

THE LANDRUNNER

Official Newsletter of the Oklahoma City Running Club

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

July 2009 | Issue No. 159

Kathy Moffitt: 2009 Running Hero

Growing up in Okarche playing basketball and softball, Kathy Moffitt didn't run her first race until 1979 at the age of 41. She hasn't slowed down since. Eighteen months later she ran her first marathon at Dallas White Rock, and has now run 19 marathons from Boston to Los Angeles and Houston to Chicago, including the Oklahoma City Memorial Marathon every year. Kathy has now run more than 800 road races and has biked the Hotter 'N Hell 100 mile race in Wichita Falls five times and the 400 mile Oklahoma FreeWheel 10 times. She still runs 25 to 30 races a year, including a recent 5K in 28 minutes.

Now retired from 37 years in the Putnam City school system, including 25 years in special education, Kathy has turned her time and talents to volunteer work. After going through the eight week Citizens Fire Academy for volunteer training, Kathy does volunteer work for the Oklahoma City Fire and Police Departments and the Oklahoma County Sheriff's Department, the Oklahoma State Fair, the Oklahoma City Memorial Marathon, the Route 66 Marathon and many other races. For years, Kathy has not just run races, she has volunteered the countless hours to stuff packets, to work at finish lines, and to do all those hundreds of details which make these races happen.

As the 2009 Reuel Little Classic Running Hero, Kathy Moffitt has been the wonderful example and inspiration of energy and enthusiasm and the life and love of running.



Landrunner Calendar of Events

<i>Date</i>	<i>Event</i>	<i>Location/Time</i>
7/4	Bethany Freedom Run 3K/8K	7801 NW 23rd @ 7:30am
7/20	Club Meeting-Dr. Kevin Jones-Active Release	Ingrid's Kitchen @ 6:30pm
7/25	Midnight Streak 5K	City Arts Center @ 11:00pm
8/1	Route 66 Quarter Marathon	Tulsa, OK
8/17	Club Meeting-Jason Boag— www.crossfitokc.com	Ingrid's Kitchen @ 6:30pm
8/22	SYC Run with the Bulls 5K	Oklahoma National Stockyards @ 7:30am

Hot

Summer is here and it is too hot for me, well maybe not too hot for golf. I don't know what I was thinking when scheduling 3 marathons in 3 months. So far I have been lucky with cool weather in the first two. Both marathons were extremely scenic and I would run again and again. I am hoping San Francisco will be as kind. After last weekend's 18 mile training run, I am not sure I have any sweat left in me. Remember to run with caution and drink plenty of fluids as the mercury climbs.

Thanks to Jim Roblyer for organizing the Lake Hefner Trail cleanup at the end of May and all those who volunteered. The club buying breakfast for the group was also a nice bonus. The club has adopted the Lake Hefner Trails and it is important we take care of this wonderful facility so be sure to do your part in keeping it clean. Also, volunteers are needed for tree watering—contact Bill Robinson at runandsoar@yahoo.com.

Deb and Steve Johnson did another outstanding job hosting our summer social on June 20th. I am not sure how many years in a row they have been kind enough to open their lovely house for a bunch of extremely hungry runners, but it is well appreciated. Thanks Deb and Steve.

As the mercury climbs thankfully the races are getting shorter. Just as the club has many marathoners, we also have many members who prefer the shorter distances—I think maybe they are the smart ones. There are several fun runs in the months ahead so be sure to get out and join the fun. Congratulation to Marie Breshears for 1st place overall female in the Africa West 5K.

Fall marathon training will be starting up August 1st and details will be posted soon on the website. If you are planning on the Tulsa Route 66 for your fall marathon you might want to consider doing the Tulsa Route 66 Quarter Marathon on August 1st which will be run on the new section of the marathon course.

Keep Running

Chuck Mikkelson, President

Landrunners In Action

5/23/09 ANDY PAYNE MARATHON, OKC, OK

Bret Sholar	4:20:07
Sharon Haley	4:22:49
Doug Cunningham	4:26:46
Leslie Fleck	4:41:56
Jim Williams	4:42:37
John Hargrove	5:06:46
Clif Rampey	5:08:27
Robert Bell	5:51:20

5/31/09 BOB POTTS MARATHON, YORK, PA

Shilpa Abbitt	5:15:50
Carolynn Parker	5:15:51

6/7/09 MICKELSON MARATHON, DEADWOOD, SD

Mary Mikkelson	4:07:52
Chuck Mikkelson	4:37:07

Please don't forget to send your results, photos and stories to news@okcrunning.org

Calling All Tree Waterers!

By Bill Robinson

By the time you get this newsletter you will have been contacted if you signed up to assist with the tree watering project along the south most / east shore area of the Lake Hefner trail. Marlene and I helped with an “emergency watering” a few weeks ago; it took less than two hours with six people doing the work. It was actually fun and the trees seem to be doing well. Our club's rotation to water is approximately a two week period every three months or so, which means we will have another opportunity before fall gets here. If interested, please let me know at a meeting or e-mail me at runandsoar@yahoo.com.



Tulsa, Oklahoma
Sunday, November 22, 2009

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Deadwood Mickelson Trail Marathon

by Mary Mikkelson

When there is a marathon with your surname, how can you not run it? Ok, it is spelled slightly different, but it sounds the same.

This marathon is set in the Black Hills of South Dakota and is run on a converted railroad track. The trail runs 100+ miles through the Black Hills and has a crushed limestone and gravel surface. The marathon is a point to point course and starts 26 miles outside of Deadwood, SD



and ends in the town of Deadwood. The first 1.5 miles are on road before you enter the trail. This is a very scenic run crossing through countryside, wooded areas, running by streams and traversing multiple bridges. Chuck took his camera along on the race and took a lot of pictures during the race (including a number of

self-portraits), which accounted for a good portion of the 30 minute time difference between Chuck's and my finish (anyway, that is his excuse).

If you are looking for crowd support, this is not a race for you as spectators are limited to a few trailhead spots along the course. Vehicle traffic is not a problem as it is just you and nature for most of the run. This is also not a PR course as the first half of the marathon is a "gentle" uphill climb (anyway, that is how they describe it) starting at 5,200 feet climbing to 6,500 feet. There are no steep hills but it is a continual climb. Shortly after the halfway point, you start going downhill for much of the remainder of the course and you can definitely feel the gravity pull. Although one of my slower marathon times, I was able to achieve a negative split during this race as a result of the downhill in the second half. There is also a half marathon that starts at the halfway point and takes advantage of the downhill portion of the trail.

This year's race was held on June 7th and the weather was perfect for Chuck, a little cold for me. It was in the 40's the entire race, cloudy with an occasional light drizzle, and

heavy mist or fog for much of the race. Due to rain they had prior to the race (including the night before), the trail was muddy in spots but not problematic (just had to watch your footing a bit more in spots). One of the downsides of this race is that they bus you to the start and drop you off, waiting for over an hour for the start of the race in chilly conditions. It is a small race, with approximately 400 entered for the full marathon and 1,300 for the half. Due to the small size, food is limited at the finish line and no beer (poor Chuck), but they did provide coupons for one pint of beer at one of the casinos in Deadwood. After showering and resting some, we redeemed our coupons and met some other out of town marathoners while drinking our beer including the second place male finisher. Even got a few running tips from he and his wife.



Chuck and I had also run this race last year. One of the reasons we went back was to do the Crazy Horse Volksmarch the day before. Once a year (first weekend in June), the Crazy Horse monument that is still under construction allows the public access to the top of the monument. It is proclaimed to be the largest organized hike in the US. It is supposed to be a 10K hike but Chuck's Garmin only registered about 5 miles. You hike up through wooded areas and then return via a road they use to transport workers and equipment up to the monument. Although the weather did not cooperate that Saturday morning as it was foggy and you couldn't see the monument from the base nor could you see anything from the top, it was interesting to see the various people that came for the hike. They were young and old, fit and not so fit, some who had come every year for many years, just to do the once a year hike. Although I was skeptical about doing a 10K hike the day before the marathon, I do recommend the hike for anyone that has the chance.

The Black Hills is a great family vacation spot with Mount Rushmore, Crazy Horse, the Badlands, Devil's Tower and many more sites within a short driving distance. Although small, this marathon is well run and very scenic. If you are looking for a race in early June and/or want to squeeze in a race while taking a family vacation, Chuck and I both recommend this one.





CITY ARTS CENTER

MIDNIGHT STREAK

5k & 1 Mile Fun-Run

Date: July 25, 2009 - Oklahoma State Fair Park at City Arts Center
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Want To Run with Less Effort? *Do One, or All, of These*

By Warren Jones

Economy, as applied to aerobic exercise (be it running, swimming, biking or the like), describes how much fuel you use when you exert. Your fuel when you aerobically exert, unlike gasoline as the fuel for your car, is oxygen. Speaking of which, consider the fuel economy (pre-hybrid days) of a Volkswagen vs. a Corvette. At 60 mph, the Volkswagen got substantially better fuel economy than the Corvette. The same applies to runners, swimmers, cyclists. Some of us are very economical, and some of us are guzzlers.

So what? At a given pace, you may be consuming 90 percent of your maximum capacity while your competitor (you wouldn't be reading this if you didn't care about your performance, right?) may be consuming only 50 percent. Who's going to win? You got it.

The good news is that economy can be heightened. And the better news is that there are several ways to do it. Generally speaking, those three are (unranked, by the way): plyometrics, intense (heavy) lifting, and speed sessions. I've reviewed the scientific and medical journals during the last six years to pin down training to enhance our economy.

I was prompted to do so when I saw an article in the newest Runner's World describing the benefits of plyometric training. A sidebar to the article was (surprise, surprise) a new book being offered by the Runner's World publisher.

To give you an idea of what "plyometric" training is all about, place your palm on the table. Raise your middle finger, keeping all your other fingers and your palm flat on the table. Now with as much force as you can, bring your middle finger crashing back to the table. Not exactly earth shattering. Now, again place your palm on the table. This time, lift your middle finger with a finger from the other hand, stretching it higher than you did when you merely lifted it by itself. When you release it, it will crash down with great speed. This time, try this: stretch it and, with NO DELAY, release it. It goes down even faster and with more force...effortlessly. So, in this order, we get ever increasing speed and ever decreasing cost: the raised finger, the lifted, stretched and released finger, and the lifted, stretched, and immediately released finger.

The greatest "mechanical efficiency" (the most force with the least effort) comes from the last, and that's because the quicker the muscle and tendon (at even your finger level) are stretched and shortened, the greater the force at the least oxygen consumption. It's really not unlike a stretched rubber band. Your running muscles (not just your fingers) have a "stretch-shortening cycle," and the quicker the transition time, the greater the force with the least amount of energy usage.

That transition time, the shorter the better, is what you

train when you do plyo training. All that hopping, bounding, jumping, box drills, skipping, etc., described in the plyo studies train your running muscles and tendons (primarily your glutes, hams, quads, gastrocs) to stretch and shorten (just like a rubber band) as quickly as possible. All *to go faster with less oxygen consumption*.

Improvements in strength and power from this kind of training do not result from changes in muscle fiber composition or muscle fiber size or in any of the key proteins involved in contraction and elasticity of the muscles. The improvements in power and strength are the result of adjustments in how the nervous system controls the muscles, and not a response to changes in muscle structure or organization.

That's all good. But wait. I've trained runners and triathletes for more than 10 years. Very few of them want to hop, bound, skip or jump. I've explained until "blue in the face" the benefits of plyo training. I analogize it to their thinking, "everyone in this gym (or on this track) sees how stupid I look." This is especially the case among clients more than, say, 30 years old. It's not unlike your junior high days when you thought you were the worst dancer your school ever saw. I was.

Better news: heavy lifting or sprint work will do quite the same. And nobody will point (and laugh) at you.

Let's do the lifting first. I'll finish with a quick note (that'll be enough) about sprinting. On lifting: Do half squats (full squats for runners may impress your fellow lifters, but they are unnecessary in the running motion). Here's the hard part. Do four or five sets of *four or five rep max* three times a week for eight weeks. That is, identify a resistance that, for one set, you can do *only* four or five times. I mean you are *unable* to do another rep. I *don't* mean the remaining reps are difficult. I mean you are unable to do one more rep beyond the fourth or fifth. And, yes, do these three times a week. Do this for eight weeks.

On sprinting, do some "all outs." Don't worry that your all out is only ten or twenty seconds (or thirty or forty, even better, if in fact all out). Think about it: your muscles are stretching and shortening very quickly, much like you do when you're hopping, skipping, bounding in plyo drills. The advantage of sprinting is that you're actually running and, because, using the very muscle fibers you'll use in your races and, especially, your sprint to the tape.

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 wěj@cox.net.





Lotsa Noodles

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Come in for a pre-race meal, or to "re-load" after the big race!

Congratulations to all OKC and EDMOND athletes—
we'll see you on the roads!

2410 W Memorial Rd. Mon-Sat 11-9, Sun 11-8 752-2695

Recipes to Run By

Once again, the Landrunner's summer social was an event not to be missed. The weather was perfect, the host and hostess were welcoming as always, and of course the food evidenced what a talented bunch of runners we have in the kitchen. One of the biggest hits was the scrumptious pan of praline cheesecake squares, that is surely just one in a long list of tempting treats Linda Lekawski has perfected. Thanks, Linda, for sharing with the rest of us!

Praline Cheesecake Squares

- 2 ½ cups flour
 - 1 cup butter, melted
 - 2/3 cups pecans, finely chopped
 - 2 tbs. powdered sugar
 - 24 oz. cream cheese, softened
 - 2/3 cups sugar
 - 14 oz. condensed milk
 - 2 tsp. vanilla extract
 - ½ tsp. grated lemon peel
 - 4 lightly beaten eggs
 - 1 cup packed brown sugar
 - 1 cup whipping cream
 - 1 cup chopped pecans
 - 1 ½ tsp. vanilla extract
1. Combine first four ingredients and press into an ungreased 9x13 inch baking dish..
 2. Bake at 350* for 20 minutes (until lightly browned).
 3. In a large mixing bowl, beat cream cheese and sugar until smooth. Add milk, vanilla, lemon peel, and eggs. Beat on low speed just until combined.
 4. Pour over crust and bake at 350* 35-40 minutes (until edges are lightly browned). Let cool.
 5. In a saucepan over medium heat, bring brown sugar and whipping cream to a boil. Reduce heat and simmer 10 minutes.
 6. Stir in pecans and vanilla, pour over cheesecake, and refrigerate at least 4 hours.

**Makes 15 servings...unless you're feeding a bunch of runners with a sweet tooth!



Random Runners Tips

On a group run several weeks ago, a few of us were talking about the running we are doing in between marathon training sessions, and it turns out many runners are using this time to focus on speed work. While some runners do this on the road or the treadmill, most have found a track to run intervals on. Unfortunately, many are encountering others on the track it seems may have not been taught some of the basics of sharing a track. Listed

below is some basic track etiquette that will hopefully keep everyone safe and sane...and maybe even faster!

1. No headphones! When you're sharing close quarters, you need to be able to hear everything going on around you.
2. Along the lines of sharing close quarters, respect the boundaries. Don't weave in and out of lanes, and be aware of yours and others' flying elbows.
3. Know where to run. The outside lanes should be used for warming up or cooling down. Reserve the inside lanes for the faster running.
4. Follow directions. Run the same direction as the other runners, otherwise you're just asking for a wreck!
5. Save the chatter for later. If you can carry on a conversation, you're probably not working hard enough. Most likely, the other runners will be more than happy to chat *after* they've recovered from their workouts.

Run happy and well!

AUGUST 22, 2009

7:30 AM



Who will be the Prize Bull and Champion Heifer in '09?

Come join the crowd under the gates of The Oklahoma National Stockyards for the
2009 SYC RUN WITH THE BULLS.

We'll be serving hamburgers 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...
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RACE DIRECTOR: Erin Karl/Ken Hughes @ 405-200-6434 / erin@stockyardscity.org

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	PRIZE BULLS*	CHAMPION HEIFERS*
2006	M. Dantzler/ 17:34	R. Ingram/ 19:24
2007	J. Pillow/ 16:31	S. Jones/ 19:50
2008	J. Pillow/ 16:29	T. Cone/ 19:19

*Chip Times

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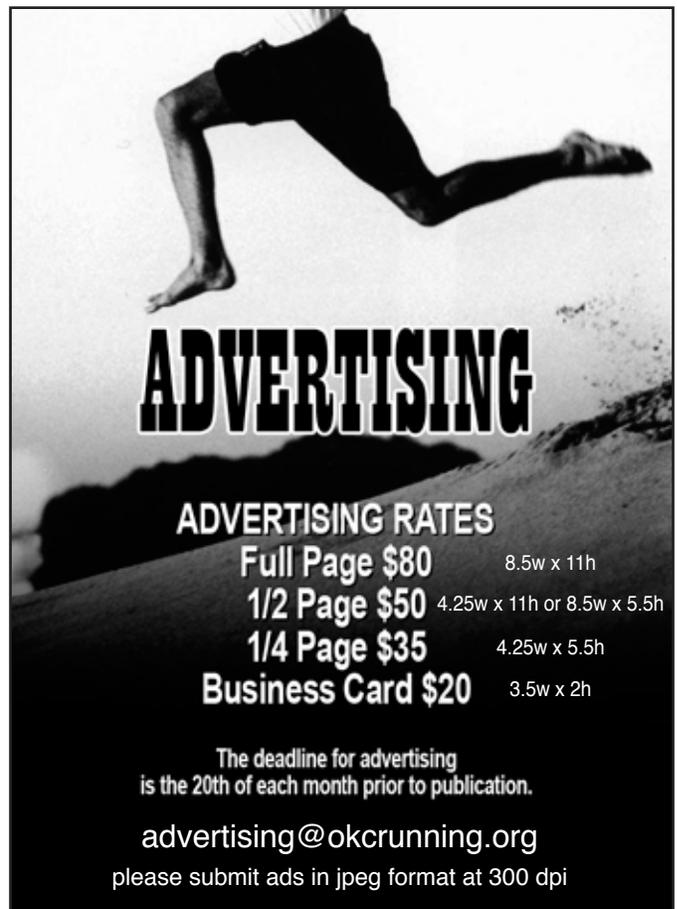
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