

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

March 2008 - Issue No. 143

Aloha!

Landrunners Vacation In Hawaii

by Bill Goodier

In 2005 I started planning my trip to Hawaii for the 2006 Honolulu Marathon. All I needed was a plane ticket, the entry fee and to spend the week with my brother, Mark, and his family. Mark, an Army soldier, was being transferred to Schofield Barracks, Honolulu, Hawaii!

I suggested that Mark should train and run the marathon with me. "Okay..." was his response. The extent of Mark's running was 2 miles for PT, but he decided to appease his older brother. However, the military had their own plans for Mark. In the spring of 2006, Mark got orders that he was being deployed to Iraq that summer. We decided we would postpone our marathon to 2007 and he would continue training in Iraq as much as possible. When on base in Iraq, he would run the perimeter of the base, which was approximately 13 miles, with several other military personnel; however, the summer heat brought days in excess of 120 degrees and endless sandstorms that soon put a damper on his outside training. So Mark's training took a major detour to an indoor gym where he spent a great deal of time on an elliptical machine and treadmill.

One of the changes in today's war is soldiers' access to some of the best

technology in the world, including internet access with instant messaging (IM) and email. Mark was able to keep us up-to-date on his unclassified activities which, of course, included his marathon training. He was trying to keep up his aerobic fitness.

Several months into his deployment, I received great news. Mark was coming home for 2 weeks "R&R" during Christmas. I won't bore you with all the details, but needless to say the family had a great Christmas celebration! Those couple of weeks also gave us an opportunity to put in some miles together. We ran almost every day and I was impressed with Mark's pace. He was able to keep a sub 9 minute pace on our first hilly 10 mile long run! Mark completed his 15 month tour of duty and returned to Honolulu in October 2007 - just two months before the marathon! Mark was diligent about running every day and had worked up to a couple of 17 mile long runs.

I arrived in Honolulu on Friday, December 7 - Pearl Harbor Day. The next



Mario, Hula Dancer, Bill and Mark after the Honolulu Marathon.

morning, Mark and I went to the expo to pickup our packets and do some shopping. The expo was easy to get around and not too crowded, and it even had an area where the Hawaiian Polynesian Cultural Center did luau dance demonstrations. There, we saw Mario Abramson - a fellow Landrunner stationed on Oahu. Saturday afternoon my parents arrived and we had a big, family pasta dinner. Mark and I set

See Aloha, page 8

Packed House For February Club Meeting

I'm very pleased to report that in February our club had another great meeting. There were at least 90 members and guests who signed in - perhaps a record number in attendance.

Not only were the numbers outstanding, but so was the program. Joanne Jackson, who will soon run her 60th marathon (that's not a misprint), made a presentation on how to run a four-hour marathon. She shared both practical tips and her philosophy of running. I personally was inspired and wish to say - on behalf of the Oklahoma City Running Club - we will really miss you when you move to Boulder.

Part two of our program was the awards ceremony for the 2007 Race Series winners. The ladies received beautiful pink vests and the men red and black wind breakers, both with OKC Running Club emblazoned thereon. A large number of our members participated in the 2007 series and another large number worked long and hard to make the series a success. So to the runners we say congratulations, and to the workers we say thanks so much. A very special thank you goes to Doug Cunningham who so accurately performs the time consuming task of scoring the race series. If you're a racer, please make it a point to thank Doug.

Finally, the Race Committee, co-chaired by Ric and Francis Williams and with a lot of positive input from the other committee members and the membership in general, came up with the new 2008 Race Series rules and events to challenge both the elite runners and the more casual runners who run for fun but like to compete. Thanks race committee, members, and board of directors for approving this new series. A totally new aspect is the King and Queen of Mileage for total mileage run "anywhere on the planet." Anyone want to place a bet on what it will take to win that?

More good stuff planned for next meeting. Come and bring a non member friend. Check the Web site for upcoming races and if you aren't racing please consider working a race. Although I've run 13 marathons and lots of shorter races, nothing quite compares with my experience last November working the water stop at mile 21 in Harlem (NYC). Truly fun.

*- Bill Robinson
President*

Photos - Clockwise From Right:

JoAnne Jackson shares tips to run a successful four-hour marathon;

Doug Cunningham, our fearless race series accountant;

The 45 - 49 age group women show off their cool pink vests;

Not to be outdone, the 45 - 49 men sport their new jackets





5K RUN • 1M FUN WALK • KIDS' DASH



2008
CLEAN AIR
CHALLENGE
5K RUN/WALK
the american lung association

Saturday, May 10, 2008

Oklahoma City Zoo

2101 N.E. 50th Street
Oklahoma City, OK 73111

7:30 a.m. — Registration

9:00 a.m. — 5k Run

10:00 a.m. — 1M Fun Walk

Awards will be presented to the top finishers in each age group.

WWW.OKLUNG.ORG



Physicians



Kindred Hospitals
of Oklahoma City



Recipes To Run By

by Adrienne McCasland

Top of the morning to you! With the Triple Crown fast approaching, many of us are gearing up for a busy month of racing. I thought we could all use a little ‘luck o’ the Irish’ and with the grand finale of the series being the St. Paddy’s Day 8K, what better way to refuel than with one of Ireland’s greatest comfort foods. Now if only there were a pot of gold at the finish line!

Irish Brown Soda Bread

2 cups all purpose flour

1 ½ cups whole wheat flour

2/3 cup rolled oats

1 tsp salt

1 tsp baking soda

2 ¼ cups buttermilk

- 1) Whisk flours, oats, soda, and salt in a large bowl.
- 2) Make a well in the center and pour in buttermilk.
- 3) Stir until all the flour is incorporated, but do not over-knead (dough will be soft, but not sticky).
- 4) Turn dough onto a floured surface and roll with hands into a ball shape.
- 5) Lightly press to flatten the bottom and transfer to a greased and floured baking sheet.
- 6) With a serrated knife, mark a deep cross and prick each of the four quadrants.
- 7) Bake at 450* for 20 minutes. Reduce heat to 375* and bake 30 – 35 minutes (the bread will sound hollow when tapped when it’s done).
- 8) Let cool (if you can wait!) and enjoy with a hearty Irish stew or just a dab of butter and jam!

Hot Oatmeal For All!

by Jim Roblyer

I call it an added value to the 13th annual running of the Edmond Club’s Frigid 5 Miler (2008’s COOLEST run of the year) at Mitch Park in Edmond. It was Feb. 9 and they (all 620 of them) came from all directions to run the five miles and to partake in delicious hot steaming oatmeal (sponsored by the Oklahoma City Landrunners). Lissa Wohltmann, race director

said it was a “smashing hit” as an addition to the race.

Under blue skies, light winds from the north-northwest, and temperatures in the 40s, music blasted (songs such as O! What a Beautiful Morning ... Oklahoma ... Living in America ... YMCA ... the Rocky theme ... Brick House... Jungle Boogie ... many other motivational tunes). To get the runners “pepped up” for the 10 a.m. start.

Congratulations to the Edmond Running Club and the City of Edmond Parks and Recreation for another annual healthy running event. Applause to the Edmond VFW for their support with the 75 US flags flying in the breeze on both sides of the race course. The runners did have a “most patriotic” start and finish. For race details, visit www.EdmondrunningClub.com.

Upcoming Landrunners Meetings/Socials

<u>Date</u>	<u>Meeting / Social</u>	<u>Location / Time</u>	<u>Speaker</u>
March 17	Club Meeting	Ingrid’s Kitchen 3701 North Youngs (between Penn & May on NW 36th) -- 6:30 pm * Board Members meet at 5:30 pm	TBA



Beacon on the Bay '08

9 Years & Running

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.)

NEW
LOCATION

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

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

Ask Adi...

By Adrienne McCasland

One morning recently, in a spin class with one of my friends whom I occasionally run and I were talking, and I told her about the Landrunners' newsletter and how fun writing these columns is turning out to be.... particularly the recipe features! She also has quite a repertoire of kitchen goodies and offered her quesadilla recipe in hopes that they could be made a little more healthful. Although they were pretty nutritious already, a few minor tweaks to lessen the saturated fat and add some whole grains made these Mexican delights a more runner-friendly meal.

Mary Jo's Super-Duper Quesadillas

4 burrito size whole wheat tortillas
 1 can black beans, drained and rinsed
 1 cup frozen niblet corn, thawed
 ½ cup pinon nuts
 ¼ - ½ cup sliced jalapenos
 ½ cup diced roasted red pepper
 1 cup queso blanco (Mexican crumbling cheese)
 sea salt (*key ingredient!)
 salsa and guacamole as optional garnishment

- 1) Heat black beans on stove top or in microwave. Set aside.
- 2) Lightly spray skillet or griddle and heat to medium-high. Add corn and pinon

nuts and toast approximately 5 minutes, stirring frequently to keep from burning. Set aside.

- 3) Warm one tortilla on greased skillet, fold in half to crease, and reopen.
- 4) Spread ¼ of the beans, corn and nut mixture, jalapenos, and red pepper on half the tortilla. Top with ¼ cup of the cheese and fold. Press down to seal.
- 5) Lightly brush the top with vegetable or canola oil and sprinkle with sea salt. Flip quesadilla and repeat with the bottom side. Toast just enough to melt the cheese and crisp the tortilla. Set aside to keep warm.
- 6) Repeat with remaining ingredients and cut into desired serving size.
- 7) Top with optional garnishments and enjoy!

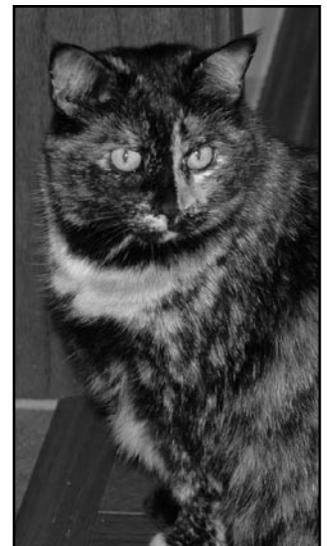
guess who??

This international marathoner knows how to keep the Oklahoma City Landrunners "in the black" when it comes to our finances. A neighbor to our previous "Guess Who" subject, this runner is also quite "social." If you've ever attended a party at this Landrunner's home, you may come across photographs taken of African wildlife, or these furry feline friends. Care to take a guess?

The first Landrunner to e-mail the CORRECT answer will win a \$10 gift certificate to The Runner! E-mail your guess to okclandrannersnews@yahoo.com and you could be the winner!



Landrunner Ralph Breckenridge came through with the first and correct answer for the February Guess Who ... John Hargrove! Don't worry, John. We know you're not the devil that your bib number would lead us to believe!



Can you guess the owner of Whitey, Patchy and Spooky?

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 \$89⁹⁵ - 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!**



**Come as a
leprechaun!
Prizes for 3
best costumes!!**

**Don't forget!
March 15th 10:05am
East Wharf Lake Hefner**

**THE GREAT RACE
OF THE GREAT PLAINS**

www.stpaddysrace.com

*Followed by presentation of the
**Dr. Tom Coniglione
Chalice to the
March Triple Crown
of Racing Champions***

**Victory Cups to Triple Crown
age group champions**

Aloha, continued from page 1

all our gear out, including our Landrunner singlets, and went to bed early. The marathon was scheduled to start at 5 a.m. Yes, you read that right - FIVE A. M.! The alarm went off at 3 a.m., and we were out the door by 3:30. By the time we parked and walked to the start area, the heavens opened up and down came the rain! What I have not mentioned is that it had rained every day for the past 2 or 3 weeks. This was going to be a first for both of us! For Mark, it would be his first marathon and for me, this would be my first marathon in the rain! We stood in the coral for over 45 minutes while it poured around us. Luckily, the rain stopped briefly just before the start, which included a great fireworks display.

Our goal was to run 9:30s - a 4:10 marathon. Around mile 3 we saw another Landrunner Singlet - Mario! As we approached Diamond Head, everyone came to a complete stop. The rains had flooded the road and the only "dry" spot was the center line on the road. We could either run through 6 - 8 inches of water or run single file, and most everyone chose to bypass the water. This really slowed us down, but it did give us time to enjoy the scenery and city lights. We reached the halfway point 10 minutes past our projected time. Time, however, was not our highest priority...finishing and having a good time was first on our list. Mark was running very well until around mile 20 when

his ITB started to hurt. We decided to slow the pace down and walk when needed. It came at the perfect time. We were running along Kawaikui Beach Park and the view was great! Throughout the last 6 miles we stopped and looked out over the beach several times - even taking pictures with my disposable camera.

The final stretch is down Kalakaua Ave, parallel to Waikiki Beach. We saw my family just before we crossed the finish line in 4 hours and 36 minutes and I was so proud of Mark for finishing! This was not the fastest marathon, but it was THE BEST!!! Of course we had to celebrate the next night at a luau!

I do have to say that Hawaii is the best place to recover from a marathon! I stayed for a week after the marathon. Our cabin was on 9 acres of the North Shore and we were able to get up every morning to run on the path parallel to the shore. We then followed that up with a cool-down swim in the ocean as the sun came up. Since Oahu is not very large, I was able to visit almost all the tourist spots on the island including some of the major attractions such as Peal Harbor, the USS Oklahoma Memorial, Diamond Head, Hanauma Bay, Eternity Bay (made popular by the movie "From here to Eternity"), the Dole Plantation, the North Shore Billabong Pipeline Masters surf competition, and Matsumoto Shaved Ice. Of course there's much more!

Your best guide to the marathon is MarathonGuide.com. My opinion: Go for the vacation, not the marathon!

Random Running Tips

Last month I sent a random email out requesting some of your best tips to share with everyone. Thanks to our generous (not to mention wise!) runners, there was such an overwhelming response that we will continue to feature new ones each month. After all, it's never too late to learn something new!

- 1) Don't be afraid to take an occasional extra rest day. Your legs will be glad of the rest and you'll run that much better the next day.
on resting up for better runs by Tom Briggs, OKC Landrunner
- 2) When a race gets tough, think about crossing the finish line and hanging out with your running friends!
on making through a tough race by Tracey Rose, OKC Landrunner
- 3) Even paced kilometers are much better than uneven ones.
on maintaining good pace by Don Smith, OKC Landrunner
- 4) Always wash your Thorlos inside-out to help retain fluffiness and softness.
on preserving our beloved Thorlos by Kresta Logan, OKC Landrunner
- 5) Wear a flashing light along with reflective clothing when running before sunrise or after sunset so you can be seen.
on not getting hit by a car by Adrienne McCasland, OKC Landrunner

Pleasant running everyone!

~Adi

THE LIMBS FOR LIFE FOUNDATION PRESENTS

2008 BRICKTOWN BLAZE

5th Annual 5k Run and Fun Walk - May 10, 2008

Run so amputees can walk!



- Race-day registration begins at 3:30 p.m. with the race at 5:30
- Run ends at home plate in AT&T Bricktown Ballpark
- Participants and volunteers receive a free shirt and ticket to the RedHawks game vs. Fresno following the race
- Scored with the chip system by DG Productions
- Benefits the Limbs for Life Foundation

REGISTER ONLINE AT LIMBSFORLIFE.ORG

Shoe Buying Tips

By Tom Coniglione, M.D.

Runners' injuries often start with shoe problems: the three S's. Shoes that are too short, too (narrow) skinny or too soft.

Any long time runner can give tips on selecting a running shoe. A physician who sees many runners with running injuries can also give suggestions on selecting a running shoe. As BOTH, I have a few suggestions.

Go to a store where runners buy their shoes. Runners do not wear "mall walking" shoes.

The gait/foot analyzer in the store will give you an approximation of a starting point for your eventual shoe. Looking at your feet can give as much information.

Finding the right running shoe is more art than science: trial and error is necessary.

Look at the label to learn the country where the shoe was manufactured. In some countries there are no child labor laws. Most of the world's child laborers are in Asia, Africa and Latin America.

Most lists like this suggest purchasing your running shoes late in the day because your foot is slightly larger after you have been standing on it all day. As there is only a rare runner whose feet swell substantially during the day, I put no value in this suggestion.

The shoe should be one thumb's width longer than your first toe – as long as your first toe is your longest toe. If your second toe is longer than the first, be careful.

Shoe enhancers such as gel, air, bars, padding, etc., are the icing, not the cake.

Cosmetics (such as color of the shoe) should not guide selection.

Shoes are either cushioning or supporting – they can't do both, so watch out for the ads making this claim. Remember, for some brands, most of what you pay for the shoe in for advertising.

Heavy runners – special shoes.

For most runners, the outside of the heel wears out first. This does not mean you are a supinator.

Forefoot strikers: don't waste money on the rear foot expensive additions. These are icings that are of no value if you are not a heel-toe runner.



presenting s p o n s o r s





anniversary s p o n s o r s




beneficiary

Oklahoma Baptist Homes for Children

5k /10k runs - 10/33/50 mile bike tours

children's fitness run - 2 mile fun run/walk

2 mile baby stroller derby - 5k wheelchair event

and pasta on the pond. For registration

info and a course map call

405.842.8295

or visit

www.redbud.org

◆ RUN FOR THE HEALTH OF IT ◆



HEALTHPLEX RUN 2008 ◆

1 MILE RUN/WALK 5K RUN - KIDS RUN SATURDAY, JUNE 7, 2008

HEALTHPLEX CAMPUS - 3400 WEST TECUMSEH RD.
7:30AM 1 MILE WALK/RUN - 8:00AM 5K RUN - KIDS RUN AFTER 5K

CASH AWARD FOR OVERALL MALE & FEMALE WINNERS
METALS AWARDED TO ALL WINNERS IN EACH CATEGORY

\$15.00 ENTRY FEE
UNTIL JUNE 1ST

CERTIFIED COURSE -
USATF SANCTIONED EVENT

CHILDREN 10 YEARS OLD
AND UNDER FREE

PARKING AVAILABLE
AT HEALTHPLEX

\$20.00 ENTRY FEE ON THE
DAY OF THE RACE

RACE COORDINATED BY
DG PRODUCTIONS

T-SHIRT ENTRIES MUST BE RECEIVED BY JUNE 1ST
FOR MORE INFORMATION, CALL 405-307-3176 OR VISIT WWW.HEALTHPLEXRUN.COM

Run For The Son

MARCH 29, 2008

Neighborhood near CrossPointe Church • Norman, OK

1 mile - 8:30 am ; 5K - 9:00 AM ; Kids Fun Run - 10:00 am

\$15 Pre-Registration, \$20 Race Day (begins at 7:45 am)

T-shirt included in entry fee!

Trophies in standard age brackets

Proceeds benefit CrossPointe Student Ministry

Mail generic race entry form (downloadable at www.okrunner.com) to:

Run For The Son c/o CrossPointe Church,
2601 24th Ave SE, Norman, OK 73071

For more information, contact Teena Moore:
405.740.0876, teenamoore@sbcglobal.net



5K ROAD RACE (AGES 13+)

1K FUN RUN/WALK (ALL AGES)

PRESENTED BY ORVIS RISNER PTA

MARCH 29, 2008 EDMOND, OK

START:

NEW COVENANT UNITED METHODIST CHURCH

SE29TH AND BOULEVARD

PACKET PICKUP: 6:45-7:45AM

RUN STARTS: 8:00AM

COST: 5K-\$20 (\$15 EDMOND STUDENTS)

1K-\$10

AGE GROUP AWARDS

ALL PARTICIPANTS RECEIVE A T-SHIRT

RACE INFORMATION AND ROUTE INFORMATION:

WWW.EDMOND.K12.OK.US/ORVISRISNER

OR CALL 216-3920



THIS EVENT IS SANCTIONED BY THE USATF WITH A CERTIFIED 5K COURSE

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
If you are interested in volunteer or sponsorship opportunities, e-mail Kerry Alexander: kerrydonalexander@hotmail.com
Proceeds for this annual event will be directed to OSU Student Counseling Services with focus on grief Counseling.

Landrunners Series Races For 2008

By Frances Williams

The long awaited and exhaustively debated group of series races has been officially established. The e-mails have been prolific on this topic and it took two race committee meetings to settle. Basically, there are three race categories. You may do one, two or all three. The joy of running is all yours.

The Champion of Champions category includes 10 races from which to select. Runners will be scored on six races. The age categories will be 39 and below, 40-49, 50-59, and 60 and above. A twenty-point scoring system will be used in each age division.

The Series 10 includes 25 from which to select. Runners will be scored on 10 races and must volunteer for one other race. Be sure to register with the race director for the race in which you choose to volunteer; don't forget to let Doug Cunningham know that you completed your volunteering requirement. Age categories are standard race ages. A ten-point scoring system will be used.

The last and the most prestigious category will be The King and Queen of Mileage. Keep a record of all the races and the distances anywhere on the planet. Turn this record in at the end of the year to see if you earn the right to reign as the King or Queen of Mileage.

Race List for Champions of Champions

- 5 km May – Gusher Gallop
Sept. – Makin' Tracks
- 8 km June – Super Summer 8
Nov. – Turkey Trot
- 10 km April – Redbud Classic
Sept. – Geico Freedom
- 12 km Race for the Rainbow
- 25 km Beacon on the Bay
- Half / Full Mara Memorial Marathon

Race List for 2008 Series 10

- January
Resolution Run 5 km, Oklahoma City
Balto 5km, Edmond
- February
Frigid 5 miler, Edmond
Sooner Trail Run 12 km, Oklahoma City
- March
Beacon on the Bay 25 km, Okla. City
St. Paddy's Day 8 km, Okla. City
- April
Redbud Classic 10 km, Okla. City
Okla. City Memorial Half Marathon
Okla. City Memorial Full Marathon

- May
El Reno Bun Run 10 km
Gusher Gallop 5 km, Okla. City
- June
Bell Cow 10km, Chandler
The Runners Super Summer 8km, OKC
- July
Freedom Run 8 km, Bethany
St Gregory's 5 km, Shawnee

- August
Run With the Bulls 5 km, Okla. City
- September
Makin' Tracks 5 km, Piedmont Schools
GEICO Race for Freedom 10 km, Okla. City
Brookhaven Run 5 km, Norman

- October
Eskimo Joe's Juke Joint Jog 5 km, Stillwater

- November
Run with the Stars 5 km, Okla. City
Rainbow Run 12 km, Okla. City
Turkey Trot 8 km, Okla. City

- December
Downtown in December 5 km, Okla. City
Night Lights Run 5 km, Midwest City




**Society of
Petroleum
Engineers
9th Annual**

5 km Road Race & 1 Mi Fun Run

Featuring Corporate Team Categories

Saturday, May 17, 2008

8 a.m. Lake Hefner Restaurant Area OKC, OK

ChampionChip Timing

Entry Fee: \$17 \$20 day of race

Sanctioned by USATF

Send generic race entry card in center of magazine to:
Society of Petroleum Engineers
Attn: Phil Owens
P.O. Box 720213 • Oklahoma City, OK 73172
Don Garrett, Race Director, (405) 231-1829
register online at <http://www.signmeup.com/59424>

Two Ways To Skin A Cat

by Warren Jones

There are huge differences in how runners respond to aerobic training, even in standardized training programs. While some improve their aerobic fitness by as much as 40 percent, some, with similar training, improve aerobic fitness minimally.

A recent study published in the *European Journal of Applied Physiology* tested the theory that resistance training (yes, lifting!) might increase aerobic capacity in individuals whose responsiveness to endurance training is low. The investigators assessed the effect of standardized endurance training and standardized resistance training on the VO₂ peak (an indicator of cardiorespiratory fitness).

The subjects in the study were initially measured for their aerobic fitness and then were assigned to either an endurance training group or a resistance training group. The training consisted of only two weeks of endurance training or resistance training. After the two weeks of training, the groups were measured for aerobic fitness improvements. Then, both groups were deconditioned for two months. That is, neither the endurance group nor the lifting group trained for two months to get back to where they were before they started their training. Then, they changed places, and those who trained initially aerobically trained with lifting, and those who initially lifted trained aerobically.

The endurance training consisted of cycling for 30 minutes at a heart rate of between 70 and 80 percent of maximum, again, for only two weeks. The resistance training consisted of 15 exercises involving major muscle groups performed with only one set of eight to 12 repetitions to near fatigue. As you would probably expect, the lifting was performed every other day for the two-week stretch.

The group that trained for two weeks with endurance training (followed by two months of detraining) then trained for two weeks with lifting. The lifting group, following two months of deconditioning, trained for two weeks with endurance training.

The average increase in peak oxygen consumption (again after only two weeks of training) was 8 percent after endurance training and 4 percent after lifting. And the control group, that is, the group that neither lifted nor endurance trained, had no changes in peak oxygen consumption. Their aerobic capacity actually decreased.

Interestingly, there was no relationship between the responses in the change in aerobic fitness after endurance and after resistance training. That is, those who got stronger aerobically after endurance training did not necessarily get stronger aerobically after lifting.

All of the exercisers were divided into quartiles according

to their response to endurance training. As I mentioned earlier, some people are more responsive to endurance training than others. Among the subjects with the lowest endurance training response, resistance training, lifting, resulted in almost as much aerobic fitness improvement as the average increase in aerobic fitness among the endurance trainers.

Incidentally, while enhancement in aerobic fitness occurred in both groups, the order of training did not seem to affect the enhancement.

The most important finding of the study was that if the training response from endurance training is low, aerobic fitness can be improved effectively by resistance training. Some of the subjects responded with endurance training, and some responded more with resistance training.

It is therefore arguable that some individuals who are not able to improve their fitness by endurance training may obtain a marked improvement in their aerobic fitness by resistance training. And, likewise, some who are able to improve their aerobic fitness by endurance training, don't necessarily benefit from lifting.

There are individuals who are resistant to aerobic training, but gain markedly from resistance training. Some individuals respond only to endurance training but not at all to resistance training. There are things about us, probably genetic, that predispose each of us to favorable influences of either endurance training or resistance training.

If nothing else, this study shows us that aerobic fitness can be improved effectively with resistance training in a group of subjects if the response to aerobic training is low.

In conclusion, runners and with a low endurance training response may improve their cardiorespiratory fitness after lifting training, and training modes should be tailored individually by assessing first responses to short-term exercise. Those who cannot improve their aerobic fitness by endurance training should, in an effort to attempt to improve their aerobic fitness, consider lifting.

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.

***Add some variety to your running in 2008!
We look forward to seeing you at our races!***

March 9: MARCH IN OKARCHE

Okarche, OK (Okarche Park) Contact: Desiree Margagliano, desiree-margagliano@ouhsc.edu 405-922-6846
5K Run/30K Bike/5K Run (SMW/USAT OK State Championship)

May 18: TORNADO ALLEY F-1 DUATHLON

Edmond, OK (Mitch Park) Contact: Becky Rycroft, trainerbecky@cox.net Ph: 405-202-7039
2M Run/10M Bike/2M Run/10M Bike/2 M Run

May 31: ROUTE 66 SPRINT TRIATHLON

El Reno, OK (Lake El Reno) Contact: Holly Hicks, hhicks@chkenergy.com Ph: 405-990-4794
0.5K Swim/20K Bike/5K Run (SMW/USAT OK State Championship)

June 1: ROUTE 66 TRIATHLON

El Reno, OK (Lake El Reno) Contact: Steve Bussjaeger, steveb@hispaint.com Ph: 405-640-5304
1.5K Swim/40K Bike/10K Run (Best of US National Championship Qualifier)

July 12: DRAPER LAKE OFF-ROAD DUATHLON

Oklahoma City, OK (Lake Stanley Draper) Contact: Bret Sholar, Ph: 405-773-8616
5K Run/20K Bike/5K Run

July 13: DRAPER LAKE DUATHLON

Oklahoma City, OK (Lake Stanley Draper) Contact: Bret Sholar, Ph: 405-773-8616
5K Run/24K Bike/5K Run (New run course)

September 20: REDMAN FULL - HALF DISTANCE & AQUABIKE

Oklahoma City, OK (Lake Hefner) Contact: David Wood, info@redmantriathlon.com Ph: 405-815-7626
Full: 2.4M Swim/112M Bike/26.2M Run Half: 1.2M Swim/56M Bike/13.1M Run

October 19: FALL CLASSIC DUATHLON

OKC, OK (Lake Overholser) Contact: Ben Haizlip, Ben3420@yahoo.com , Ph: 405-202-5849
2M Run/14M Bike/2M Run

For more information/details: www.triokc.org For registration: www.signmeupsports.com

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WWW.NCDNEWS.INFO

Try It! You Might Like It!

by Kresta Logan

Whenever I used to hear people talk about eating sushi, my stomach would turn somewhat. I would think, “How can people eat raw fish and seaweed?” This was an uneducated thought, on my part, as I have since learned that a lot of sushi items are, in fact, cooked. And the seaweed is merely a method of holding the sushi together; it really has no taste at all. Of course, I had to learn this the hard way: by trying sushi. I didn’t try it willingly; I was inadvertently forced into trying it at a business lunch years ago. I wasn’t about to be the one who turned her nose up at something she had never even tried, especially in the presence of colleagues and clients. It is now one of my favorite foods.

For years I wore glasses. I didn’t even know I needed them until, at the age of 18, as a college sophomore, I decided I should have my eyes checked. I got my new tortoiseshell wire-rimmed Ralph Laurens and thought I was quite snazzy. I wasn’t even bothered by the fact that my ophthalmologist was stunned that I had gone this long without corrective lenses. “How do you see the board in class? How do you see the players at football games?” He asked these questions with fear in his voice at the realization that he had actually been sharing the same roads at night with a driver of my limited sight ability. As the years passed, I swore I would never wear contacts. “No way am I sticking foreign objects in my eyes,” I would declare. That is, until my glasses each year began to resemble Coke bottle bottoms more and more. I have worn contacts since 1999.

When my friend Mary used to tell me about her six mile runs at 5 a.m., I would dismiss this activity as sheer craziness. First, who wants to get up and do anything at 5 a.m., much less strenuous physical activity? And second, running just didn’t sound the least bit fun. I had never been much for exercise. I much preferred to lie on the couch and watch my 90210 reruns (yes, the first step to handling a problem is admitting that you have a problem in the first place ... and Lord knows I love some 90210 reruns). But when I reached the age of 35 and could no longer zip most pairs of jeans, I knew something needed to be done. Following a trip to Europe in May 2006 (where there are no overweight people), I was truly motivated to come home, buck up, and lose weight. That’s when I started, believe it or not, running.

I couldn’t even run around the block the first time. And it took me three whole months to get to the point where I could run three miles without walking. But I have enjoyed it to the fullest. I am more fit, have met fantastic people, and have realized that running is not so crazy after all.

QUESTION OF THE MONTH

If you could run only one race per year, which race would it be, and why?

A. The Oklahoma City Memorial Marathon half marathon!

- *Suzie Bostick*

A. In state: The Oklahoma City Memorial Half Marathon for the professionalism shown by the organizers and volunteers. Or maybe the Tulsa Run. No, wait! The Juke Joint Jog or maybe one of the Ruell Little events in Madill.

Out of state: The Big Sur Marathon or maybe the Cape Cod Marathon - both for the scenery and location. Or perhaps the Chicago Marathon for the participation and crowds. Ooh wait ... the Bolder Boulder for the great crowds and professional race organizers. Oh yeah, the Marine Corps Marathon in D.C.!

It's too hard for me to pick just one (you should see me in a candy store). Turns out the only one I've run recently is the Oklahoma City Memorial, because we run in honor of our nephew. I'd run more races if I stayed out of the candy store.

- *Paul Lekawski*

A. Although the OKC Marathon has become such a reward, a friend to cherish, I cannot imagine anything more relished than the Turkey Trot. It is my favorite time of the year, best weather to run, favorite holiday, and my running friends are like family. I am so thankful for my running family. My first Turkey Trot in 2004 was the day after Chris diagnosed my son with Hodgkin's Lymphoma, and the release that run gave me will never fade.

- *Jamie Pivniska*

A. I would run Boston, for the aura, history, and glory. But there is a catch: re-qualifying! In the distant past, I have re-qualified at Boston itself, but that is too tough a course for me to run a qualifying pace now. I would need a second marathon!

- *Tom Briggs*

A. If I could only run one race per year, it would be the Oklahoma City Memorial Marathon. The depth of meaning related to this marathon makes it the top pick for me. Our great

city was crippled temporarily by a senseless act of violence on April 19, 1995, when the OKC bombing of the Alfred P. Murrah Federal Building occurred. However, through the strength, courage, and resolution of our citizens, tragedy has once again been turned to triumph! Now, through participation (in any form) in the OKCMM, we can rise above hatred and destruction and restore hope for our community and our nation.

- *Tracey Rose*

A. If I could run only one race a year it would be the Andy Payne Foot Race.

The Andy Payne is special to me because as a little girl I remember watching my brother (Michael Edmonds) running this race. I thought, "WOW, he is fast!" I wanted to be just like him.

We've run a lot of races since then and I always finish after him. I still think he is fast. In 2007 we both ran the Andy Payne. We signed up for the 10K (flat and fast). My brother stayed with me, coaching me along to the finish. It was great! I still want to be like him. Thanks, brother! You're the best!

- *Marion Ramirez*

A. Tulsa Run 15K

- *Jim Robyler*

A. If I could run only one race a year it would be the OKC Memorial Marathon. To answer the question of why this race, my response would be another question: what better way to honor the dead and wounded and totally repudiate terrorism than to participate in a race that requires total dedication and commitment in both training and execution, and that is in the city that is my home?

- *Bill Robinson*

New York, New York

by Doug Cunningham

Cell phones are handy Mine was quite valuable when I called my brother while running through Brooklyn. He said he would be between 92nd and 93rd streets on First Avenue to greet me and hand off my Atkins shake. That was a real blessing, as that high protein product really helped me toward the end. You see, the pin on my Garmin broke when I was in the athlete's village at Fort Wadsworth on Staten Island. So I had to use my little \$12 Casio watch to keep time, and also had pace bands, one for 3:30 and one for 3:40 on either wrist. Lo and behold, I got them mixed up (which one is which?). I thought I was out of contention for qualifying for Boston, since I slowed down in the second half. But upon entering Central Park with about two miles to go, I realized that if I could run eight- or nine-minute miles, I had a chance to break 3:45 and qualify for 2009 Boston. Thanks to that Atkins shake. It put some more fuel in my tank, even though it was quite a challenge to run those last two miles fast (in training with Furman First to the Finish, it tells you to pick up the speed the last two miles – boy, did that come in handy there). According to the official (chip) time, I made it in 3:44:38, although my watch said 3:44:43. I barely broke 3:45. Yes, I know there is the 59 second grace period that Boston gives you, but I really didn't want to go in under those pretenses. Hopefully, during the next 18 months, I can improve on that time.

After seeing my brother and his wife on First Avenue, he called me at about mile 20, just when I was crossing the bridge into the Bronx. He said told me where he would be, so I knew where to look for him. I thought I would be traveling back to his place on my own, but I was able to meet up with him just outside of Central Park in the family reunion area.

The weather was perfect, starting out sunny, and clouds collecting during the race, with temperatures in the 50s. Wind didn't seem like much of a factor, except for a blatant head wind I faced upon entering 5th Avenue in Manhattan. I had gotten up early that morning, having my usual scrambled egg breakfast. I was assigned to the 7000 corral in the green start, but I defected to

the 8000 (was allowed to do that since it was a higher numbered corral) corral in the blue start, since I really wanted to run on top of the Verrazano Narrows bridge, and didn't want to get delayed with the construction going on the lower level. Good thing, because fast green runners got stuck behind slower runners of the other two colors, and undoubtedly, I probably would have had a compromised time.



The starting mob moved to the base of the bridge, close to the toll booths on the Staten Island side, and eventually heard the cannon go off. You know that old fogy song that was for the grandparents of those still in school, New York, New York? They really did a dramatic flare up of that song. In its original form, not a peppy song, but they made it that way. I crossed the starting mats, and anchors away. That bridge is huge and long. I think it took me 18 minutes to run across the whole thing. My first mile (uphill on the bridge) was at 8:55, and during the first half, basically ran 8:12 miles. I wasn't able to maintain

that pace throughout the whole marathon. Maybe all the stress of preparation and logistics got to me. But that Atkins shake was a real help, and once again, I found some fuel at the end to at least break 3:45 (even though I was aiming for 3:30 to 3:40). It was said that the course is hard with hills, but I think Boston is tougher.

I was blessed that I wasn't slowed down too much by runners who I caught up to and wanted to pass, but in some cases, had to go a bit out of the way to go around slower runners. In the 8000 corral in which I started, I think I was the only soul that spoke English. I was with mostly Europeans, and some of them tended to be pushy and shovy, if you know what I mean. I thought maybe they might have assigned the foreigners to the blue start, and the Americans to the Green start. The fastest 9000 women got their own orange start. I think fellow Landrunner Mary Hammer was consistently strong throughout the whole race, finishing in about 4:15. I was proud of her, being the only other Landrunner that ran New York City this year.

All in all, I had a blast.



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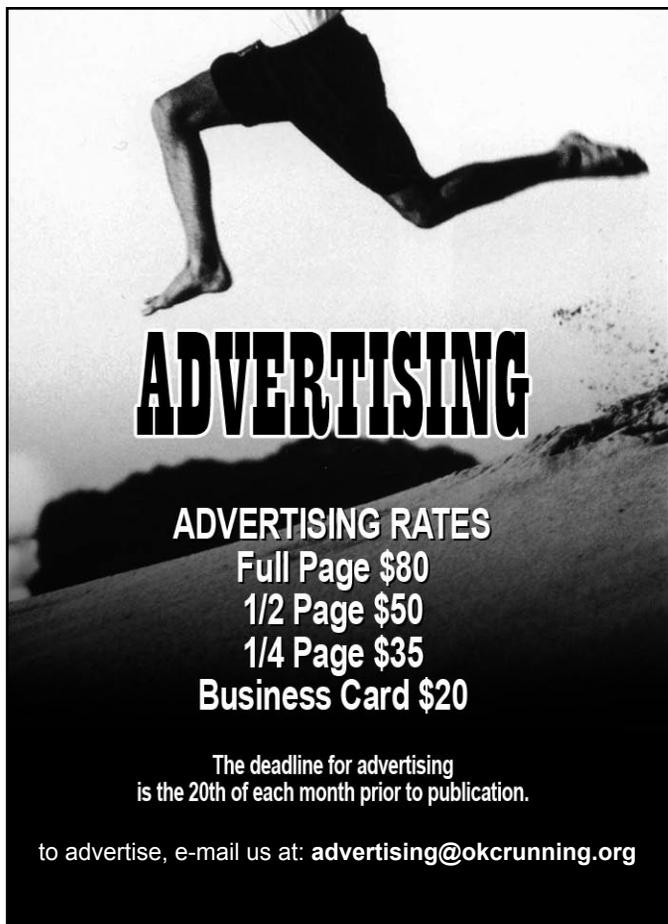
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