

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

July 2008 - Issue No. 147

## Weight Loss For The Athlete: The Impact of Technology

by Warren Jones

In many athletic endeavors, carrying around dead weight, i.e., fat mass, is harmful to performance, especially in sports (like running and triathlons) that require speed, agility, and quickness. It is, therefore, of some importance that the athlete be as lean as possible. There are exceptions: notably, offensive linemen in American football. But for the most part, the leaner the athlete, the greater the improvement in speed, agility, and quickness.

How, does one lose “excess baggage?” By now, almost everyone understands that it’s as simple as “calories in-calories out.” In order to lose fat, one must burn more calories than one takes in. Precisely, 3,500 calories must be burned, above and beyond calories taken in, to lose one pound of fat.

With today’s technology, we can precisely determine one’s resting metabolic rate (RMR), the number of calories that one burns at rest in keeping the body alive. Likewise, we can identify the calorie burn of activities of daily living (ADL). Also, we can determine the calorie burn of exercise, either with the technological tools available to us or with metabolic equations, or with the sometimes accurate exercise machines on which we often work out. Included in this calorie burn analysis is the thermic effect of feeding (TEF), the caloric cost (separate from RMR and ADL) of digesting, transporting, absorbing and

storing food.

RMR, ADL, TEF, and exercise are the four ways we burn calories. The way we take calories in is by eating or drinking (well, drinking anything other than water and plain tea: even brewed, unflavored coffee has a few calories). Calories, in and of themselves, are not bad: We need calories to convert food energy to muscle energy. Calories are “bad” only when we take in more than we need, thereby storing the excess as fat.

Let’s be more precise about determining RMR, ADL, TEF, and exercise calories. There are portable devices available that measure the volume and composition of inspired and expired gases and algorithmically determine RMR. Also available are “accelerometers,” motion sensors (not mere pedometers) worn at the belt, which reflect the calories burned in ADL. TEF is a relatively small number, typically five to 10 percent of RMR. Finally, exercise calories can be determined by portable indirect calorimeters or by metabolic equations.

So, we can with great precision identify exactly what one’s daily caloric needs are. Consider the process (or arithmetic) of weight loss. These are fictional numbers (but not drastically different from what I see among my clients). Whatever the numbers are, the process is the same.

A young athlete weighs 250 pounds,

but desires to weigh 230. He wants to lose only body fat, and no lean mass. We first measure his RMR, being certain to follow all the protocols of the RMR assessment (e.g., no food, no exercise, no supplementation, no caffeine, and other things for a certain length of time, minimally four hours). His RMR is 2,400. That is the number of calories he needs to consume (and no more) if he lay motionless for 24 hours and desired neither to gain nor lose weight. As things go, that’s a very high RMR, but while one’s RMR is affected by a number of factors, among the most influential factors are body mass and lean body mass. I have clients whose RMR is as low as 800, but an RMR of 2400 would not be abnormal for a young, healthy athlete of this weight.

His ADL calories are 350. This is a small number, admittedly, but we’re only measuring his “walking around” calorie burn. We’ll add 168 calories for his TEF. And, finally, with indirect calorimetry and/or metabolic equations, we determine his daily exercise calories to be 600. So, we total those four, and we find that his caloric need with exercise but without weight loss is 3,518. While that’s a pretty hefty number for “sedentarians” worldwide, but remember ... we’re dealing with a healthy young athlete. So, our young athlete gets

See *Weight Loss* page 6

# Stepping Off The Beaten Path

Every downhill skier knows that when overtaking a slower skier, you announce your presence by stating in a firm and pleasant voice “on your left” or “on your right” as the case may be. This serves to keep the overtaken skier from turning into the path of the faster skier and hopefully prevents collisions, equipment damage and personal injury.

Why, you might ask, am I writing about downhill skiing in our running newsletter and particularly at this time of year? Simply because I was almost run over / down recently by one of the skinny tired bike riders on the Lake Hefner trails.

Here’s the scenario.

As a part of my post knee surgery training program, I ride my mountain bike before and after training runs. I don’t ride nearly as fast as the road bike riders do since speed is not my purpose. I don’t even bother to wear the cute little skin tight outfits that seem to be so important to the fast guys. So, I see a running friend coming toward me. He looks tired and hot and doesn’t seem to be pushing hard. I think it might be a break to say hello and chat for a minute or two. As I’m about to stop, one of the fast riders goes past me really fast, without announcing his presence, nearly hitting me. Had I come to a stop he probably would have collided with me.

And the point is? We share the trails with a number of athletes from different disciplines. Some we overtake and some overtake us. The serious bike riders are training hard and very few of them, in my experience, announce themselves. I had glanced behind myself perhaps ten seconds before the episode; the path appeared to be clear. But these guys are covering more than 100 meters in that time. So we must make a special effort to be aware of what or who is behind us before we deviate from our path even the slightest. If we are running beside the path and want to return to it we had better determine if it is clear to do so. If running hard, as in serious interval training, don’t just stop on the path. Step off. I’m sure you can add to this list.

It would be nice if these precautions were not necessary. It would be nice if every bike had a gentle little “here I come” bell so we would know when we were being overtaken. But that’s not reality. So as the old police sergeant used to say - it’s dangerous out there, be careful. And when running, walking, rollerblading, or riding a mountain bike slowly, be sure you stay in your lane.

That’s all for now.

- *Bill Robinson, President*

## Upcoming Landrunners Meeting

### Date

July 21

### Meeting / Social

Club Meeting

### Location / Time

Ingrid’s Kitchen / 6:30 pm

3701 North Youngs

(between Penn & May on NW 36th)

405-946-8444

\*\*Board Members meet at 5:30

TULSA WORLD  
**ROUTE 66 MARATHON**

**ROUTE 66 MARATHON**

**NOVEMBER 16, 2008  
TULSA, OKLAHOMA**

- FULL MARATHON
- HALF MARATHON
- QUARTER MARATHON
- 5-PERSON FULL MARATHON RELAY
- KID'S MARATHON
- MAYOR'S 5K FITNESS RUN / WALK
- 30 LIVE BANDS ON THE COURSE
- POST RACE CONCERT
- CLASSIC CAR SHOW



**[www.route66marathon.com](http://www.route66marathon.com)**



# It's Summer - Time to Remember Those Running Essentials

by Bill Robinson

This time of year I have three pieces of “equipment” that I consider essential: sunglasses, a sweat band, and sunblock. As we “mature” we realize that all parts of the body that we used to take for granted tend to start wearing out, eyes included. Medical research has shown that bright sunlight tends to have an adverse effect of our eyes - hence the sunglasses. Anyone who tends to sweat like a damn race horse understands the need for a sweat band (if you are dainty and only perspire, maybe not).

I had a malignant melanoma surgically removed in 1993 (that makes me a 15 year survivor). My doctor convinced me that too much sun was a contributing factor, so today I am especially careful to coat the body parts that seem to burn easiest, nose and ears with sunblock.

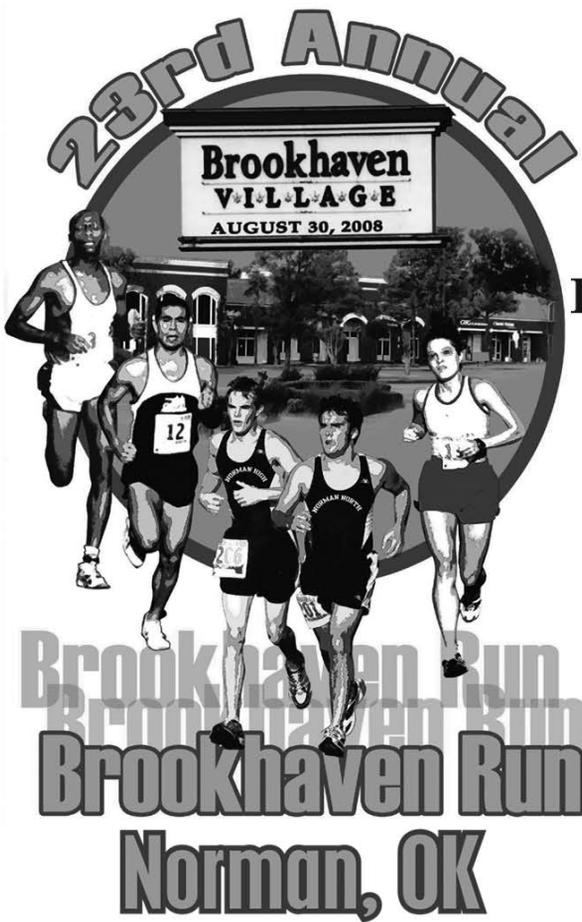
To read more about other Landrunners' running essentials, be sure to check out the Question of the Month!

## Runners Helping Runners

From the Piedmont-Surrey Gazette Newspaper

Track coach Amanda Burris (front row, center) accepts a \$500 check from Oklahoma City Running Club member Ric Williams (front row, left). In keeping with the club's mission statement “To support health and fitness of all ages through recreational running,” the club made the donation to our local Makin' Tracks race which is held each Founder's Day. The race raises funds to support the Piedmont Schools running programs. Also pictured are track team members from left: Jerimiah Snelgrove, Kyle Cardwell, Madison Bryant and Aaron Blankenship. The Oklahoma City Running Club's Web site is [okcrunning.org](http://okcrunning.org).





**Come Run With  
 The Big Dogs**

**JOIN THE MOST ELITE  
 FIELD OF RUNNERS  
 IN OKLAHOMA.....EVERY YEAR!**

**Presented By**



**For information, call (405) 447-8445  
 or visit [www.BrookhavenRun.com](http://www.BrookhavenRun.com)**

**Registration Fee**

**Before Race Day - \$17**  
 (\$12 without t-shirt)  
**On Race Day - \$20**  
 (\$15 without t-shirt)  
**Great race - Small fee**

**Registration & Packet Pick-up**

**August 28 & 29 -  
 10 a.m. to 7 p.m.**  
 at OK Runner in Brookhaven Village  
 36th Avenue NW and Robinson  
 Norman 405-447-8445

**Race Day Registration**

**6:30 a.m.**  
 5K Registration must close at 7:40 a.m. sharp  
 for an on time start

**Online Registration**

Register at [www.signmeup.com](http://www.signmeup.com)

**Course**

USATF/Oklahoma/LDR certified and sanctioned  
 5K-flat, scenic course with splits each kilometer.  
**Water on course and finish**

**Starting Times**

**1-Mile Fun Run/Walk**  
 7:35 a.m.  
**5K Wheelchair**  
 8 a.m.  
**5K Race**  
 8:05 a.m.  
**Kid's Under 12 Races (FREE)**  
 9 a.m.

**Awards**

Commemorative **Brooks Technical T-shirt** to  
 top 3 in standard 5 year age groups.  
**Brooks Technical Warm-up jacket** to 5k winner  
 in open and masters overall  
 for male and female winners.

**Prize Money**

**Male/Female Open**

To qualify men must finish sub 16:00  
 and women must finish sub 21:00  
 1st - **\$500**; 2nd - **\$400**; 3rd - **\$300**;  
 4th - **\$200**; 5th - **\$100**; 6th - **\$75**;  
 7th - **\$50**; 8th - **\$25**

**Male/Female Masters  
 (non-WAVA)**

To qualify men must finish sub 18:00 and  
 women must finish sub 22:00  
 1st - **\$150**; 2nd - **\$100**; 3rd - **\$50**  
 \$1,000 added for setting new Oklahoma State  
 5K Record Open (Male -- 14:07  
 Female -- 16:06)

**Weight Loss**, continued from page 1

to consume that many calories.

But, recall, he wants to lose 20 pounds. What impact does that have on his caloric intake? If our athlete wants to lose 20 pounds, he needs to consume, during a period of time, 70,000 fewer calories than he takes in. The recommended rate of weight loss (so as not to “alarm” the body into thinking it’s facing starvation and, as a result, lower its RMR) is no more than one to two pounds per week (even fewer than that is BETTER to ensure maintenance of his lean mass). He doesn’t want to be weakened during the season or even before or after as he continues to seek athletic improvement year round. Let’s assume only a one-pound weight loss per week. That results, therefore, in a twenty-week (140 days) weight loss program.

Next, we identify the daily caloric deficit our athlete needs to achieve. We divide the total desired calorie deficit (70,000) by the total weight loss duration, (140 days), to get to 500 calories per day.

Now, to lose 20 pounds in 20 weeks, he has the choice of either increasing his daily caloric burn by 500 calories or, reducing his daily food intake by 500 calories or, a combination of burn and intake: for example, an additional burn of 200 and a reduced food intake of 300 calories.

A recent study by Australian and Dutch investigators demonstrated the impact of “modernity” on weight loss. The aim of the study was to use a novel method to examine and compare physical activity levels in four different groups of men to investigate the impact of modernity on activity levels. The physical

activity levels the groups was measured and compared, using accelerometers. The first group was made up of actors in a historical theme park who play the part of Australian settlers 150 years ago; the second were sedentary modern-day office workers; the third were men who had successfully lost weight in a modern day men’s weight loss program. The fourth group: men who were unsuccessful in the same program.

Men who had successfully lost weight in the weight loss program were active at a level similar to the theme park actors, who in essence lived as people did in the age before automobiles, airplanes, computers, and other time-and energy-saving devices. Computers are, of course, time and energy savers, but also time “users.” Men in both of these groups were, in turn, significantly more active than modern-day sedentary workers and men who had not been successful at losing weight. Modern living can be such an impediment to our weight maintenance!

In conclusion, with today’s technology, we’re able to ascertain with great precision just what our calorie needs are. But because of today’s technology, it’s not going to be easy meeting those calorie needs. I’ve seen weight loss, though, with dedicated, focused, and disciplined clients: slowly but surely it occurs. You, too, can do it.

*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).*

# guess who???

Can you recognize this Landrunner in his glasses and stocking cap? Not only does he enjoy running, but this OKCRC board member also loves to spend time on the golf course (although he is not related to one of today’s most popular professional golfers). His wife, also a Landrunner, is one of our speedier runners!

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](mailto:okclandrannersnews@yahoo.com) and you could be the winner!



### Guess Who Winner - June

Landrunner Katie Cramer came through with the first and correct answer for the June Guess Who ... Bill Snipes! Bill – we also love a good massage after a run!



**August 23rd, 2008**  
**7:30am**



**Who will be the Prize Bull and Champion Heifer in '08?**

Come join the crowd under the gates of The Oklahoma National Stockyards for the **2008 SYC Run With The Bulls**.

We'll be serving hamburgers and beef hot dogs after the run – so get us on your calendar! We've enjoyed great success and we THANK YOU for all the support!

*Entry Forms, Online Entry, Race Map and other information...*

**Website:** <http://2008rwtb.googlepages.com/>  
or [www.signmeup.com/60975](http://www.signmeup.com/60975)

**Race Director:** Jay Emory @ 405-850-1382 / jemory@csbyukon.com

**Executive Director:** Dustie Butner @ 405-200-6434 / dustiestockyardscity@yahoo.com

	<u>Prize Bulls*</u>	<u>Champion Heifers*</u>
2006	M Dantzler/ 17:34	R Ingram/ 19:24
2007	J Pillow/ 16:31	S Jones/ 19:50

\*Chip Times

# Some Studies on Hydration

by Tom Briggs

Since my brush with heat exhaustion last summer, I have made a study of weight decrease while running. I try to remember to weigh myself before going out, and again after finishing. With some simplifying assumptions, I figure a little over half an ounce per mile comes from fuel burned. The rest, and largest part, is water loss, through breathing and sweat. But there are many variables: temperature, humidity, sun, wind, hills, speed, accuracy of weighing, and I don't know what else. Any water taken in during the run must be added to the weight lost. I have chosen to express my weight decrease in ounces per mile run, versus temperature. The results come out roughly as follows (this is just for me; everybody is different):

Temperature	oz lost per mile
50s or below	3 - 5
60s	4 - 6
70s	5 - 8
80s	7 - 10
90s	???

There is overlap among the ranges above, due to all the variables and sources of error. But this is a start; it's a work in progress.

I think it is possible to plan a run so as to avoid getting too dehydrated. It is quite permissible to be a pound or two behind; in fact that might be desirable because keeping up completely in one's hydration could lead to having to stop repeatedly to urinate, which, in a long run like a marathon, would waste time, increase sodium loss, and degrade one's standing in the race.

Incidentally, (and this is only my

See *Hydration* page 12

## OKLAHOMA CITY REDMAN TRIATHLON 08

**IRON DISTANCE**



2.4 MILES 112 MILES 26.2 MILES

**1/2 IRON DISTANCE**



1.2 MILES 56 MILES 13.1 MILES

**AQUA BIKE**



1.2 MILES 56 MILES  
2.4 MILES 112 MILES

**OKLAHOMA'S ONLY IRON DISTANCE TRIATHLON**

# SEPT. 20, 2008

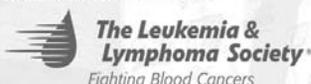
## LAKE HEFNER, OKC

**INDIVIDUAL & TEAM EVENTS**

**INFORMATION & REGISTRATION**  
www.redmantriathlon.com

**GET INVOLVED**  
Individuals & Groups Needed  
Register To Volunteer Online

A Portion Of The Race Proceeds Go To



**The Leukemia & Lymphoma Society**  
Fighting Blood Cancers

Come See What The Buzz is All About!



REDMAN TRIATHLON IS THE HOME FOR THE  
2009 LONG COURSE NATIONAL CHAMPIONSHIPS

**SPONSORS**

<p><b>Gold</b></p>  	<p><b>Silver</b></p>   	<p><b>Bronze</b></p>      	<p><b>Friends</b></p>    
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[www.raceforfreedom.org](http://www.raceforfreedom.org)

*Benefiting:* Combined Federal Campaign

*Sponsored by:*

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Panera Bread, Crosstrainers Fitness,  
IMAGENation Promotional Group, Inc.,  
Allegiance Credit Union, FAA Credit Union

*For more  
information contact:*

**Kim Sheppard**  
(405) 954-4572  
[kim.k.sheppard@faa.gov](mailto:kim.k.sheppard@faa.gov)

*mail generic race entry form to:*

CFC Race For Freedom  
Attn: Kimberley Sheppard, AMP-1  
6500 S. MacArthur Blvd.  
Oklahoma City, OK 73169

## 5 km & 10 km Run

**Saturday, September 13**

8:00 a.m. 5 km and 10 km

**Competitive Run & 2 Mile Fun Run/Walk**

**Stars & Stripes Park,**

**3701 S. Lake Hefner Dr.**

**Oklahoma City, OK**

**USATF Certified and Sanctioned**

\$15.00 per person through Sept. 11

\$20.00 per person thereafter

(includes T-shirt)

**Race Day Registration begins at 7:00 a.m.**

**Prizes and Awards following events!**

# TRI-OKC Fall Classic Duathlon

2 MILE RUN + 14 MILE RIDE + 2 MILE RUN

OCTOBER 19th 2008

**LAKE OVERHOLSER PAVILLION**

**OKLAHOMA CITY OK**

### **SCHEDULE OF EVENTS**

11:00 AM RACE DAY PACKET PICK UP  
11:30 AM TRANSITION AREA OPENS  
1:15 PM TRANSITION AREA CLOSSES  
1:15 PM PRE RACE MEETING  
1:30 PM RACE STARTS

**REGISTER ONLINE AT**

<https://www.signmeup.com/site/reg/register.aspx?fid=5X2VDK7>

**THERE IS NO RACE DAY REGISTRATION FOR THIS EVENT.**

**For more information visit**

**TRI OKC at**

<http://www.triokc.org/>

**or visit the Fall Classic Duathlon homepage at**

[http://www.myspace.com/fall\\_classic\\_duathlon](http://www.myspace.com/fall_classic_duathlon)

**Questions? E-mail the Race Director at**

[Fall\\_Classic\\_Duathlon@cox.net](mailto:Fall_Classic_Duathlon@cox.net)

# QUESTION OF THE MONTH

As runners, we know how important it is to wear the proper shoes for our running success.

## Q. Other than your shoes, what piece of running “equipment” do you find most essential?

**A.** Chub Rub for those delicate areas on my big over-muscled (read: fat) inner thighs and under arms! Also, the best selling book by I.M. Tulasee: 1,001 Alibis and Excuses for Missing the Run.

- Paul Lekawski

**A.** Probably running shorts. The right shorts that will not chafe you and that are high tech enough to not become too heavy on you as you sweat to complete clothes soak mode.

- Doug Cunningham

**A.** I cannot leave the house without my Garmin when I run. I don't know how I ever ran before I got it. I have had it for about three years now and it is the best running investment ever besides my running shoes (from The Runner, of course)!!!

- Tiffany Cone

**A.** The socks are my most essential after the shoes. When I switched to Thorlos year round, my blisters went away. At first I thought I wouldn't like the thickness of the Thorlos in the summer, but turns out that is when they work the best! No more blisters. Be sure to replace them when they start to show some wear.

**A.** Unfortunately, I've become dependent on my Garmin (to the point of nearly needing it surgically removed). Otherwise it would be these certain shorts that fit just right (have multiple pair). I guess really I could run without the Garmin, but not so much without shorts!

- Adrienne McCasland

**A.** Body Glide!

- Donna and Troy Banks

**A.** Socks! I have found wearing two pair of thin socks has almost completely eliminated blisters. However, shorts are more important unless you are streaking!!

- Chuck Mikkelson

**A.** Since Christmas of 2006, the most essential piece of equipment for me is my Garmin. I love that it keeps my miles, my pace, and my splits. I can just go run and not worry about where and still keep track of my distance.

- David Ball

# Ask Adi...

By Adrienne McCasland

Recently, I put out an email asking for some of your favorite dishes that you thought could use a healthful makeover. Little did I know how you all would challenge me! This month's fabulous fav comes from Donna Banks. It seems she really enjoys those Italian Nachos served up by Johnny Carinos. Alfredo sauce, cheese, and a bit of spice....who wouldn't ?!

## Italian Nachos, runners' style

### Pasta Chips

- 12 wonton wrappers
- Olive oil cooking spray or from a mister
- 1 egg white
- ¾ tsp dried Italian seasoning blend

### Nachos

- ¼ lb. Italian style buffalo sausage, cooked and crumbled
- ½ lb. boneless, skinless chicken breast, marinated in balsamic vinaigrette, grilled, and chopped
- 1 cup low-fat refrigerated alfredo sauce
- ¾ cup chopped roma tomato
- 3 Tbs. black olives, chopped
- 2-3 medium jarred pepperocini peppers, thinly sliced
- 2-3 Tbs. jarred jalapenos, sliced
- ¾ cup part-skim mozzarella, grated
- ¼ cup fresh parmesan, grated

1) Quarter wonton wrappers into triangles and mist lightly with olive oil spray.

2) Without overlapping, layer wonton wrappers on a cookie sheet and brush with egg white.

3) Sprinkle with Italian seasoning and bake at 400\* for 6-7 minutes and remove from oven. Wrappers should be lightly browned.

4) Heat the alfredo sauce in a sauce pan over low heat for 8-10 minutes.

5) On an oven-safe platter, layer the pasta chips, alfredo sauce, sausage and chicken, cheese, and veggies.

6) Place in 350\* oven for approximately 5 minutes to melt the cheese and serve immediately.

Serves approximately 6 as an appetizer.

# MAKIN' TRACKS

5 km Road Race for Runners & Walkers & 1 mile Fun Run  
Sept. 6, 2008 7:30 a.m. Piedmont, OK OKCRC Series Race

Ages 13 & up \$15  
12 & under \$10  
Family of 4 or more \$50  
**Register early to assure a t-shirt!**

USATF certified & sanctioned course  
beginning north of First Baptist Church  
benefits the Track and Cross Country  
programs of Piedmont Schools

Race day registration/packet pickup 6 a.m.  
Pre-registration: The Runner thru Sept. 4

Bring the whole family and enjoy Piedmont  
Founders Day celebration: Parade at 10 a.m.,  
food, arts and crafts, blow up amusements,  
music, silent auction and taco dinner

5 km Awards:  
1st - 3rd: standard age groups 8 & under – 80 & over  
Clydesdale/Filly: M & F 3 deep in weight brackets

**Unique awards for top three: Overall male & female; Masters Male & Female; 5km  
runners; medals to top 5 kids; Male & Female in 1 mile**

Pre-register by mailing entry form to: Ric Williams  
4408 Ryan Dr NE, Piedmont OK 73078  
rwpi17@wisplinx.com (405) 373-1111  
**Make checks payable to: Makin' Tracks Race**

PLEASE PRINT

Name \_\_\_\_\_ Age on 09/06/08 \_\_\_\_  
Date of Birth \_\_\_\_\_ Male \_\_\_\_ Female \_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_  
ZIP \_\_\_\_\_  
Day Phone (\_\_\_\_) \_\_\_\_\_ Night Phone (\_\_\_\_) \_\_\_\_\_  
e-mail: \_\_\_\_\_

Event: 5km RACE \_\_ 1 MILE FUNRUN \_\_ 5KM WHEELCHAIR \_\_\_\_  
CYDESDALE (170+lbs) \_\_ FILLY (145 + lbs) \_\_

T-Shirt: Youth Medium \_\_\_\_  
Adult: Small \_\_ Medium \_\_ Large \_\_ XL \_\_ XXL \_\_

Entry fee enclosed \_\_\_\_\_ Waiver (must be signed to enter)  
**NO REFUNDS USAT&F Certificate 94040BB**

I know that running a road race is a potentially hazardous activity. I know there will be a possibility of traffic on the course. I assume any and all risks associated with running this race including, but not limited to falls, contact with other participants, the effects of the weather and conditions of the roads, all such risks being known by me. I agree to yield to all emergency vehicles. I understand the Makin' Tracks Race may be cancelled in the sole judgment of the sponsors. I am aware that baby strollers and wheels of any kind (except in the competitive wheelchair event), animals, and headphones are prohibited, and I agree not to have them. By my entry acceptance in the Makin' Tracks race events, I do hereby for myself, my executors, administrators and assessors, release and discharge all race sponsors, race officials, volunteers, local and state police including all of their agents, employees, assigns or anyone acting for or on their behalf from all claims or liability for death, personal or property injury, damages, demands or actions through my participation. I have full knowledge of risks involved in this event, am physically fit and sufficiently trained to participate in this event. The undersigned grants full permission to sponsors and agents authorized by them to use any photographs, recordings or any other record of this event for any purpose. Applications for minors accepted only with a parent or guardian's signature. THIS WAIVER IS A LEGAL DOCUMENT. READ ALL TERMS AND CONDITIONS BEFORE SIGNING. ABSOLUTELY NO WHEELS, INCLUDING BABY CARRIAGES, OR ANIMALS OF ANY KIND ARE ALLOWED ON THE COURSE. NO REFUNDS.

Signature: \_\_\_\_\_  
Date \_\_\_\_\_ OFFICAL USE ONLY: \_\_RUNNERS BIB # \_\_\_\_\_

# Board Member Profile:

## Bill Robinson

by Don Smith

He is our number one. President of the Oklahoma City Running Club Landrunners.

Born in Oklahoma City and attending school here and in Lake Charles, LA, he graduated from McNeese State College. With a commission as a second Lieutenant, he served three years as an infantry officer in Germany, then a year in Monterey, CA as liaison for a two-star general (which he says was preferential to being in the first line of resistance should the Russians have decided to move west across Germany.

As a pharmaceutical salesman in Oklahoma City, he called on Dr. Dan Metcalf, who we all know was a founder of the Oklahoma City Running Club. At the time, Bill was running two miles when he asked Dan what he could do to get better. The response was "Run three miles."

In the early 70s, Bill graduated law school at Oklahoma City University and has practiced since then. He has three adult children who are spread out across the U.S. and three grandchildren.

He has run for fitness since high school but did not do races until much later. His first marathon was White Rock at the age of 60. He has run 13 ... his favorites are Crazy Horse in South Dakota, where he said the people were very supportive, and Marine Corps in which he participated with his two sons. It was a special event.

Bill's wife Marlene is also a runner. When they travel to a marathon she runs the half. They have made marathoning a way to see different parts of the U.S. and have been to 10 states.

In 2006 he ran six marathons. One of his local favorites is the Andy Payne 10K. Bill had knee surgery in May 2007 and is not yet back to racing but he is rehabbing and is optimistic

about one of his goals, which is a marathon in 50 states.

Bill enjoys being club president even though he is temporarily on the "injured reserve" list. He has not been able to race since summer of '07 and is to be commended for remaining an enthusiastic club leader. He is very appreciative of the great volunteer help that the club members provide.

And finally, if you enjoy or would like to enjoy the writing of Rudyard Kipling, you will be amazed, edified and enlightened if you ask Bill for a recitation of Kipling's poem "Gunga Din", which he recited in declamation competition during school years. What a memory !!



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### *Hydration, continued from page 8*

opinion, I have no evidence) tanking up the day before a marathon is ridiculous, even dangerous. You just pee out the excess water, and also lose sodium in the process, risking hyponatremia.

At Boston this April, where it was sunny with temperatures in the 50s, I put these ideas into practice. I stopped to drink about 10 times (much more than I used to), mostly six-oz portions, three of which were Gatorade. No food or gels. Did have to urinate once, which is normal for me, and acceptable. Ended with my best Boston in five years, and even made the qualifying time for next year!

Similarly, at Coudersport, PA on June 7. This was a small marathon, only 152 finishers on a very hilly course. Heat was a real danger – mid to upper 80s by the time I finished with some humidity. Water stops were at every mile; and I drank at every one. I completed the run in slow time but with no problems, but the ambulance did go by a couple of times with lights flashing ...



CITY ARTS CENTER

# MIDNIGHT STREAK

## 5k & 1 Mile Fun-Run

Date: July 26, 2008 - State Fair Park at City Arts Center

Event: Runner Costume Contest - Prizes Awarded to 1st, 2nd, and 3rd Place

Course: 5k - USATF Sanctioned/Certified and 1 Mile Fun-Run

Start Times: 1 Mile Fun-Walk/Run 10:30pm | 5k Run 11:00pm

Registration: \$20.00 | \$25.00 Day of Race - 8pm-10pm

Register at City Arts Center, any Kirkpatrick Bank branch or  
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For more information call: 405.951.0000



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# The 53 Runner's Commandments

by Joe Kelly

1. Don't be a whiner. Nobody likes a whiner, not even other whiners.
2. Walking out the door is often the toughest part of a run.
3. Don't make running your life. Make it part of your life.
4. During group training runs, don't let anyone run alone.
5. Keep promises, especially ones made to yourself.
6. When doing group runs, start on time no matter who's missing.
7. The faster you are the less you should talk about your times.
8. Keep a quarter in your pocket. One day you'll need to call for a ride.
9. Don't compare yourself to other runners.
10. All runners are equal, some are just faster than others.
11. Keep in mind that the later in the day it gets, the more likely it is that you won't run.
12. For a change of pace, get driven out and then run back.
13. If it was easy, everybody would be a runner.
14. When standing in starting lines, remind yourself how fortunate you are to be there.
15. Getting out of shape is much easier than getting into shape.
16. A bad day of running still beats a good day at work.
17. Talk like a runner. "Singlets" are worn on warm days. "Tank tops" are worn to the beach.
18. Don't talk about your running injuries. People don't want to hear about your sore knee or black toe.
19. Don't always run alone.
20. Don't always run with people.
21. Approach running as if the quality of your life depended on it.
22. No matter how slow you run it is still faster than someone sitting on a couch.
23. Keep in mind that the harder you run during training, the luckier you'll get during racing.
24. Races aren't just for those who can run fast.
25. There are no shortcuts to running excellence.
26. The best runs sometimes come on days when you didn't feel like running.
27. Be modest after a race, especially if you have reason to brag.
28. If you say, "Let's run this race together," then you must stay with that person no matter how slow.
29. Think twice before agreeing to run with someone during a race.
30. There is nothing boring about running. There are, however, boring people who run.
31. Look at hills as opportunities to pass people.
32. Distance running is like cod liver oil. At first it makes you feel awful, then it makes you feel better.
33. Never throw away the instructions to your running watch.
34. Don't try to outrun dogs.
35. Don't trust runners who show up at races claiming to be tired, out of shape, or not feeling well.
36. Don't wait for perfect weather. If you do, you won't run very often.
37. When tempted to stop being a runner, make a list of the reasons you started.
38. Never run alongside very old or very young racers. They get all of the applause.
39. Without goals, training has no purpose.
40. During training runs, let the slowest runner in the group set the pace.
41. The first year in a new age group offers the best opportunity for trophies.
42. Go for broke, but be prepared to be broken.
43. Spend more time running on the roads than sitting on the couch.
44. Make progress in your training, but progress at your own rate.
45. "Winning" means different things to different people.
46. Unless you make your living as a runner, don't take running too seriously.
47. Runners who never fail are runners who never try anything great.
48. Never tell a runner that he or she doesn't look good in tights.
49. Never confuse the Ben-Gay tube with the toothpaste tube.
50. Never apologize for doing the best you can.
51. Preventing running injuries is easier than curing them.
52. Running is simple. Don't make it complicated.
53. Running is always enjoyable. Sometimes, though, the joy doesn't come until the end of the run.

# Recipes to Run By

Well here we are in the dead heat of summer! The sun is steadily smiling down on us, the farmers markets are in full swing, and our bodies are just begging for something cool and refreshing to cool us off with! This month's recipe makes good use of that fresh produce and garden herbs we've been waiting for, with just a bit of crab for a protein boost. This chilled gazpacho is perfect on a summer's day!

## Chilled Crab Gazpacho

5 cups chopped roma or on-the-vine tomatoes	Juice of 2 lemons
2 medium peeled cucumbers, diced	2 Tbs. Worcestershire sauce
3 ½ cups tomato juice or V8	1/3 cup scallions, thinly sliced
1-2 tsp. minced garlic	2 Tbs. each of fresh oregano, parsley, and basil, chopped
1 red pepper, roasted and diced	1 ¾ cups chopped canned artichokes
3-4 Tbs. chili sauce	1 ½ cups lump crab **small cooked shrimp can also be used
1 Tbs. horseradish	1 avocado, diced
¼ cup red wine vinegar	Sea salt and fresh ground pepper to taste

- 1) Stir all ingredients together and chill at least two hours.
- 2) Enjoy! How easy is that?!

# Random Runners Tips

Once again, Steve and Deb Johnson hosted a fantastic summer picnic for the Landrunners. It was a perfectly sunny day with great food, great wine, and great company! A hot question of the evening seemed to be "What's on your marathon calendar for the fall?" It seems we have runners heading all distances from Tulsa all the way to Bar Harbor, Maine! While everyone is excited about the actual race, we all seemed to be questioning our motivation to start another round of training. And so comes some tips from all you distance runners on how to get ourselves in gear for the upcoming long runs.

- 1) During the 'off season,' try to maintain easy to moderate runs, totaling at least twenty miles per week. Then go into your favorite sixteen-week training plan with full gusto.

*by Doug Cunningham – Landrunner Board Member*

- 2) Keep racing through the summer months, trying for at least once a month, and compliment that with a semi-long run each week.

*by Mark Bravo – Landrunner Member & local running coach*

- 3) Participating in the group runs are a great motivator!

*by Chuck Mikkelson – Landrunner Board Member*

- 4) Think back to the tremendous sense of achievement you felt upon completing the last one and look forward to adding another medal to your collection!

*by Bill Robinson – Landrunner President*

- 5) Try to long-term plan for the distance race you are anticipating. Know what it will take to complete that training and plan a schedule from now until the target date to reach that goal, recognizing any obstacles you may need to overcome, such as injuries.

*by Bill Robinson – Landrunner President*

Thanks to all who provided their motivational tools. Run strong! -- Adi



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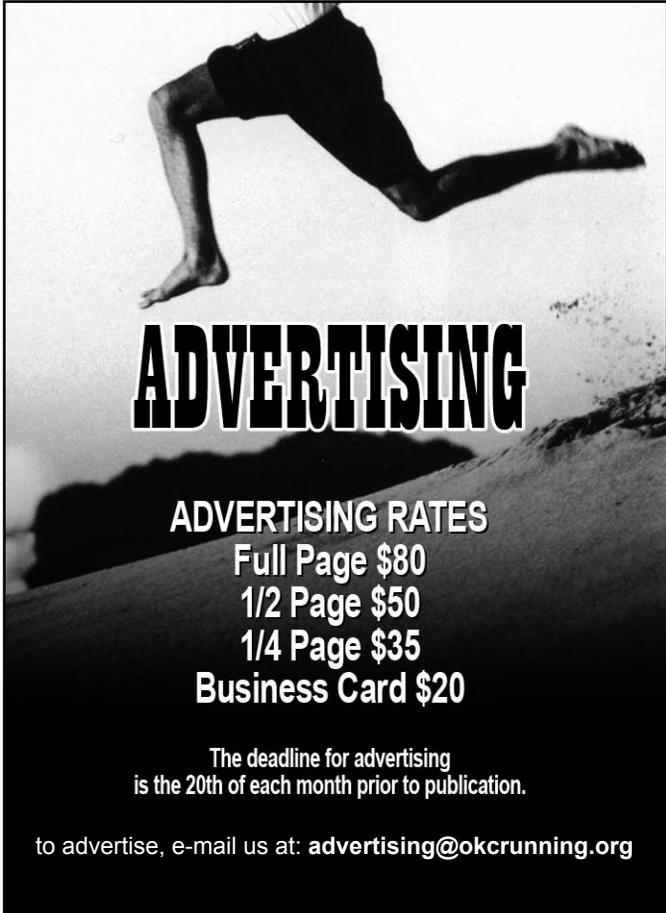
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