

THE LANDRUNNER

Official Newsletter of the Oklahoma City Running Club

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

October 2008 | Issue No. 150

Not Just Another Medal

Route 66 Marathon medals designed by famous artist

By Jen Clark



Finishing one of the Route 66 Marathon races will leave each participant with a medal that features the first glimpse of the iconic sculpture by internationally renowned artist Robert Summers for the Cyrus Avery Centennial Plaza.

Summers' design, "Where East Meets West," is replicated on the 2008 Route 66 Marathon medals. The image is one of oil field workers in a horse-pulled carriage running into Cyrus Avery and family in their automobile on "America's Main Street," Route 66.

"I was very elated and proud that the marathon committee wanted to feature the sculpture on their marathon medal this year," Summers said. "What a great honor, and I'm humbled that Tulsa would choose this image."

The Route 66 Marathon medal is not just another medal, but a reminder of the historic highway's impact. It's a reminder of a time

when Tulsa was the oil capital of the world and transportation was evolving, making regions without ports economically successful.



Some Landrunners will receive the "My First Marathon" medal at this year's Tulsa World Route 66 marathon.

According to Chris Lieberman, Executive Director of the Route 66 Marathon, it was the hard work and dedication of Tulsans like Cyrus Avery that inspired the name of the race.

"Robert Summers was very gracious to allow us to use his incredible artwork on our Finisher's Medals," Lieberman said. "We are excited to have the opportunity to give our participants from around the world the opportunity to take home a preview of the sculpture that will be installed at The Cyrus Avery Centennial Plaza."

More than 8,000 people are expected to participate in the Route 66 Marathon events on Nov. 16. Everyone who finishes one of the timed races or the Kid's Marathon will receive one of the finisher's medals.

"We are glad the Route 66 Marathon officials worked so diligently to include the artwork from the Cyrus Avery Centennial Plaza with the race," said Dennis Whitaker with the City of Tulsa Planning Department.

"The road is still living, evolving
see **Medal** on page 6

An Inspiring Redman Experience

I keep having wonderful experiences as a member of the OKC Running Club. Sat, Sept. 20, was such a day - the Redman full and half triathlon. Our club worked the aid station that was the most distant from the start of both the full and half marathon portion of this event and was the turn around point for both. You probably know that in a full tri, the athlete swims 2.4 miles, then bikes 112 miles, THEN runs a full marathon.

A number of our members participated as athletes, either as individuals or as part of a team, and did really great. We have reason to be proud of them.

Under the guiding hand and direction of our V.P. Chuck Mikkelson, we set up the aid station at 9 a.m. while the athletes were finishing their swim or starting their bike ride. When I left at midnight Bob Loving and several others were still there - waiting for the last finishers to reach our aid station and then do their final 6.5 miles.

Now, here's what made my day at our aid station so great - being with our members who gave so generously of their time and energy (and there was a lot of energy) working! Throughout the entire day our ladies and men assisted the participants. As the runners approached they were informed that we had water, with or without ice, Gatorade, de-fizzed soft drinks, bananas, power gels, ice cold sponges, candy, pretzels, cheese crackers, beer and grilled meats (sorry, those last two were for our workers, courtesy of Chuck and Maurice). And of course, we verbally encouraged the runners.

But the encouragement was beyond verbal. As the day wore on and the athletes were wearing down, Bill

G., Jason and Matt (newer members whose last names I confess I don't know) began going out several hundred yards before our club's aid station, running with the runners to our aid station and then running with them for several hundred yards back toward their finish. That's way "above and beyond" ... I'm willing to bet that at least several dozen completed the event because of this encouragement.

Also, I had time to visit with several other newer members who were working. What fun and inspiration to listen to their running plans and goals and to learn that they have been and are being encouraged by our group runs and mentored by more experienced runners / members of our club.

I hadn't planned on writing about this day while I was there or I would have made a list of all who worked - and there were many - but I'll ask Chuck to post it on the Web site. It was a fun day, made more enjoyable by the company of runners. Thanks to all of you who worked and spent time visiting with me. You have encouraged me to train harder and to reexamine some of my running goals.

– *Bill Robinson, Landrunners president*

P.S. - Your nominating committee has been working diligently to present a great slate of candidates for next year's Board of Directors. These are the folks who will be formulating club policies and activities so please make a special effort to be present at the October regular meeting to vote and to enjoy a really great presentation by the Badwater ultra team.

My Favorite Post-run Snack

My favorite treat after a long training run is a stop at Panera for a cinnamon chip scone with a cup of Earl Gray hot tea, including two packets of sugar (none of that nasty fake sugar stuff), topped off with non-fat milk. And the tea HAS to be in a cup. BUT, these trips to Panera are most, most special because of my dear friends that I am with. When a group of us stops to find nourishment and chat after a great long run, it completes the joy, well, it IS the joy!

– *Jamie Pivniska*

Look for other fave post run snacks in this issue's Question of the Month!

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

30 LIVE BANDS
ON THE COURSE

POST RACE CONCERT

CLASSIC CAR SHOW

www.route66marathon.com

TULSA WORLD

FLEET FEET
Sports

TULSA
RUNNER

new balance

Rex
Public Relations

The Few, The Proud

By Warren Jones

My goodness, if you can do the workout I'm about to describe for you, you WILL BE among "the few, the proud," and, what's more, you'll have a much higher VO2 Max.

Quickly, VO2 Max, for those of you who are not totally familiar with its significance, is a measure of the highest rate of oxygen that YOU (not your fellow runner, not your sister, not your brother) are able to process, that you can get down to your working muscle fibers, and that allows you, an aerobic competitor, to perform well. I emphasize "you" as each of us has a different VO2 Max, but each of us can, with proper training, enhance it.

The most recent edition of *Medicine and Science in Sports and Exercise*, the official journal of the American College of Sports Medicine, contained a study examining the kind of training that most enhances VO2 Max. It gets a little technical, but I'll break it down, I hope, in a way that it makes sense.

The subjects in the study were young adults (for those out there who are not young adults, don't be dismayed; earlier studies indicate this kind of training works for you, too). The young adults were randomly broken into, broadly speaking, three different training groups: moderate intensity, vigorous intensity, and "near max" intensity.

The intensities were based on "VO2 Reserve," but don't despair if you don't know what your "VO2 Reserve" is, or even what it means. We have another physiological measure that converts and that works. It is your "heart rate reserve." Your HRR is the difference between your minimum heart rate and your maximum heart rate.

So, by way of example (to illustrate both the HRR and the appropriate intensities, let's assume a runner's maximum heart rate is 190 and the minimum is 60. The difference is, of course, 130. In the study, the moderate intensity was set at 50% HRR, the vigorous at 75% HRR, and the "near max" at 95% HRR. To identify the actual heart rate (not just HRR), we need to (let's take the near max intensity as an example) multiply 95% times the HRR of 130, and you get 123. To that number, add the resting heart rate, 60, so for this particular runner (with his min and max heart rates), the "near max" intensity would be at 183.

The training was carried out for six weeks, and the

volume of training among the three training groups (moderate, vigorous, and near max) was equalized. I'll emphasize the "near max" training as it produced the most enhancement, by far, in VO2 Max. The first two weeks of training for the "near max" group was almost identical to the training of the moderate and vigorous groups. Then, though, the hard work began.

For four weeks, on three days per week, the near max guys and gals, following a warm up, were required to perform five repetitions of five minutes at 95% HRR and five minutes at 50% HRR. So, they were to exert like crazy for five, then "rest" for five, and do this five times with no other rest.

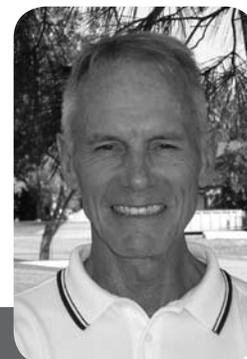
When the study was completed, the investigators found that the actual achieved HRR in the near max group was approximately 92%, for the hard five minutes, and approximately 51% for the "rest."

I want to emphasize (via personal communication with the study's lead investigator) that the five minute bout commenced at time point 0:00, and not at the point in time when the subject "got to" the appropriate HRR intensity. So, going back to my example, the subject's "hard" five minutes commenced at time 0:00, and not when his heart rate got to 183. But, the same goes with the "rest" five minutes: the five minutes began immediately upon the completion of the hard five minute bout, and not when the "resting" heart rate got down to the 50% HRR.

So, what happened to the VO2 Max numbers of the subjects? Those in the moderate and vigorous training groups enhanced theirs, but not nearly as much as the subjects in the "near max" group. Their VO2 Max was improved by 21%. That's a huge improvement, and remember, that's after only 12 "near max" workouts over four weeks.

When you attempt this workout, you'll see why I'm willing to award you the recognition of "the few, the proud," with hats off to the Marines.

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.



— FOR THEM WE RUN —

THOSE WHO WERE KILLED, THOSE WHO SURVIVED AND THOSE CHANGED FOREVER,
MAY ALL WHO LEAVE HERE KNOW THE IMPACT OF VIOLENCE.
MAY THIS MEMORIAL OFFER COMFORT, STRENGTH, PEACE, HOPE AND SERENITY.

WE RUN TO REMEMBER

THE NINTH ANNUAL OKLAHOMA CITY

— **Memorial Marathon** —

APRIL 26, 2009



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UNITE

— WWW.OKCMARATHON.COM • (405) 525-4242 —

Medal *continued*

and finding relevance in today’s world,” Whitaker said. “We want to make Route 66 interesting to all age groups, so when Chris called to ask about using the Plaza and then including an image of the future artwork, we were ecstatic to find that type of interest with such a broad range of participants.”

For all who are planning on participating in one of the Route 66 Marathon events, the last day to register before entry fees increase is Sept. 30. Also, if participants register by Sept. 30, they will receive a free personalized race number that includes their name and home town.

USA Track & Field certified and timed races include the Full Marathon, 26.2 miles; Half Marathon, 13.1 miles; Quarter Marathon, 6.55 miles; and 5-Person Full Marathon Relay. Other races include the Mayors’ 5K Fun Run and Fitness Walk and the 1.2 mile Kid’s Marathon. The Full Marathon is a Boston Qualifier. Walkers are welcome in all races.

The Route 66 Marathon is a 501c3 non-profit corporation that benefits the Tulsa Area United Way. For more information or to register for any of the events, visit www.route66marathon.com or call (918) 794-5841.

Friends of Lake Hefner News September 2008

Last spring, our lake community of 25 user groups and neighborhood organizations met to seat its first duly selected Board of Directors. Despite the late start in our fiscal year, Friends of Lake Hefner has accomplished much.

Our East Shore Tree restoration project, funded by the Margaret Annis Boys Foundation, and in partnership with Oklahoma City Beautiful and the Tree Bank, is scheduled to begin planting in November. The project, which includes two hundred trees and six seating areas with benches, demonstrates our commitment to improving the recreational experience at Lake Hefner. There will be a public ground breaking ceremony and

we need your ideas and participation in this important event.

We have our five standing committees up and running and two mission critical committees have developed action plans. Membership chair Cindy Mitas (Silver Lake Neighborhood), is working on a number of innovative organization building programs that extend participation in our efforts beyond our board and the lake community. Dr. Lester Cowden (EdgeWater/Lakepointe), chair of our Communications Committee, is leading the effort to improve communication between lake groups and the City. He is also developing ways to promote our lake groups and their activities at the lake, and is overhauling the website www.lakehefner.org. Watch for changes and many new features including a calendar of all lake area events.

These committees need your help. Lester needs volunteers to monitor Water Trust, City Council and Parks we are up to date on City plans that affect the lake area. Cindy is also looking for people to work on her committee.

October 31 marks the end of our first Fiscal year. Following Our by-laws, our annual members meeting will be held the third Tuesday, October 21, at 7:00 p.m. at the Oklahoma City Boat Club.

This meeting is for all members of lake community groups. They will elect the At-Large Directors, seat the new Board of Directors, set Friends of Lake Hefner’s goals for the coming year, and discuss projects and general business. We look forward to seeing you there as we work to preserve and improve our lake!



12120 Hickory Creek Blvd
Oklahoma City, OK 73170
405-759-2580
garrettok@aol.com

MANAGEMENT, MEASUREMENT AND ELECTRONIC TIMING

Road Races Cross Country Races Trail Runs
Cycling Events Duathlons Triathlons

WWW.DGROADRACING.COM

AMONG FRIENDS 5K & Fun Run

Proceeds will benefit
**AMONG FRIENDS...an activity
center for Adults with special
needs & disabilities.**

SUNDAY, OCTOBER 19

5K Run starts at 5:00PM

**1K Fun Run registration starts at
5:30pm, run time is 6:00pm. The Fun Run is a
fun course for anyone including walkers and
wheelchairs.
No pets, or bicycles.**

Race starts at the Community Services Building
1183 East Main Street in Norman.
South Side of Building on Service Road.
(Main entrance & Parking is off of 12th Street
across from Eastside Wal-Mart)

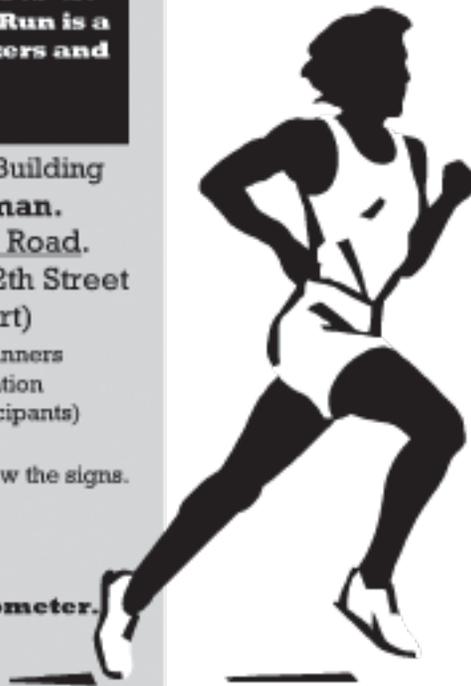
Entry fees: \$15.00 for pre-registered runners
\$20.00 for race-day registration
(T-shirts provided to all participants)

Online Registration at www.signsup.com
Registration & Check-In begins at 3:00pm...follow the signs.

**Course is USATF/Oklahoma/LDR
Certified and sanctioned 5K flat
course with accurate splits each kilometer.**

For more information or to register call:

**Contact person: CATHE FOX
405-364-8118**



Prizes

First, Second, Third
Place prizes.
Water supply stops,
and snacks.

**Sponsored by:
AMONG FRIENDS
&
KREF RADIO**

Oklahoma Orthopedics &
Sports Medicine

American Pallet
Manufacturing Company

First American Bank

Therapy in Motion

ACTIVITIES INCLUDE:
Food Booth & sodas, Fun Walk
for people with special needs,
buddy walks, and games.

Mail form & \$15 entry fee to:

Cathe Fox
Among Friends Activity Center
4101 Heritage Place Dr.
Norman, OK 73072

405-364-8118
Fax: 405-364-1204
Email: cathefox@cox.net

Name					
Address					
Phone:					
Team:					
T-shirt Size:	S	M	L	XL	XXL
Male	Female	Age on race day _____			
(Circle one)		Date of Birth: _____			

Waiver: In consideration of my entry acceptance in the Among Friends 5K Run, I do hereby for myself, my executors administrators, assignees release and discharge Among Friends and other sponsors and officials for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature _____ Date _____
(Parent or guardian if participant is under 18)

Guess Who!

This Landrunner would never intentionally turn his back on a fellow runner. In fact, he is not only a marathoner, but a volunteer for Landrunners causes as well! He may bleed orange, but we know the colors he most proudly dons are the Landrunners' red, black and white. His morning Lake Hefner running partner Benny Meier could probably tell us a few stories about their rise-and-shine running antics, but don't worry, Benny! Your secret's safe with us!

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 – September

Landrunner Jodie Spielman came through with the first and correct answer for the September Guess Who... Troy Banks!

Random Runners Tips

There's lots of chatter at the runners' water cooler these days about the upcoming race destination travels. Many of us will be heading out of town for marathons and half-marathons in the next few months – some for the first time, while some are travelling pros! Listed below are a few notable reminders to help ease some of the chaos that inevitably ensues when hitting the road.

1. Check the weather. Then check it again! We Oklahomans know that the temperature can change on a dime around here, but that's not unique to our neck of the woods.
2. Pack two sets of race-day clothing. You never know if you're going to wake up that morning wishing you had "those other shorts."
3. Bring the snacks you like. This is not the time to experiment with all those new-to-you goodies handed out at the expo.
4. Don't forget to hydrate well. Air travel dehydrates you quickly, and we all know that that's not the way to start a good race.
5. Research the marathon's official website for other activities and sites in the area. If you're lucky enough to get to stay a few days after the race, the website can be a great resource for things to do once you cross the finish line.

Run strong, everyone,

– *Adi*



5K Run
1 Mile Fun Run/Walk
USATF Sanctioned Race
Coordinated by DG Productions



Saturday, October 18, 2008

- * **Cash Prizes for Overall Male and Female winner**
- * **Free special t-shirts for first 50 entries**
- * **Each race will begin and finish in front of LMC parking lot**

Help fight breast cancer. Proceeds benefit the LMC Foundation effort to raise money for new mammography equipment at LMC.

Detach and return form to: LMC Loganpalooza- P.O. Box 1017 - Guthrie, OK 73044

Full Name	E-mail address	Age	Shirt Size
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Address	City	State	Zip Code
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Indicate which race you would like to participate in. Please complete separate entry form for each participant.

8:30am 1 Mile Fun Run/Walk- \$10 (all ages)	9:00 5K Run - \$20 (all ages)	10:00am Kids Run - Free (kids under 12)	Day of Race - \$25
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Sign the Waiver I understand that an event such as a 5K run is a potentially dangerous activity. I should not participate unless I am medically able and properly trained. I assume any and all risks associated with participating in this event, include, but not limited to temperature, conditions or athlete's equipment, vehicular traffic, contact with other participants, action of volunteers, spectators, and procedures of the event and lack of hydration, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my fees, I hereby for myself or anyone else who might claim on my behalf consent not to sue, and waive and release every kind of nature whatsoever, foreseen or unforeseen, known and unknown. The undersigned further grants full permission to Logan Medical Center to use photographs, videotapes, recording or other records of this event for any purpose.
 APPLICATIONS FOR MINORS WILL BE ACCEPTED ONLY WITH PARENT'S SIGNATURE.

Signature

Ask Adi...

By *Adrienne McCasland*

Waaaay back at the beginning of the year when I first started this column, I was asking club members if they had any recipes they would like made over. Bill Snipes, in his endearingly sarcastic way, suggested a POUND CAKE! Well, Bill, after months of sifting through, reformulating, and testing recipes, I FINALLY have something for you! So here it is...a more healthful (although still a treat) pound cake recipe just for you!

Project Pound Cake

- 1 ¾ cups whole wheat pastry flour
 - 1 ¼ cups all-purpose flour
 - ½ tsp salt
 - 1 ½ tsp baking powder
 - 3 eggs
 - ½ cup low-fat buttermilk
 - 1/3 cup canola oil
 - 2 Tbs brown sugar
 - 1 ½ Tbs vanilla
 - 6 egg whites
 - 2 cups granulated sugar, divided
 - 8 Tbs unsalted butter
 - 8 oz reduced-fat cream cheese
 - Berries, bananas, or peaches for optional topping
1. Combine flours, salt, and baking powder.
 2. In a separate bowl, mix whole eggs, buttermilk, oil, brown sugar, and vanilla until well blended.
 3. In a separate bowl, beat egg whites until light and foamy. Gradually beat in ½ cup granulated sugar until stiff, glossy peaks form.
 4. In a separate bowl, beat cream cheese and butter until creamy, and add remaining granulated sugar, beating approximately 4-5 more minutes.
 5. Alternate adding flour mixture and buttermilk mixture beating just until smooth and fold in egg white mixture (do not overmix).
 6. Scrape the batter into a greased and floured 12-cup bundt pan and bake at 325* for 60-70 minutes (use the toothpick test to check for doneness).
 7. Let cool at least one hour, top with fruit of choice, and enjoy!

ELECTION of the BOARD of DIRECTORS for 2009

In accordance with the Election of the Board of Directors for 2009 policies and procedures (as published in last month's and this month's newsletters), the list of candidates are hereby listed below. Ballots will be provided at the election to be held at the Annual Club Meeting at Ingrid's Kitchen located at 3701 N. Young (on N.W. 36th Street & Young, just west of Pennsylvania Ave.) on MONDAY, Oct. 20, 2008 at 6:30 p.m.

The Board of Directors shall be comprised of no more than twenty-five (25) members. At the August meeting of each calendar year, the President shall appoint a five (5) member nominating committee who shall develop a slate of Board members for the following year. Notice of the elections shall be provided to members in good standing prior to the October meeting. Board members shall be elected by a majority vote of the Club members present at the October monthly meeting of the Running Club. Board members shall serve for the calendar year following the election. If a Director fails to attend three Board of Director meetings in succession, the said Director shall be considered as having resigned. A vacant Director's position may be filled, by nomination and majority vote by the club membership in attendance at a monthly meeting, for the unexpired term.

The 2009 elected Board of Directors will then meet in November to elect the Officers and Committees for the 2009 term.

- | | |
|-----------------|--------------------|
| Terry Bass | Kevin Lynes |
| Suzie Bostick | Adrienne McCasland |
| Tom Briggs | Chuck Mikkelson |
| Doug Cunningham | Jamie Pivniska |
| Vaden Dean | Bill Robinson |
| Bill Goodier | Jim Roblyer |
| Maurice Lee | Cara Rogers |
| Kresta Logan | Bill Snipes |
| Bob Loving | Richard Tate |
| Gaile Loving | Frances Williams |
| Sam Loy | Ric Williams |



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

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.

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 _____

Signature _____

Date _____

I cannot participate this year but would like to make a donation in the amount of \$_____.

Please make in Honor of Memory of _____

Early Packet Pick-up:

Begins Monday, 11.3.08 at OKBTF

office, 820 N.E. 63rd Street,

Oklahoma City,

9:00 a.m. to 5:00 p.m.

(NOTE NEW PHYSICAL ADDRESS)

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

Question of the Month

As runners, we know the importance of nutrition to help fuel us. But what about the snacks we love so much after we run? Tell us...

Q. What is your favorite after race or after training run goodie?

A. Anything with lots and lots of chocolate!

- Anne Wright

A. Gummy Lifesavers!

- Troy Banks

A. Vanilla Atkins Advantage Shake

- Doug Cunningham

A. My favorite after race meal is a Carl's Jr. burger (because that means the finish of OCMM)! Actually, anything is my favorite post race snack or meal as long as it includes strong black coffee.

- Kevin Lynes

A. Here is my new perfect snack!

- One handful of Kashi "Good Friends" cereal
- One handful of walnuts
- One handful of dried fruit

Toss in a zip lock and enjoy after your run! It's even better with a cup of Starbucks coffee!

- Marie Breshears

A. A pint of Blue Bell home style vanilla ice cream with no spoon. I just stick my face in it and begin eating ... I tell everyone around me to stay away so that no one gets hurt!

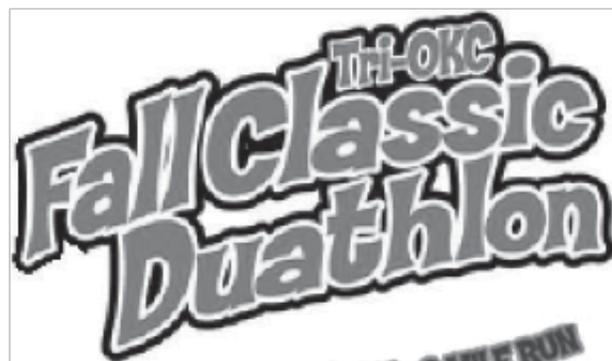
- Richard Tate

A. My favorite after run treat during cool weather is 7-11 coffee with LOTS of half and half with a little French vanilla!

- Frances Williams

A. Jane Pace's pumpkin bread, of course! Although I do sometimes crave cereal after a run ... must be the protein in the milk my body wants!

- Kresta Logan



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 CLOSES**
- 1:15 PM PRE RACE MEETING**
- 1:30 PM RACE STARTS**

REGISTER ONLINE AT

<https://www.signmeup.com/site/reg/register.aspx?fid=5X2VVK7>

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

Questions? E-mail the Race Director at

Fall_Classic_Duathlon@cox.net

Recipes to Run By...

I write this after just having been to the farmer's market, where I picked up several beautiful winter squashes, sweet potatoes, and a variety of fresh herbs. We are now officially into fall and it's about the time that most people get antsy for the fall flavors, but the weather is still just a tad too warm for anything heavy, so I have the perfect dish for those of us ready to put away the salad spinners and dig out the slow cookers. This dish is hearty enough to be a main but pairs wonderfully with baked fish or pork tenderloin.

Southeast Asian Winter Veggies

- | | |
|---|---|
| 3 lbs. butternut squash cut into 1 ½ - 2 inch cubes | 3 Tbs. soy sauce |
| 2 lbs. sweet potatoes cut into 1 ½ - 2 inch cubes | 2 Tbs. peanutbutter (natural preferred) |
| ½ lb. shitake mushrooms, halved | 1 tsp. sea salt |
| 28 oz. light coconut milk | 6-8 scallions cut into 1 inch pieces |
| 1 ¾ cup water | 1 cup chopped cilantro |
| 1 ½ Tbs. chili paste | ¼ cup chopped salted peanuts |
| 1 tsp. minced garlic | |

1. Place squash, potatoes, and mushrooms in a slow cooker.
2. Whisk coconut milk, water, chili paste, garlic, soy sauce, peanutbutter, and salt. Pour over vegetables and cook on high for 4 hours.
3. Divide into bowls and garnish with scallions, cilantro, and peanuts.

Upcoming Landrunners Meeting

Date: Oct. 20

Time: 6:30 p.m.

Location: Ingrid's Kitchen

3701 N. Youngs (between Penn and May on NW 36th)

(405) 946-8444

* Board members meet at 5:30 p.m.

Guest speaker: Chisholm Deupree and his crew members
on his Badwater Ultramarathon experience



JUNIOR LEAGUE OF NORMAN GEARS UP FOR RUN

The Junior League of Norman is excited to announce our 2nd Annual Monster Dash 5K and 1 Mile Run/Walk, which will be held on Saturday, October 25, 2008.

Junior League's newly adopted focus is to promote fitness and nutrition for the citizens of Norman and the surrounding areas. This is a topic that is becoming increasingly more important in our community, particularly for our youth.

The race will take place at Journey Church located at 3801 Journey Parkway in Norman, just off Tecumseh Road between I-35 and 36th Avenue NW. The 5K will begin at 8:00am, followed by the 1 Mile Run/Walk for the children at 9:00am. At 9:30am, there will be a judging contest for all the children who wear their costumes. This event demonstrates that exercise can be fun for the entire family!

All net proceeds will directly support Junior League's community projects which include Done in a Day (a community service program designed to provide volunteers and financial assistance to other local nonprofit organizations), Baby Steps (an early childhood development program for children of Norman Public Schools students), and Kids in the Kitchen (a childhood obesity initiative).

The Junior League of Norman is an organization of women committed to promoting voluntarism, developing the potential of women and improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

For more information
call (405) 329-9617
or register at
www.monsterdash.net

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