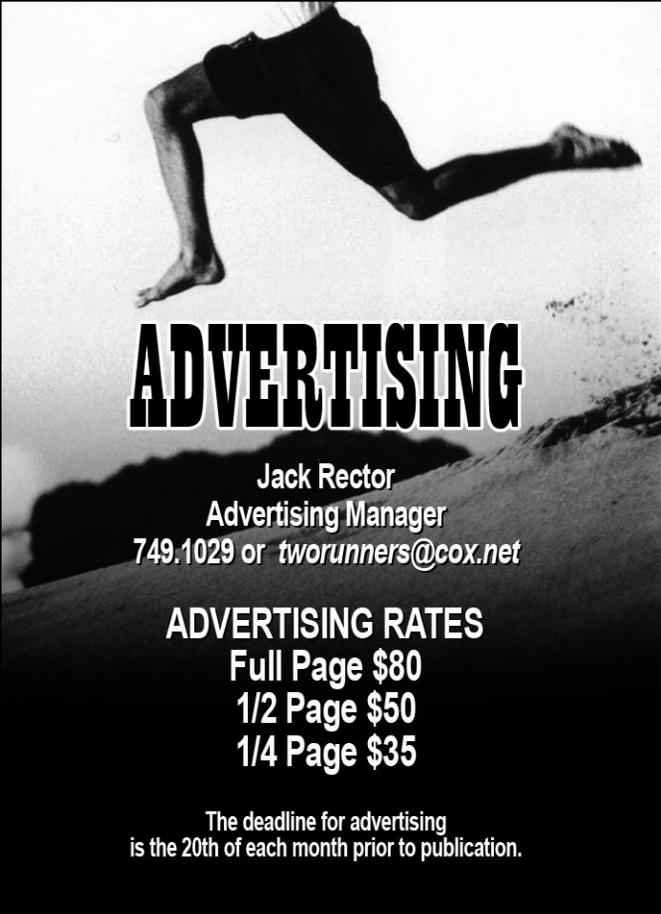
Has your address changed?

Please send us your new address!

Visit The Landrunners Running Club Online:

www.okcrunning.org

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ADVERTISING RATES

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1/4 Page \$35

The deadline for advertising is the 20th of each month prior to publication.