

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

February 2008 - Issue No. 142

## A Defining Moment

### Rainy April Race Marks Change In Runners Life

by Ralph Breckenridge

I wanted to tell you all about a change in my life that happened six years ago this March. It's the story of how I got back into running again. In high school, I was a short distance track runner, running no longer than a 440 dash. Because of my severe asthma, I ran out of breath very easily and didn't perform as well as the other runners. Since that time I got away from running a bit, just jogging now and then and riding the bike.

Over the years, I started gaining weight and developed something call hypoglycemia that gradually came on when I had a 'good meal.' There were times that I collapsed, passing out, as my health and weight were out of control. In May 2001, I reached my lifetime heaviest weight of 220 pounds. Still, I didn't do anything about it the rest of that year. I set my 2002 new year goals to get better and try to get active. That March, I was listening to the Sports Animal on the radio and heard about a race called the Red Bud Classic. They were giving away free registrations at a cell phone company in Edmond. I thought, "Oh boy! This is a great opportunity to start running

again!" So I registered for the 2-mile race that they had at the time.

The forecast called for a rainy race day, yet I was amazed at how many runners that came to run. It was incredible! KWTV Channel 9 and Gary England were there and said it wouldn't rain until after the race...but guess what? It started as soon as we lined up. I wasn't worried about the rain, though, as long as no tornadoes came about!

When the race started it seemed like the rain kept coming down faster, and my cotton shirt and shorts were sucking up that rain water like a

sponge. A mile into the race I began to wear down a bit and the rain-soaked clothes didn't help. During the race, someone told me I was halfway there, but where? I had rain in my eyes and couldn't see very clearly, so I was just hanging on and trying to follow the other runners. When I finally got to the finish, I thought I was going to collapse but I managed to make it to the massage table. Still, I almost didn't make it on my feet because of leg cramps. Then they got really bad when I got in the car to drive home,

*See Moment, page 8*

**“During the race someone told me I was halfway there, but where?”**

# Snipes Honored; New Race Series Planned

If you missed the January meeting, we missed you and you missed a great meeting! Outgoing president Bill Snipes was presented a beautiful plaque and a \$100 gift certificate to The Runner as a “thank you” for his two years of outstanding leadership. The meeting also featured Brent Gaddis leading a discussion of the club sponsored Oklahoma City Memorial Marathon training program, followed by a mature, experienced marathoner, on how to run a five-hour marathon.

Do you like a challenge? I think that most runners do, since a lot of us are at least A minus or B plus personalities. Whether the challenge is personal (seeing if you can run more miles this year than last, or perhaps cut 10 seconds per mile off your previous best 10K race time) or competitive, i.e., out kicking a running buddy to the finish of a race or a training run – we love challenges.

That being the case and regardless of your running skill level, I think you’ll love the new 2008 race series concept. The board of directors has authorized the Race Committee to draft a plan that would reward and award both classes of race runners: the truly swift and competitive at any distance, and those of us who love to run and race but will probably never win an age category race but who do put in a lot of racing miles.

Come to the February meeting (6:30 p.m. at Ingrid’s Kitchen – N.W. 36 and Youngs) for details.

Also at the February meeting, 2007 Race Series awards will be given as well as a presentation by a younger, prettier, and even more experienced (50 plus marathons) marathoner on how to run a four-hour marathon.

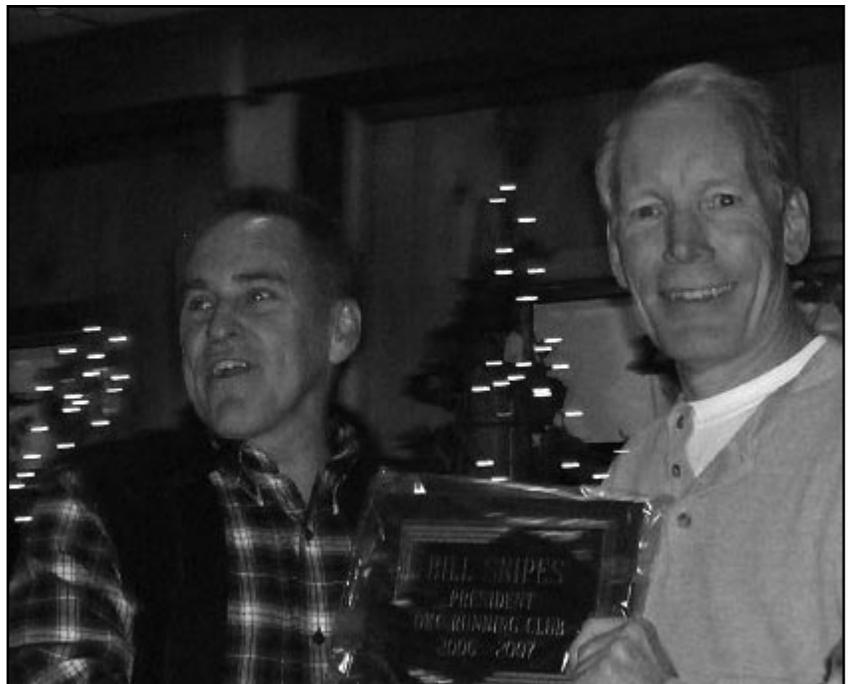
See you at the races and the meeting.

- Bill Robinson

President

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*Below: New Landrunners president Bill Robinson (left) presents outgoing president Bill Snipes a plaque and \$100 gift certificate to commemorate his tenure.*



# ELITE FEET

1237 E. Danforth      Edmond, OK 73034      (405) 844-6500  
In Kickingbird Square at the corner of Bryant and Danforth

**Oklahoma's Only Specialty Running Shoe  
store with a College accredited and National  
Board Certified Pedorthist!**

Our highly trained staff will help fit your shoes properly and pick out the correct shoe for your foot type. Our on staff Pedorthist can do a foot examination, tri-plane foot range of motion test, and even a computer gait analysis upon request. We also offer gait training and running plans for any type of runner, and can make external and internal modifications to the shoes to better aid in your optimal gait.

Our custom orthotics start at only \$89<sup>95</sup> - we have fit thousands of individuals from professional athletes to casual runners. We have the most knowledgeable and educated staff to better assist you.

Elite Feet has more shoes lines to choose from than any other running shoe store in the Oklahoma City metro area. If we do not have what you are looking for in running or casual shoes, we can order from one of the hundreds of styles we have access to.

**Come see why we are the best!**

**Let us know you are an OKC Running Club member for 15%  
OFF your entire purchase and 10% OFF Custom Orthotics!**

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# Recipes To Run By

By Adrienne McCasland

Happy February everyone! Although we have the holidays behind us, the celebrations never cease....especially in New Orleans! For this month's feature recipe I've chosen a Cajun theme so that we can all get a taste of Mardi Gras. The only thing we're missing now is the parade! And the beads. And the Dixie beer. But we'll take what we can get, right?

## Cajun Jambalaya

### Ingredients

2 lbs. cooked meat of choice (shrimp, chicken, andouille sausage all work nicely)  
2 Tbs. Cajun seasoning, such as Emeril's Essence or Tony Chachere's  
3 Tbs. canola or olive oil  
1/3 cup chopped green bell pepper  
1/3 cup chopped yellow onion  
2 stalks chopped celery  
3-4 cloves minced garlic  
2 bay leaves  
1 tsp. Worcestershire sauce  
1-2 tsp. Louisiana Hot Sauce  
2/3 cup chopped tomatoes  
3/4 cup rice  
3 cups vegetable or chicken broth  
pinch of cayenne pepper (optional)  
salt and pepper to taste

### Preparation

- 1) Combine meat and Cajun seasoning set aside.
- 2) Heat oil in a large saucepan over high heat and sauté bell pepper, onion, and celery for 3-4 minutes.
- 3) Add garlic, bay leaves, Worcestershire sauce, hot sauce, and tomatoes.
- 4) Stir in rice and slowly add broth.
- 5) Reduce heat to medium and cook approximately 17 minutes, stirring occasionally, until the rice absorbs liquid and is tender.
- 6) Remove bay leaves and add meat. Cook until just heated, season with salt, pepper, and cayenne. Enjoy!

Final race of the March "Triple Crown"

"Triple Crown" rules: [www.stpaddysrace.com](http://www.stpaddysrace.com)



# St. Paddy's Day Great Race of the Great Plains - 8K

PLUS  
Fun  
Run

March 1st - Deer Creek Classic - 5k & 10k  
USATF Certified Course

March 8th - Beacon on the Bay - 5k & 25k

## March 15<sup>TH</sup>, Saturday Lake Hefner - East Wharf

Register the day of the race - or -  
Pre-register by March 13<sup>TH</sup> @ 5:00 PM

### ► Entry Fees for **St. Paddy's Day Race:** 8k - AND - 1 mile fun run

- \$15.<sup>00</sup> for pre-registered runners (19 & older) ---  
► \$20.<sup>00</sup> day of the race (19 & older)
- \$5.<sup>00</sup> for pre-registered if under 19 yrs of age ---  
► \$10.<sup>00</sup> day of race (under 19)
- Under age 6 --- race FREE!

If you are entering the **Triple Crown**  
go to [www.stpaddysrace.com](http://www.stpaddysrace.com)  
to download the form or enter on-line.

### For More Information Call:

Kathi McDavid at the Lynn Institute  
44-STUDY (447-8839)

Register by mail or in person at the  
**Lynn Institute**  
3555 NW 58<sup>TH</sup>, Suite 800  
Oklahoma City, Oklahoma 73112

- OR - register on-line at:  
[www.stpaddysrace.com](http://www.stpaddysrace.com)

## 8k Race - 10:05am

1 Mile Fun Run - - - 11:00am

### 8K Awards

3 deep for standard  
age groups

- PLUS -

10 & under; 11 - 13;  
14 - 16; & 17 - 18

### Special Youth Races

- for more information, go to -  
[www.stpaddysrace.com](http://www.stpaddysrace.com)

All proceeds benefit programs sponsored by  
Youth ENDURO Sports, Inc.

### Packet Pickup:

March 11 - 14 at  
**The Runner**  
9644 N. May  
or on  
Race Day  
(8am - 9am)

Run as a  
**leprechaun**  
prizes for the 3  
best leprechaun  
costumes

### 2008 Race Sponsors:

Lynn Institute  
LION Research  
Foundation Surgery Affiliates  
Hard Edge Design  
Creative Video Works  
Little Caesars  
Respironics  
The Runner



I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be a possibility of traffic on the course. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including, but not limited to falls, contact with other participants, the effects of the weather and the conditions of the roads, all such risks being known and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. I am also fully aware that baby strollers and wheels of any kind (except competitive wheelchairs), animals and head phones are strictly prohibited and I agree not to have them on the course. Furthermore, I agree not to go back onto the course after finishing. I am fully aware that it is a fraudulent act to switch race numbers with anyone or allow anyone other than myself to wear my race number and I agree not to do this. Knowing these facts, and in consideration of your accepting my entry, I hereby by myself, my heirs, executors, administrator or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge any and all race sponsors, race officials, volunteers, local and state police including any and all of their agents, employees, assigns or anyone acting for or on their behalf from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants permission to sponsors and or agents authorized by them to use any photos, video tapes, motion pictures, or any other record of this event for any purpose. **Minors accepted only with a parent or guardian's signature.**

Name (Print VERY Clearly)

Mailing Address

City, State, Zip Code

Phone

► Which Race Are You Entering? (check one) ►  8k -OR-  1 Mile Fun Run

► Adult T-shirt Size (circle one) ◀  
**S M L XL** (8K participants only)

Sex

AGE On March 1<sup>ST</sup>  
If Running 8K

### ► IMPORTANT NOTICE ◀

When entering the "Triple Crown" races on March 8<sup>TH</sup> & 15<sup>TH</sup>, be sure to enter in the same age group that you entered in on March 1<sup>ST</sup>. Please enter the **SAME** age group for **all 3 races**.

Please make all checks payable to: Lynn Health Science Institute

OFFICE USE ONLY

X

Signature

Date

Signature of parent or guardian if under 18 years of age.

Date

# Ask Adi...

By Adrienne McCasland

I was talking with Ralph about some of the new newsletter columns at John Hargrove's New Year's Day party, and as it turns out he is quite the collector of recipes himself! He was telling me about one of his favorite desserts that is, of course, loaded with sugar and fat and all the yummy stuff that can make running a bit 'heavy,' shall we say? He wanted to make it a little more healthful and what better time than the month of Cupid's visit to have our recipe makeover feature a dessert! I must confess that I did a makeover to the name of this one, as well, in honor of Valentine's Day.

## Second Only to Love

6 Tbs. trans-fat free stick margarine  
 3/4 cup all-purpose flour  
 1/4 cup plain quick oats  
 3/4 cup finely chopped walnuts  
 8 oz light cream cheese  
 2/3 cup powdered sugar  
 1 tsp. vanilla  
 3 cups light whipped cream  
 1 cup reduced sugar cherry pie filling  
 1 cup fresh or frozen (thawed) pitted cherries  
 1 box sugar-free instant vanilla pudding  
 2 cups skim milk  
 1) Cut butter into flour and oats and

blend until crumbly; add walnut pieces.

2) Pat into 9x13 inch baking dish and bake in a 350\* oven for 9-11 minutes; set aside to cool.

3) Blend cream cheese, sugar, vanilla, and 1 cup whipped cream thoroughly and spread on cooled crust.

4) Combine cherries with cherry pie filling and spread over cream cheese layer.

5) Mix milk and pudding as directed on the box; spread over cherry layer.

6) Top with remaining whipped cream and share with the one you love!

## guess who??

This little devil is not only a fast runner, but he throws a mean couple of holiday parties! He has partnered with fellow Landrunner Benny Meier on many a race, and is always friendly as can be (despite what his bib number in this photo might lead one to believe!).

The first Landrunner to e-mail the *CORRECT* wearer if this fiendish bib will win a \$10 gift certificate to The Runner! E-mail your guess to [okclandrannersnews@yahoo.com](mailto:okclandrannersnews@yahoo.com) and you could be the winner!

Lucky gal Anne Wright was the first and correct guesser of the inaugural



*Guess Who* blurb! It only took her one guess to know that these blistered tootsies belong to Adrienne McCasland, fellow Landrunner and now, Chicago marathoner! Congratulations to both!



# SOONER STATE GAMES

## 12K TRAIL RUN WINTER :: 2008

### DATE, TIME AND LOCATION:

Feb 23rd 2008

Start time 9:00 a.m. On-site registration begins at 7:30 a.m. Bluff Creek Trail behind Lake Hefner

### SPORT COORDINATOR:

Don Garrett • (405) 759-2580

### ENTRY FEE & DEADLINE:

(Entry & T-shirt included) Pre-registered: \$20.00 Day of Race: \$25.00 Children 12 & under FREE with paid adult.

Mailed entries must be postmarked by Jan 31, 2008. Packets can be picked up Jan 30 - Feb 2 at: The Runner 9644 N. May in OKC 10:00 a.m. to 6:00 p.m. Packets can be picked up on race day starting at 7:30 a.m.



# Spring Marathon Training Begins

By Kresta Logan

It seems like just yesterday that Landrunners ran the Oklahoma City Memorial Marathon, half marathon and relay. Well, training for this year's bevy of spring marathons has begun!

We owe a tremendous *thank you* to Brent Gaddis and his faithful employees at The Runner for not only providing us with quality products and running advice, but for the tireless efforts he extends to the club during our weekend training runs.

Brent is at each site putting out water stops way before we ever arrive. What would we do without you, Brent! Keep watching the Landrunners Web site for updates and changes to the training schedule.

Happy marathoning!

*Below: About 70 runners showed up to start spring marathon training at Lake Hefner. Check out that reflective gear!*



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*Moment, continued from page 1*

especially when trying to push down on the gas pedal! I ended up getting cramps in both legs and wasn't able to drive for a while. Needless to say, it was an interesting day indeed, but I had fun and met new people. I never forgot the older gentleman that patted me on the back during the race and said see you at the finish line. I could have sworn he was in his 70s.

My time for the 2-mile race was 28 minutes and 30 seconds. I didn't go by time back then (just effort). Today I look at the time and laugh.

Since that day in April, I've never missed a Red Bud Classic race. I have every medal from 2002 to the present.

In fact, every year it was the only race I ran until May 2005 when I did the Sooner State games. I followed that up with four more races that year and lost 40 pounds that summer running the lake. I joined the OKC Running Club in the summer of 2004 after discovering them at Lake Hefner's Stars and Stripes Park.

Since I've been running, I've met some wonderful people who have helped me become a better runner. It even saved my life on a hot summer day one of the times that I didn't run alone, and my health has been much better. My weight has been struggling as of late because of the holidays but that's changing.

See you all out on the trail. And thank you!

## Cold Weather Training • *By Paul Lekawski*

Ah, the cold, bitter, frigid weather has definitely altered many a training plan, almost to the point of not wanting to train at all! However, rather than a cup half empty, I look at the half-full cup (with plenty of hot chocolate) training methods.

The recent cold snap and ice storms made me rearrange my training program. Long distances are out, in fear of frostbite, slippage on ice and a general overall feeling of "What, am I nuts for doing this?" Been out there, did it before, still nutty to try and do it again. I now find it a good time to concentrate on speed work. So I quickly throw off the warm blanket from bed, run to the bathroom, run to turn on the coffee pot, run to pick up the paper, run back to bed to get under those nice warm covers! Sometimes I throw in a bit of hurdling by jumping over the sleeping, lying dog.

There are those odd occasions when I've suffered from sleep deprivation and actually drive to the gym and find myself on a treadmill. Well, a good stroll with a cup of coffee in hand never really hurt you, unless you spill the coffee on your body or the treadmill mechanisms.

This cold weather brought back memories of one of the coldest runs I ever participated in, 10 years ago. It was the 1997 Marine Corps Marathon and the temperature started out as a cool, crisp 32 degree wind chill, and the first raindrop fell as the start gun fired. The driving rain continued and temperatures proceeded to drop. During the wet 26.2 mile journey, I came across one Mr. Al Gore running with his daughters. I swear I heard him mutter, "This is a very cold day and I don't think it will get any warmer. In fact I believe we're heading for another ice age -- and inconveniently, that's the truth!" Ah, that Al Gore, always the jokester.

Okay, enough of this cold weather; I'm turning the electric blanket down to five from 10. Time to toughen up! Got to get ready for that Oklahoma City Memorial Marathon (well, at least the 5-person 1-mile fun run relay)! Wonder if Al will show up?

REMEMBER THE TEN

KENDALL DURFEY · BJORN FAHLSTROM  
 NATE FLEMING  
 WILL HANCOCK  
 DANIEL LAWSON  
 BRIAN LUINTRA  
 DENVER MILLS · PAT NOYES  
 BILL TEEGINS · JARED WEIBERG

ON JANUARY 27, 2001, TEN MEMBERS OF THE OKLAHOMA STATE UNIVERSITY FAMILY PERISHED IN A PLANE CRASH. THIS SPRING, THE OSU FAMILY WILL AGAIN COME TOGETHER TO CELEBRATE THE LIVES OF THOSE WE LOST.

2ND ANNUAL  
**REMEMBER THE TEN**  
 10K & 5K RUN

APRIL 19, 2008 • STILLWATER • COACH EDDIE SUTTON, HONORARY CHAIRMAN

For registration information, please visit our website: [www.RememberTheTen.com](http://www.RememberTheTen.com)  
 If you are interested in volunteer or sponsorship opportunities, e-mail Kerry Alexander: [kerrydonalexander@hotmail.com](mailto:kerrydonalexander@hotmail.com)  
 Proceeds for this annual event will be directed to OSU Student Counseling Services with focus on grief Counseling.

# Random Running Tips

We as runners are always looking for ways to make our running more efficient, more comfortable and enjoyable, and definitely less injurious! No matter if we are brand new to running or have many years and many miles on our shoes, we are sponges of information on how to better ourselves in this sport. I know that I've sought advice from many veterans, and have been approached by many new runners for tips of my own. This month, I thought I'd introduce a column featuring these tried and true strategies for everyone to benefit from!

- 1) **“If you run too little, you will make it to the finish line, but if you run too much or too fast, you may not make it to the start line!”**  
the best advice received by Jodie Spielman, OKC Landrunner
- 2) **Mittens are warmer than gloves.**  
on keeping your hands warm by Don Smith, OKC Landrunner
- 3) **The back pocket in Race Ready shorts is big enough to hold an epipen.**  
for those with severe allergic reactions by Kresta Logan, OKC Landrunner
- 4) **Letting jerky dissolve in your mouth is great for replenishing lost sodium.**  
for those who sweat a lot by Bill Robinson, OKC Landrunner President
- 5) **Getting blisters? Turn your socks inside out. It works like a charm!**  
on taking care of your feet by Tracey Rose, OKC Landrunner

And a bonus tip from Don Smith for all the upcoming races: “Catching the guy or gal in front of you is what makes it fun!”

Pleasant running everyone!  
~Adi

## Upcoming Landrunners Meetings/Socials

<u>Date</u>	<u>Meeting / Social</u>	<u>Location / Time</u>	<u>Speaker</u>
February 18	Club Meeting	Ingrid's Kitchen	TBA
	Series Race	3701 North Youngs	
	Awards!	(between Penn & May on NW 36th) -- 6:30 pm	



# Beacon on the Bay '08



2nd Jewel in the Triple Crown of March Racing  
**25K STATE CHAMPIONSHIP**  
Saturday, March 8, 2008  
25K - 9:00 am 5K - 9:15 am 1 mile Fun Run - 9:20 am  
Championship Chip Timing by DG Productions

**Entry Fee:**

25K - \$22; Day of Race \$25  
5K - \$17; Day of Race \$20  
1 Mile Fun Run - \$10

**Location:**

Draper Lake Concession Area  
(104 & W. Stanley Draper Dr.)

**Prizes:**

Overall Male & Female  
Standard 5 year age groups - 3 deep  
Plus Fun Doorprizes

**Registration:**

Mail Generic Entries to:  
Bill Snipes  
P.O. Box 18464  
Oklahoma City, OK 73154

Online Entries: [signmeup.com](http://signmeup.com)

**Packet Pickup:**

Friday, March 7, 2-7 pm  
Panera Bread on NW Expy. (across from Integris)

**Produced by:**

Proceeds go to the Panera/Landrunners Community Racing Fund. For more information email: [bsnipes@rcins.com](mailto:bsnipes@rcins.com)

# New Year Resolution Run 2008 Successful

*By Frances Williams*

One hundred seventy-six dedicated runners kicked off the New Year by braving freezing cold and a gale force that I swear had to have a wind chill of four degrees. Even in these conditions, runners always have friendly smiles and conversation to share that makes everyone feel like there is a reason that you do these crazy freezing runs when you could be curled up in a nice soft warm bed.

Ron Kuykendall took over the run this year and did a great job. The race benefited the Bob Stoops

Champions Foundation, which assists organizations that help disadvantaged or ill children in the Norman and Oklahoma City areas. Runners shivered in the cold during the awards ceremony, while several Oklahoma signed footballs were given away along with numerous other prizes by Corona Pacifica and The Runner.

Once I got home, submerged in a hot tub filled with bath salts and the heat on high and a yummy New Years beverage close by, I thought ... that was a great way to start the New Year!

*Photos (Left to Right): Benny Meier surrounded by friends at the Resolution Run; Troy Banks and David Lanning head for the finish line; Gaile Loving is all smiles after the race!*



# I Bet You're Lifting Too Little

By Warren Jones

As most of you runners and triathletes know, “lifting,” i.e., performing resistance training, can make you stronger and, as a result, faster.

In addition, regular participation in a resistance training program can enhance bone mineral density, reduce body fat, decrease resting blood pressure, and improve blood lipids, glucose tolerance, and insulin sensitivity. That's all good.

While different combinations of sets, reps, rest periods, and exercises have proven to be effective in developing strength, no lifting will produce strength without a “threshold training intensity.” That is, unless you're lifting enough, strength won't result. By “enough,” I refer to the amount lifted rather than the frequency of your lifting sessions, the numbers of times per week you lift.

An interesting study has been published following an experiment conducted at The College of New Jersey by, among other investigators, two of the most highly respected researchers in the science of resistance training.

As a personal trainer, I observe many individuals (not under my supervision) “lifting.” I put quotation marks around that word to emphasize the fact that they seem to be lifting at an intensity (the weight being moved) that is **INSUFFICIENT** to develop strength.

While beginner lifters can achieve the threshold training intensity at levels as low as fifty percent of their “one rep max” (an amount they could lift one time, and only one time ... they'd fail on the second rep), that threshold increases to the 60, 70, and even 85 percent range as their training progresses.

The study compared the level of intensity “self-selected” by two groups of female lifters. Both groups were identical, though, in the sense that the ladies in both groups had all trained for a substantial amount of time; they were all familiar with lifting. The only difference was that the ladies in one of the two groups had been training under the supervision of a personal trainer.

Each lady was asked to select a resistance “that you would select for this exercise if you were completing a 10-

rep set in your workout.” The ladies from the “personal trainer” trained group were, though, not then being personally trained, i.e., the ladies self-selected without guidance from her past or present trainers.

The results were stunning for several reasons. First, the “non-personally trained” ladies consistently selected (remember: the amount they lifted was chosen by them) substantially less than the personally trained ladies. In fact, the training intensities self-selected ranged from only 38 percent to 48 percent of their one rep max. This is an amount that, for one set, could probably be lifted 25 to 30 times before failure. Second, their “rate of perceived exertion” (the “how hard was this?” aspect to the training) was likewise substantially lower. Third, the amount lifted among these experienced lifters was of insufficient amount to elicit strength gains. Fourth, only seven percent of them trained at a resistance of sixty percent of their one rep max, and this was only on two of the four exercises.

OK, enough criticizing the “non-personally trained” ladies. How did the “personally trained” ladies do (who, again, for this experiment, were “on their own”)? Well, they did **BETTER** than the “non-personally trained but they, too, trained at intensities that averaged only approximately 50 percent. In fact, only approximately 10 percent of them attained 60 percent of their one-rep max on all four exercises.

The science is replete with studies demonstrating that (sans ergogenic aids) women will not “bulk up.” Nonetheless, women's fear of bulking up seems, in my experience and opinion, to be behind women choosing insufficient resistance. I train a number of women, and while I can say that none of them are “bulked up,” each of them, with sufficient resistance intensity, has become substantially stronger.

So, don't waste your time in the gym. If you're going to lift, lift an amount that you'd be unable to lift in one set more than approximately twenty times. That'd be far below a 65 percent level. For example, a lady (or gentleman) lifting at a resistance that is 65 percent of one rep max could probably do approximately 15 reps. By the way, unless you're just beginning (where one set will suffice), do at least two sets.

*Warren E. Jones, a Personal Trainer, is an American College of Sports Medicine (ACSM) Health Fitness Instructor, a National Strength and Conditioning Association Certified Strength and Conditioning Specialist, and a holder of an ACSM Certificate of Enhanced Qualification. He can be reached at [wej@cox.net](mailto:wej@cox.net).*

# Question of the Month

*Check out what these fellow Landrunners have to say about their cold weather training!*

**Q. How did the ice storm and cold weather affect your training ... or did it affect it at all?**

A. I don't have a treadmill so I have to run outside. The ice storm did not affect my training much as I was able to run with Yaktrax on my shoes (they work like cables for your tires which I bought at The Runner). They are great for traction on snow and ice and I had absolutely no slipping problems. I could even run my normal slow pace on the ice! I run with Benny Meier on Tuesday mornings; he counts on me since he can't just go out on his own due to his blindness. If weather gets in the way of my training I have had no problem making it up on another day so I have been able to keep my miles up through the winter months.  
- Kevin Lynes

A. This is my first year to brave the ice. It has been an experience, mostly wonderful. It is so beautiful and quiet. It did not stop me from running nor did it affect my training. Now, the cold with the wind tends to send me to the treadmill. I do not like the cold wind. I have continued to get in my miles regardless of the weather.  
- Cara Rogers

A. I have 102 training days to go before my run in the Boston Marathon. The only thing that should hinder training, in my opinion, is icy conditions. Opt for the treadmill or cross training if there is ice on the roads. A slip injury can take weeks of important training and flush them down the drain with a broken or sprained ankle. I make sure I take proper supplements and layer my clothing. The worst thing to do is to fail to hydrate. When it is cold, we think we do not need to hydrate as much as our training runs in August. Not true. Hydrate six ounces of fluid minimum each mile even if it is bitter cold.  
- Richard Tate

A. I really love running in snow. The quiet beauty makes the run even more enjoyable. However, for safety, I stay off icy roads and trails.  
- Tracey Rose

A. Running on ice is an invitation to disaster. Not only are the chances of slipping, falling, or pulling muscles increased but one must be prepared to avoid incompetent, out-of-control drivers. I stay inside (treadmill, stationary bike, swimming) when it is icy outside.  
- Bill Robinson

A. No affect, I am stupid enough to still run outside most days. However, some mornings if the roads are icy I will hit the treadmill





... 70 degrees and no wind. As for my golf game, *that's* a different story.

- Chuck Mikkelson

A. What ice storm and cold weather???

- Jamie Pivniska

A. Actually very little. One thing the ice storm did not do (at least in my residential area) was to ice up the streets. The temperature was above freezing before the storm, and as a result, there was very little ice accumulation on the streets. So I did not need to postpone or cancel any of my runs. I did have to navigate around fallen vegetation in the roadways, and was careful not to do a number on my feet with any debris on the streets. Other than that, no problem. As far as cold weather goes, it's just a matter of dressing for the occasion. If the temperature is below 20 degrees, add a second long sleeve shirt, and maybe a slightly bigger hat and thicker gloves.

- Doug Cunningham

A. I decided that serious cross training was in order, so I packed my bags and headed for the Bahamas for 10 days of diving, snorkeling, sailing, and tennis. I also spent considerable time holding down lounge chairs on the beach and at the pool. It was quite a challenge, but I managed to handle it.

- Bill Snipes

A. During the icy weather I canceled four days of running. Not a big deal; my legs thanked me for the rest.

The worst thing about the ice was not being able to flush a john for the four and a half days my power was out! My water pressure depends on the pump at my well. I went outside as much as I could, but some activities are pretty uncomfortable in a cold wind!

- Tom Briggs

*Photos: Ice storm 2007 did little to deter Landrunners from training!*

# Holiday Race Recap

By Kresta Logan

I rounded out 2007 with three Christmas runs throughout the Oklahoma City metro area ... and each was as fun as the next!

Adrienne McCasland and I braved the weather (it was a balmy 70-ish degrees that afternoon/evening) to run the Chill Your Cheeks 5K in Yukon on Nov. 18. This was a great point-to-point race, but since I am not familiar with Yukon at all, I had no idea where we were! We started running through a little residential area, then on to and through three different parks that were sporting some serious Christmas light regalia! Unfortunately, it wasn't quite dusk when the race ended, so we weren't lucky enough to get the full effect of the lighting.

And since the finish line was not the same as the start, the Chill Your Cheeks folks provided courtesy buses back to the parking lot where we began. Very nice of them ... although I have to admit, 20-some-odd sweaty people on a bus in which the windows won't roll down ... well, you get the picture!

Still, it was a great race, and I look forward to doing it again next year!

December started with a bang at the Downtown in December run on Dec. 1! Luckily, there was no ice like at last year's race. And, just as luckily, we got to wait inside Leadership Square before the race to stay nice and toasty! The Christmas costumes were plentiful (my personal faves were the gingerbread gals!) and the hot chocolate was a-flowin.' This was not my fastest 5K by any stretch, but I still enjoyed the course through historic Heritage Hills. I could have done without the headwind as we headed back southbound toward the finish, but hey! It wouldn't be Oklahoma without wind!

As downtown Oklahoma City continues to grow and prosper, hopefully so will the Downtown in December!

And finally, Doug Cunningham's idea for a Christmas lights run in Midwest City came to fruition on Dec. 8 with the inaugural running of the Night Lights run at Joe B. Barnes Regional Park in Midwest City! This trail has been a popular running spot for fellow Landrunners Bob and Gaile Loving, and now it's one of my favorite races!

The race began in the dark at 5:45 p.m., and would you believe we got finished with the awards presentation just as the sleet (which eventually led to Ice Storm 2007) began? We ran through the lighted displays, along Reno, then Douglas (I think), and then back through a beautiful wooded park area before heading to the finish ... where

my beloved guilty pleasure (Starbucks hot chocolate) was waiting for me and the rest of the runners!

Not only did I enjoy the hot chocolate, but lo and behold I came in third in my age group (not to toot my own horn, mind you ... oh, what the heck! Toot-toot!)! What a great surprise ending to a fantastic, festive, fun (there's that alliteration I love so) race!

Here's hoping everyone had a fantastic holiday season, and that your 2008 has been happy and prosperous thus far!

Next issue: Try it! You might like it!



*Gingerbread girls at the Downtown in December run!*



*John, Adrienne, Vaden and Kevin after Downtown in December*



*Santa's Helpers!*

*A special thank you to Gaile Loving and Adrienne McCasland for providing such great photos!*

## The Bentsons Know How to Throw a Party!

By Bill Snipes

On Dec. 17, 2007, Nels and Donna once again hosted the annual Landrunners Christmas party. As has become a tradition, they served homemade Italian minestrone soup which was accompanied by salads and desserts brought by the guests. The party was attended by approximately 50 people who enjoyed the warm atmosphere and fellowship of their fellow runners. Leadership spanning the entire history of the club was present with club founder Jim Smith in attendance as well as 2008 club president Bill Robinson. We all thank the Bentsons for continuing to open their wonderful home each year during the holidays to the club for this party. Nels and Donna, you are a terrific host and hostess. Be sure to check out the party pics on the Web site.

*Top Right: Bill Robinson and Jim Smith (Landrunners founder) enjoy the fun*

*Bottom Right: Shawn Buttolph-Adams and Katie Kramer looking festive*



## Heart & Sole Recap – Part 2

Yes, I have finally joined the digital camera revolution, and have subsequently figured out how to transfer photos from my camera to my computer!

As I mentioned in the January issue of *The Landrunner*, we had a huge number of shirts and shoes to donate to the Jesus House of Oklahoma City. The items, which were brought to the fall banquet, we dropped off at the Jesus House the day before Thanksgiving.

Thanks again to everyone who donated to the Heart & Sole project!

-Kresta

*Top Right: All of the shirts and shoes are counted ready to be loaded and taken to the Jesus House.*

*Bottom Right: Kresta, David Ball, Kevin Lynes and Maurice Lee join residents of the Jesus House of Oklahoma for Thanksgiving well wishes!*



## TeamAutism.org Raises More Than \$27,000 for Local Autism Group

By Stacey Danielson

A group of committed walkers and runners sponsored by TeamAutism.org recently returned from the Honolulu Marathon for which they raised \$27,600 for the *Edmond Family Center for Autism* (EFCA), a local autism support group.

The TeamAutism.org group of walkers/runners included Alan Danielson, Stacey Danielson, Cristy Cash, Angel Hamilton, Steve Andrade, Phil Willits and Randy Graves. Before the race, the participants raised monies from friends, family and the local community. The marathoners were either parents of children with autism or friends who participated on behalf of a child affected by autism.

TeamAutism.org co-founder Alan Danielson says, "It was really amazing to see how generously people gave! Their support was really overwhelming. The team goal for our first marathon was to raise a total of \$25,000 and we did it plus more!" All net proceeds raised by TeamAutism.org went directly to EFCA.

Individuals and families donated the majority of the money with some contributions from local businesses. "At the end of the day, it was the small donations that did it for us. All of the ten, twenty, and fifty dollar checks are what really helped us reach our team goal!" Danielson says. TeamAutism.org also had several corporate sponsors that generously helped this year: The Athlete's Foot, Elite Feet, Sensational Kids, The Runner, Dr. John Stecklow, Dr. George Naifeh, and Comet Cleaners. They also had several other corporate donors that generously gave on behalf of one walker/runner: Walmart, GMX Oil Co., Sullivan Land, Hospital Discount Pharmacy, Dr. Karen, Dr. Odor, Schlegel Bicycles, Dr. Hisey, Dr. Johnson, and Dr. Cagle. TA would also like to thank the Oklahoma City Landrunners and The Runner who allowed them to participate in their fall marathon trainings.

"A lot of people asked why we chose Honolulu," Danielson continues. "The reason is simple. When the goal is to end up in a beautiful vacation spot, it's easier for team members to motivate themselves to raise funds and train."

Edmond Family Center for Autism is a locally controlled parent-led support group and service system. EFCA, initially called "Parents of Autistic Children," was established in May 2002 with two families and has grown

to serve about 350 families. EFCA holds monthly support and educational meetings on the second Monday of each month at the Edmond Public Library. Meetings are from 7 to 9 p.m. and are open to all interested parties. EFCA also sponsors a variety of social opportunities for families who have a child with autism. For more information about EFCA, contact Angel Hamilton at [efca@cox.net](mailto:efca@cox.net) or Melinda Lauffenburger at [trinitymal@aol.com](mailto:trinitymal@aol.com).

TeamAutism.org provides a comprehensive program for runners and walkers to benefit individuals and families affected by autism throughout Oklahoma. This year the benefactor of Team Autism funds will be the Oklahoma Family Center for Autism (OFCA). Team Autism is actively recruiting team members for two events this year: The *Oklahoma City Memorial Marathon* on April 27 and *Mauai Marathon* on Sept. 14, 2008. They will have recruitment meetings soon where you can find out more information about joining the team. One meeting will be come and go style from 5 to 9 p.m. on Feb. 21 at Panera Bread (4401 W. Memorial Road). Visit [www.teamautism.org](http://www.teamautism.org) for additional recruitment times and for more information about donating funds or joining the team.

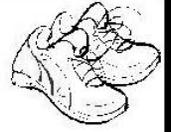
*Autism is a neurological disorder that currently affects 1 in 150 individuals in the United States, making it more common than pediatric cancer, diabetes, and AIDS combined. It is the fastest growing developmental disability in America. Autism affects an individual's ability to communicate and relate to others. Rigid routines and repetitive behaviors are also associated with this disorder. Autism can have a devastating impact on families. However, autism is treatable with early intensive interventions. For more information about autism, contact EFCA locally, or visit the Oklahoma Autism Network website at [www.okautism.org](http://www.okautism.org).*

***Below: TeamAutism.org members (left to right) Cristy Cash, Phillip Willits, Angel Hamilton, Stacey Danielson, Alan Danielson, Randy Graves, Steve Andrade***





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# TOUGH ENOUGH 5K RUN/WALK

## SATURDAY MARCH 8, 2008

**The 5K course is USATF certified and the event is sanctioned.**

- ♦ **Entry fee is \$20. All proceeds go to the American Cancer Society.**
- ♦ **Sign in begins @ 7am March 8 @ Starbucks in the SWOSU Memorial Student Center.**
- ♦ **There will be a free brunch for racers afterwards in the cafeteria. \$3 for non-runners.**

### AWARDS:

- ♦ **Twids gift certificate for any pair of shoes to overall male and female 5K winners.**
- ♦ **\$ 100 Weatherford Chamber Bucks to 1st place in each age category**
- ♦ **Awards will also be given to the top SWOSU, Weatherford, and general organizations as well as each 5-year age group.**

For more race information:

- Visit [signmeup.com](http://signmeup.com) and search for Tough Enough.
- Call or e-mail Cindy Dougherty at 580-774-3767 or [cindy.dougherty@swosu.edu](mailto:cindy.dougherty@swosu.edu).
- Stop by The Runner at 9644 N. May in OKC.





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*The Landrunner*, the Official Newsletter of the Oklahoma City Running Club, is published monthly by the Oklahoma City Running Club.

A black and white photograph of a runner in mid-air, jumping over a sand dune. The runner is wearing dark shorts and is barefoot. The background shows a clear sky and the silhouette of trees in the distance.

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