

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

August 2008 - Issue No. 148

## The Dam Road is Finally Open

by Bill Snipes

On July 11, a warm sunny morning, dignitaries from the City of Oklahoma City as well as officials from various Lake Hefner user groups participated in a ribbon cutting ceremony marking the reopening of the Lake Hefner dam. Participating on behalf of the Landrunners was our president, Bill Robinson. There were at least a dozen or so club members attending in their

official running club singlets, along with several others in “regular” clothing. After short speeches by councilman Pat Ryan and Trails Committee chairman Hal McKnight, the ribbon was cut! Runners, walkers, bicyclist, inline skaters, and others ventured out on the newly paved road. News reporters from nearly every station recorded the event and many of our members were seen on the Friday

evening news.

The project, which was started on Jan. 2, was completed about two weeks ahead of schedule. Improvements included new paving on the dam road, in the northeast parking area, and on the access road to the parking area from Hefner Road. The old guard rail has been replaced with a new cable system that is much safer and by far more aesthetically pleasing.

**Bottom Left:** Bill Snipes, Ric Williams, Tracey Rose, Frances Williams and Bill Robinson anxiously await the ribbon cutting for the new Lake Hefner dam! **Bottom Right:** Landrunners president, Bill Robinson (far right) represents the Oklahoma City Running Club during the ribbon cutting ceremony.



# We Are All Runners... Regardless of Goals

I recently read the text of a shoe ad in one of the national running mags. Usually I just look at the pictures (am I the only man who will admit to this?) but something about the ad caught my attention. The general tenor of it was that if we, as runners, were not running as if we were trying to kill or escape from great huge mean beasts that our ancestors regularly encountered then we weren't really runners.

Yes, I know. The ad was kind of in jest. And it did accomplish its goal of getting my attention. But I wonder how the attitude reflected in that ad would strike a new, non-competitive runner or someone who was just thinking about trying this sport of running that we all love.

If you are a new runner, young, old, or somewhere in between, or just thinking about running, please be advised that it is not necessary to run yourself into a state of exhaustion, nor is it a requirement that every time you run a certain distance, whether a certain city block, or a measured mile, or around Lake Hefner on the trail, you must run it faster than the previous time.

Running is, or should be fun. It is healthy. You meet some really interesting people. I had a most interesting conversation with a retired submariner during the last several miles of one of my marathons. I had a hamstring that was in agony and he was running on a fractured ankle, but we were both running with a purpose: he for a friend's son in Iraq and I for my son and the men and women in his squadron also in Iraq. Our pace? Maybe a 15 minute mile at best. The hairy beasts from the past would have devoured us, but we were runners and taking joy in that fact.

Run faster? Sure, if that's your goal. Train hard and intelligently? You bet. Do the best you can? Always, in everything we do in life. But I respectfully submit that our running should always keep the element of fun, and that we are runners regardless of our pace or distance.

- *Bill Robinson, President*

## Route 66 Marathon Adds Mayor's 5K Fitness Run, Walk *Untimed Event Suitable for All Ages, Opportunity for Family Fitness*

TULSA, OKLA. – The Route 66 Marathon has added the Mayor's 5K Fitness Run and Walk to its schedule for Tulsa's greatest annual fitness event Nov. 16. The Route 66 Marathon is run on a beautiful urban road course. The mostly flat loop course starts and finishes at Veteran's Park in Tulsa. The 26.2 mile course takes runners on historic Route 66, along the Arkansas River and through Jenks America where runners will pass The Oklahoma Aquarium and venture down historic Main Street Jenks. As runners leave Jenks they will head back toward Veteran's Park passing through Woodward Park, Cherry Street and some of Tulsa's most historic neighborhoods. The new Mayor's 5K Fitness Run and Walk will follow the North loop of the Full Marathon course. It will start at 21st and Boulder, head across the 21st Street Bridge to Southwest Boulevard where the course turns north. The course turns East at the 11 Street Bridge and south on Riverside where the participants will continue back to the finish line at 21st and Boulder.

"I am excited to lead the mayor's 5K run as a part of the great Route 66 Marathon. As we continually strive to increase the health of Tulsa, this run, named for one of Tulsa's most historic icons, is a positive Tulsa tradition," Mayor Kathy Taylor said.

The Route 66 Marathon is a 501c3 non-profit corporation that benefits the Tulsa Area United Way. While proceeds from all Route 66 Marathon events will benefit the Tulsa Area United Way, the Mayor's 5K Fitness Run and Walk is special in that participants are able to earmark \$5 of their registration fee to a

specific member organization of their choice.

"We're thrilled about the addition of the Mayor's 5K," said Randy Grundy, campaign division manager, Tulsa Area United Way. "With the way registration is set up, the event not only contributes to the health and fitness of individual participants it also allows those participants to see the vast number of member agencies they are helping."

The 2007 Route 66 Marathon drew more than 4,000 participants from all 50 states and 4 countries. The 2008 Route 66 Marathon has already seen a 300 percent increase in registration from this time last year.

The Route 66 Marathon features events for runners and walkers of all fitness levels. In addition to the mayor's un-timed 5K, the Route 66 Marathon includes the following races which are USATF certified and chip timed by Fleet Feet Timing, full marathon (26.2 miles), the half marathon (13.1 miles), the quarter marathon (6.55 miles), the five-person full marathon relay and the kids' marathon. Walkers are welcome in all races. The Full Marathon is a qualifier for the Boston Marathon.

Races begin at 8 a.m. at South Boulder Avenue and West 18th Street. Participants and spectators will enjoy live music along the course followed by a concert at the finish line.

For more information, to join the mayor for the 5K fitness run and walk, or to register for any of the events, visit [www.route66marathon.com](http://www.route66marathon.com) or call (918) 794-5841.

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)**



# Second Green People Run a Success

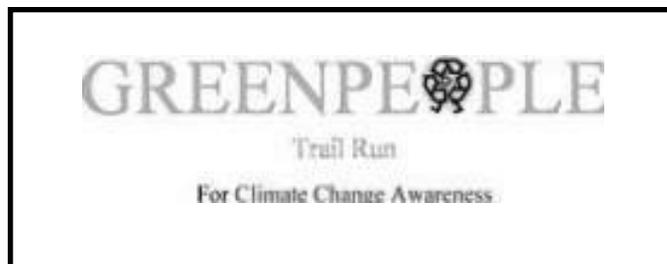
by Joel McCarty

June 21 was the date of the annual Oklahoma Trail Running Association's Green People Trail Event. Notice I didn't use the word race to describe the event. This event is more geared toward fun and socialization than age group awards and mile splits. In fact, there is no official clock and the course itself (a 3.5-ish mile loop through the woods bordering Pat Murphy Park) has questionable mileage markers.

What this event did have is plenty of food and fun appropriate for the whole family. There were 33 runners at the starting line and quite a few brought friends and family to enjoy the horseshoes, lawn croquet and grilled hotdogs and hamburgers while the runners ran their loops on the wooded trails.

This event is the work of local triathlete and runner Katherine Cranwell and celebrates the summer solstice as well as provides an education and on how we can impact the environment and lower our carbon footprint (hence the event's title).

During this event, each runner received two playing cards at registration (with an additional card for each dozen cookies baked or for wearing last year's finisher prize). Runners ran as many loops as they chose with no penalties for long breaks between to enjoy the food and festivities. After completing each loop, runners received an additional playing card. In addition to running, there were also awards collected for spotting snakes or retrieving animals from the trail. Now let me clear this up for the PETA activists among our readers – the snakes were real and left unmolested where found on the trail, whereas other animals to be returned for extra cards tended to be of the stuffed variety and were strategically placed by the race director before the event (to the best of my knowledge, purple gorillas and green dragons are not native to the area). At 11 a.m. and 1 p.m.,



poker games were held to raffle prizes ranging from free entries in upcoming races to gift certificates from local retailers.

While many chose to come out and run a few loops and then socialize, a few runners chose to take their mileage to the extreme. Local ultrarunners Matt Clay and Chisolm Deupree ran to the starting line from Norman. This added a whopping 38 miles to their daily total. Three weeks later Chisolm went on to be the third Oklahoman to ever complete the 135 mile race through Death Valley from Bad Water, CA to Mount Whitney. Matt Clay went on to place second in the Captain Karl 12-hour all night run a few weeks later. I even managed to do 50 miles myself in preparation for November's Mother Road 100 mile race from Elk City to El Reno on Route 66.

At the end of the day there was food, fun, money raised for a worthy cause and even some trail running. Quite a few of our running club members were present for the "Land Running." I'd highly recommend the event next year to any Landrunners looking for a local low key event that's sure to please.

## Upcoming Landrunners Meeting

<u>Date</u>	<u>Meeting / Social</u>	<u>Location / Time</u>	<u>Speaker</u>
Monday, August 18	Club Meeting	Ingrid's Kitchen / 6:30 pm 3701 North Youngs (between Penn & May on NW 36th) 405-946-8444 **Board Members meet at 5:30	Dr. Richard Tate "The Seven Mistakes Runners Make and How to Avoid Them"

Landrunners & OKC Area Runners

# 2008 Turkey & TATURS 50K/25K/10K Trail Race



Start & Finish at Tulsa's Westside YMCA at the base of the Turkey Mountain Wilderness Area.

50K at 6:30 am  
25K at 7:00 am  
10K at 7:30 am  
Landrunners ROCK !!!!!

Presented by TATUR  
(Tulsa Area Trail & Ultra Runners)

Limited to the first 300 Entrants

First \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Cell(\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Phone(\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Shirt Size S M L XL XXL None Birthday \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on 9/14/08 \_\_\_\_ Gender M / F

Distance (Circle One) 50K 25K 10K Anticipated Finish Time: \_\_\_\_ hrs \_\_\_\_ minutes First trail race? Y / N

How did you hear about this race? \_\_\_\_\_

Do you have any medical condition we should know of? \_\_\_\_\_

### RACE FEES: MAKE CHECKS PAYABLE TO TATUR

All race fees go up \$5 on Monday September 1st (must be postmarked by August 31, 2008)

Entry fees: (50K - \$55) , (25K- \$50) , (10K - \$35):	\$ _____
Subtract \$5 if you are a <b>CURRENT</b> TATUR or TRC Member:	- \$ _____
Subtract \$10 if you do not want the technical fabric running shirt:	- \$ _____
Add \$5 late fee if after August 1st or later:	+\$ _____
Westside YMCA Campership Donation (Tax Deductible):	+\$ _____

**Mail Application and Total Amount Due to:**      **Total Amount Due: \$** \_\_\_\_\_

**TATUR**  
1414 S. Delaware Place  
Tulsa OK 74104  
Attn: Brian Hoover

**Entries can also be dropped off at RunnersWorld Tulsa**  
4329 S. Peoria 918-749-7557

I know that running any trail race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and trail, encounters with wild or domestic animals, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the race directors and workers, TATUR, RiverParks, YMCA, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to race management to use any photographs, recordings, or other records of my participation in this event for any legitimate purpose. I also understand that the race director has the right to refuse any entry, and that my registration fee is non-refundable after July 21, 2008.



Signature \_\_\_\_\_ Date submitted \_\_\_\_/\_\_\_\_/\_\_\_\_

### Official Use Only Below

Race # \_\_\_\_\_ Date received \_\_\_\_\_ Comments \_\_\_\_\_

# guess who??

This Landrunner is not only a runner, but a bicyclist as well! She even braved the heat last year to participate in the bicycle leg of the RedMan Triathlon relay! She is super-friendly and servers on the Landrunners board of directors. The next time you see her, be sure to say "Hello!"

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!



## Guess Who Winner - July

Landrunner Karen Greer came through with the first and correct answer for the July Guess Who ... Chuck Mikkelson!



[www.raceforfreedom.org](http://www.raceforfreedom.org)

*Benefiting:* Combined Federal Campaign

*Sponsored by:*

GEICO, Blue Cross / Blue Shield,  
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)

## 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!*

*mail generic race entry form to:*

CFC Race For Freedom

Attn: Kimberley Sheppard, AMP-1

6500 S. MacArthur Blvd.

Oklahoma City, OK 73169



# TRI-OKC Fall Classic Duathlon

2 MILE RUN \* 4 MILE RIDE \* 2 MILE RUN



OCTOBER 19th 2008

**LAKE OVERHUSER 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)

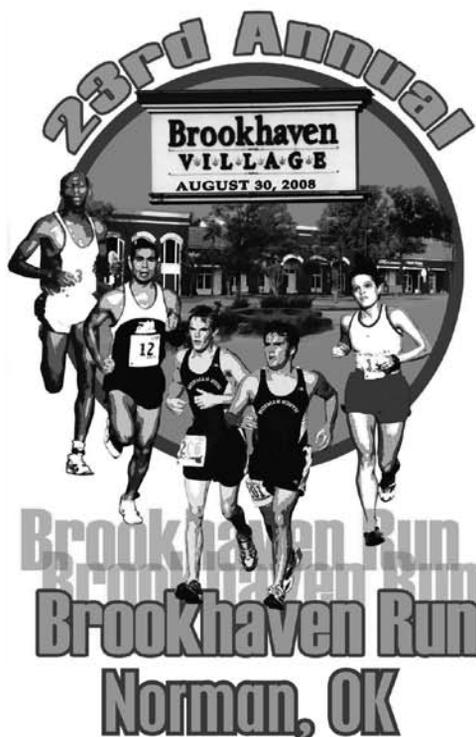
**Questions? E-mail the Race Director at**  
**Fall\_Classic\_Duathlon@cox.net**

## **What Else is There... Besides Running?**

by David Ball

I can pretty much watch any sport, just for the sheer joy of watching competition and learning and observing the skills involved in whatever it may be. I could be found watching curling during the winter Olympics, bass fishing (if you consider it a sport), poker (hey - it's on ESPN, so it must be a sport!), cycling, pool, golf, skiing ... you name it. I grew up playing soccer and love and appreciate it for it being the most popular sport in the world - although I don't watch much of it. I appreciate baseball for it being "America's Pastime" - but again, don't watch much of it. I'm not much of a basketball fan, but I LOVE FOOTBALL. Never played it, but love it. I'm a sports nut, but three kids keep me from watching as much as I would like.

Take a look at other Landrunners fave sports pastimes (that is, when they aren't running) in this issue's Question of the Month!



**Come Run With  
 The Big Dogs**

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

**Presented By**



**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)

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

# QUESTION OF THE MONTH

The fall season will be here before we know it. And with the fall, comes football season! And now that Oklahoma City is a Big League City, so comes the new NBA OKC team!

**Q. Aside from running, what is your favorite sport? Whether you love to play it or watch it ... doesn't matter. Just let us know what your second favorite sporting pastime may be!**

A. BASKETBALL. My first love to play, even with my great "physical stature." It takes a great athlete ... speed and quickness ... to be a good all-around player.

- Mark Bravo

A. College football ... GO POKES!!!

- Cara Rogers

A. As a spectator? Pro beach volleyball (it's way more exciting than NBA basketball). As a participant? Windsurfing.

- Arnie Angelici

A. My favorite sport to watch is by far college football ... the Texas Longhorns, that is!!!!

- Tiffany Cone

A. Ice hockey. The finesse, focus, skill and athleticism exceeds that of other athletes, even marathoners.

- Dr. Tom

A. To participate in - rock climbing  
To watch - the Olympics followed by college football

- Adrienne McCasland

A. My favorite sporting pastime is fishing. I use it as a leisure pastime! No competition for me because my fish is always bigger than Troy's!

- Donna Banks

A. I love to play slow pitch softball. Enjoy watching fast pitch softball and baseball.

- Marion Ramirez

A. Golf. My husband taught me how to play and we are still speaking to each other.

- Anne Wright

A. Golf!

- Don Garrett

A. My two favorite non-running sports are baseball and auto racing. Both require great skill and timing and the ability to think ahead. Plus you don't have to be a monster to be really good at either (so you can understand why I like them - ha).

- Bill Robinson

## Ask Adi...

By Adrienne McCasland

Recently, a couple of our high-mileage Landrunners completed Fort Worth's El Scorcho Midnight 50K. Yes, you read that right....Midnight! The race is 10 loops around a 5K track that starts at midnight and ends around daybreak. Being the food-lover that I am, naturally I was curious as to how one refuels after such a long run that has such untraditional timing. Well, as it turns out, some runners choose a good old-fashioned egg breakfast from Denny's! As good as Denny's is (especially after 50K!), we all know that it's not the most healthful option, so I thought I'd recreate that famous "Three Eggs and More" entree for you all here.

### An Ultrarunner's Post-Race Breakfast

Two egg whites + one whole egg

1 Tbs. skim milk

Pinch of sea salt

Fresh ground black pepper

Two slices whole wheat bread

Two tsp. butter

Two slices cooked lean bacon, turkey

bacon, or two soy sausage patties

½ cup cubed mixed fruit

1) Quickly whisk the two egg whites, whole egg, and milk.

2) Pour into a small non-stick skillet, preheated over low-medium heat.

3) Season with sea salt and fresh pepper. Cover with lid to let eggs steam 2-3 minutes. Remove lid and gently scramble to desired doneness.

4) Toast whole wheat bread and top each with 1 tsp. butter.

5) Serve eggs with toast, bacon and mixed fruit for a healthful way to restore those muscles!

Serves one hungry runner....of course you may need to double the recipe!

# 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](mailto:jemory@csbyukon.com)

**Executive Director:** Dustie Butner @ 405-200-6434 / [dustiestockyardscity@yahoo.com](mailto:dustiestockyardscity@yahoo.com)

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

\*Chip Times

# I'm So Tired ... Why Am I So Tired?

by Tom Coniglione, MD

"I just feel too tired to run."

"I run and then I feel tired all day."

"Running is a chore."

"I'm so tired. I must be anemic."

That's what I have been hearing since early July, and the most likely reason for all these complaints is cumulative dehydration.

We are all aware of losing fluid with running, especially during warm weather running. When we fail to rehydrate after a run, we start the next run partially dehydrated, and repeatedly starting runs partially dehydrated leads to cumulative dehydration.

To prevent this frustrating, and potentially dangerous, state, there are a few points to remember:

1. Thirst is not enough to force us to replace the fluids we lose.
2. Losing 5 pounds in a week is not the result of even the best diet, rather it is the result of water losses.
3. Weigh yourself before a run and after you finish perspiring, which may take 30-35 minutes post-run. The difference is water loss. One pint of fluid weighs 1 pound. For example, if you lose 3 pounds but drank 2 pints of fluid during this time, you really lost 5 pounds.
4. If your urine remains dark, you are still dry, however you do not have to drink until your urine looks like water.
5. Remember the pretzels.

## MAKIN' TRACKS

5 km Road Race for Runners & Walkers & 1 mile Fun Run  
**September 6, 2008 – 7:30 am – Piedmont, OK**  
 Race day registration/packet pickup 6:00am  
 Pre-reg: The Runner thru Thursday, Sept. 4th

USATF certified & sanctioned course beginning north of the First Baptist Church. Benefits the Track & Cross Country Programs of Piedmont Schools

Pre-register by mailing entry to:  
 Ric Williams 4408 Ryan Dr NE,  
 Piedmont OK 73078  
 nwpi17@wisplinx.com  
 (405) 373-1111

Bring the whole family & enjoy Piedmont Founders Day Celebration – Parade at 10 am Food, Arts & Crafts, Blow up Amusements, Music, Silent Auction & Taco Dinner

Unique awards for top 3  
 Overall male & female  
 Masters Male & Female  
 5km runners  
 Medals to top 5 kids  
 Boy & Girl in 1 mile

**Ages 13 & up \$15**  
**12 & under \$10**  
**Family of 4 or more \$50**

*Register early to assure a t-shirt*



**September 27, 2008**  
**8:30 am**  
**at Midwest City Library**

**Cost of Entry Fees:**  
 Adult \$15, Child \$10 (before 9/26) Day of Event: Adult/Child \$20  
*(race day registration begins at 7 a.m.)*  
 Long-sleeved T-shirt included in entry fee  
 Free pancake feast for runners & volunteers!

**Prizes & Awards:**  
 Community Spirit Award to top 3 teams,  
 top 3 in standard age brackets, trophy to overall male & female  
**USATF Certified & Sanctioned**

Proceeds benefit non-profit organizations in Eastern Oklahoma County  
*Mail generic race entry form (downloadable on okrunner.com) to:*  
**Parks & Rec., 200 N. Midwest Blvd., Midwest City, OK 73110**  
 Administered by Glen's Road Race Service, Inc.

**For More Information: (405) 610-8706**  
**kathy.hefton@mrmc.hma-corp.com**  
**www.midwestregional.com**



Things to do.. Register for 5th Annual Race for Hope



By October 24th to be guaranteed a COOL t-shirt!!!!



Saturday 11.8.08

Lake Overholser

Register

www.signmeup.com

**TWO NEW EVENTS ADDED.....**

**FREE KIDS 50 YD FUN RUN and 1 Mile DOG JOG**

**Race Day Schedule:**

6:30 a.m. Packet Pick-up and registration  
8:00 a.m. Start time for 5km & 12km  
8:15 a.m. 1 m Family Fun Run/Walk & Dog Jog

USATF Sanctioned  
& certified  
Champion chip  
Timed

405.843.HOPE

www.okbtf.org

You can make a difference!!

Moonwalk, face painting, magicians, and clowns  
Bring the whole family & help raise money for  
Oklahoma Brain Tumor Foundation families

**Registration Form: Advanced entry \$20 - Race Day \$25**

Circle: Corp12K \* 12k \* 5k \* 1mi \* Dog Jog \* Kids 50 yd  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Age \_\_\_\_\_ DOB \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
Phone \_\_\_\_\_ E-mail \_\_\_\_\_  
Corp Team Name: \_\_\_\_\_  
Chip number \_\_\_\_\_  
Shirt Size: YS YM YL S M LG XL (shirts larger than XL add \$5)

**Paying by check make payable to OKBTF**

Please charge my: \_\_\_ Visa \_\_\_ Mastercard \_\_\_ Discover  
Acct# \_\_\_\_\_ Exp Date: \_\_\_\_\_  
Print Name Appearing on Card \_\_\_\_\_  
Billing address if different from above \_\_\_\_\_  
Signature \_\_\_\_\_ Security Code \_\_\_\_\_

I cannot participate this year but would like to make a donation  
in the amount of \$ \_\_\_\_\_.  
Please make in Honor of Memory of \_\_\_\_\_

Mail to Oklahoma Brain Tumor Foundation  
820 N.E. 63rd Street, Oklahoma City, OK 73105

**Waiver:**

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

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Begins Monday, 11.3.08 at OKBTF  
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# 2,000: Maybe Not Enough

by Warren Jones

Conventional wisdom has us covering a mile in 2,000 steps. That is, most people believe if one takes 2,000 steps, he or she will have covered a mile in distance. And, of course, by covering 10,000 steps in a day, current recommendations of many health promotion programs, one will have covered five miles.

Not so fast (literally and figuratively)! At this year's annual meeting of the American College of Sports Medicine in Indianapolis, a study was presented analyzing the number of steps REALLY taken in a mile. The study's 54 subjects were male and female, but were very young (mid 20s). It might be a stretch, therefore, to apply the findings to middle aged and older people. The average height of the men was approx. 5' 11" and of the women was approx 5' 3".

The walkers' velocity greatly affected the number of steps. As you would probably intuit, the number of steps was smaller with greater velocity (the velocity coming about in part due to greater rate of turnover, but more from greater stride length), and the number of steps was larger with lesser velocity.

For example, for men at 3.0 MPH, the number of steps taken was 2,179, and for women at that speed, the number of steps was 2,302. While 3.0 MPH is not exactly killer speed, I venture that (except for serious walkers "on a mission") most folks in their Activities of Daily Living (ADL) do NOT ambulate at nearly that speed. So, those going even more slowly than 3.0 MPH in ADL will require even more than the 2,179 for men and 2,302 for women to cover a mile.

In an experiment of one, I charted my steps at three different velocities, and, true to form, the faster I went, the fewer the number of steps I had to take to cover a mile. For me, though, any speed under 4.0 MPH necessitated MORE than 2,000 steps to cover a mile.

Then, upon returning home from the gym (where I conducted my study of one...on a treadmill), I tried to focus on the actual speed of my daily living walking....around the house, in the garage, at the store, at the bank, etc., and I can assure you that, while my walking was purposeful, it was FAR below 4.0 MPH, the speed necessary for me to cover a mile in 2,000 steps.

Remember, too, the relative youth of the study's subjects and, as a result, the probable inapplicability of the study's results to those beyond mid 20's and, as a result, the probably greater number of steps you may need to cover a mile and, as a result, the number GREATER than 10,000 you need to achieve to satisfy public health promoters' idea of a successfully active days.

Here's what you ought to do. Get a high quality accelerometer, and go to a high school track, and walk on it----NOT like you're in a race, but like you're at home, going from your kitchen to your dining room, or from your bedroom to your bathroom, or taking the garbage out, or like you're grocery shopping or mall shopping. Be honest. You'll be surprised about how slow it seems compared to the walkers you see briskly flying through your neighborhood. Just walk a quarter mile, one lap around the track, and see how many steps you took (multiply, of course, by four to get you necessary mile step count). Then, you'll know how many steps you really need to take to get your five miles in.

Don't be discouraged. You're now armed with the truth.

*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).*



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# Recipes to Run By

Well here we are in the hottest, driest part of the summer, which also happens to be the height of blueberry season! In keeping with the breakfast theme of this newsletter, I thought I'd share a wonderful and easy blueberry pancake recipe. These are light, refreshing, and most importantly, take minimal time over a hot stove!

## Blueberry Pancakes with Yogurt

¾ cup whole wheat flour (King Arthur recommended)	Pinch of sea salt
¼ cup oat bran (can substitute flour)	1 cup skim or soy milk
2 Tbs. wheat germ (optional)	2 egg whites
1 ½ Tbs. baking powder	1 cup nonfat plain yogurt (Greek style recommended)
2 Tbs. honey	Zest of one lemon

- 1) Combine flour, oat bran, wheat germ, baking powder, and salt.
- 2) Add egg whites, milk, and honey. Stir just until combined (batter will be lumpy).
- 3) Stir lemon zest into yogurt and set aside.
- 4) Pour ¼ cup pancake batter on non-stick skillet preheated to medium. Let cook until sides begin to bubble and gently flip. Cook an additional 2-3 minutes. Repeat with remaining batter.
- 5) Divide pancakes among four plates and top with ¼ cup lemon-yogurt mix. Enjoy!

Serves 4 hungry runners.

# Random Runners Tips

Alas it's back.... We are nearing the end of summer which means a new racing season for many of us. Our guest speaker for the July Landrunners' meeting was none other than the famed running coach, Mark Bravo! To a roomful of attentive runners, he delivered some of his favorite reminders about how to increase not only your running economy, but your enjoyment of the sport as well. Listed below are some of the highlights of running "Bravo" style!

- 1) Remember the three key ingredients to running efficiency: speed, strength, and power, which merges strength and speed and increasing dynamicness (a Bravo-ism).
- 2) Take a kinder, gentler approach to running.
- 3) Don't be married to the training. Be nimble.
- 4) Raise the calibration of the world. Remember that we can all affect others through our sport!
- 5) How you confront inevitable adversity puts your signature on the project. We never know when we get the chance to grow.

And a great summary of Mark's presentation: "Running is a great metaphor for life. Everyday we can rise above a challenge with a stick-to-itiveness and a consistent approach. Accentuate the positives and minimize the negatives. Keep a good frame of mind. Remember that we're very lucky to have found a sport that offers so much, including lessons that extend to other areas of life."

Thank you, Mark, for such a positive presentation and for allowing us to pass along these tips through the newsletter!

Run strong, everyone, Adi



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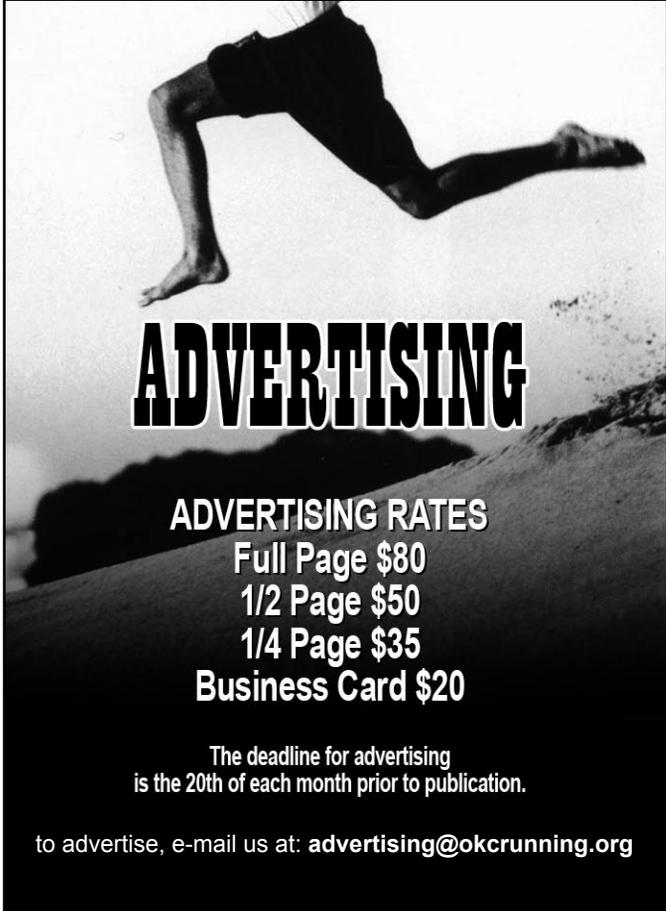
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*The Landrunner*, the Official Newsletter of the Oklahoma City Running Club, is published monthly by the Oklahoma City Running Club.

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 bright sky and the silhouette of a dune.

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