

THE LANDRUNNER

Official Newsletter of the Oklahoma City Running Club

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

October 2009 | Issue No. 162

Landrunners Race in California

By Paul Lekawski



From left, Kathy Moffitt, Deloris and Lowell Green show off their medals from the Summer National Senior Games in Palo Alto, California. Dani Conover is not pictured.

During the hot week of August 4-11, the running experience of four great Landrunners was on display at the Summer National Senior Games, held on the campus of Stanford University in Palo Alto, California. And they brought home the hardware (along with a great deal of memories)!

Lowell Green, Deloris Green, Kathy Moffit and Dani Conover competed in 11 events and brought home seven medals. This was just an outstanding performance among

the many athletes from all over the United States. It was estimated that there were nearly 10,000 competitors for the 18 medal sports and seven demonstration sports.

These games are organized by the National Senior Games Association, a non-profit member of the United States Olympic Committee. This association is dedicated to motivating senior men and women to lead healthy lifestyles through the senior games movement. Of course these four Landrunners have been instrumental in motivating a lot of other Landrunners throughout the years and have been great inspirations to many members of our running club.

The games are held every other year and the next ones will be held June 19 - July 5, 2011, in Houston, Texas. Qualification (minimum age of 50) for the games will take place in 2010 and events will be held in Tulsa. Qualifying can be accomplished in other states, i.e., you could try to qualify in Texas, New Mexico, Arkansas, etc.

For further information, check out www.nsga.org (the National Senior Games Association) and www.oklahomaseniorgames.org (the Oklahoma Senior Games).

So how about those results? Quite impressive:

See Results on page 8

Fall has Arrived

Finally the temperatures have started to cool. The only problem now is the rain that has plagued our weekly training runs. The club had a 16 miler a couple weeks ago on Sunday at Lake Overholser in pouring rain. I was hoping just maybe no one would show and I could go back home. Nice dream until I arrived and saw about 50 plus runners waiting to start. Runners would make great postal carriers-heat, cold, wind, rain, sleet, or snow does not seem to slow down this group. I do hope they skip the lightning storms, though.

Once again the club sponsored a water stop for the Redman "rain & mud" Triathlon. Despite the poor weather conditions, we had over 55 members who volunteered for the water stop and some even lent their medical expertise to help out the medical staff. It was a tremendous group effort from the 9:00 am setup to the last runner at 2:10 am the next morning. Our volunteers did an outstanding job of taking care of the athletes from passing out water, Gatorade, gel and food to keeping all the discarded cups and trash picked up. They also ran down many runners who did not have time to stop for special items not readily available. Many of the volunteers worked a lot more hours than they signed up for and really enjoyed being involved in such a great event. *A big thank you to all.*

Last month the club made \$500 donations to the Piedmont and Northwest Classen Cross Country Teams. Piedmont's went towards uniforms and Northwest Classen was to purchase shoes for the girls and boys varsity runners. Hopefully these donations will help these kids keep up their interest in running.

Our September meeting speaker was fellow board member and ultra-runner Maurice Lee III. He did such a great job on his ultra-running topic that several are now considering doing the 24 The Hard Way Ultra on October 24. Sorry Maurice, I am still not convinced on doing an ultra just yet. John Hopper from Mintiva supplied free samples to all and what seem to be unlimited door prizes. Thanks to Maurice and John we had another great meeting.

Next meeting will be October 21st with speaker Hal McKnight from Wheeler Dealer and OKC Parks and Trails, so be sure to bring your trail questions or suggestions. I also hear Thomas Hill III will be bringing us up to date on all the changes to the Thanksgiving Day Turkey Trot. Plus don't forget you will be voting for the 2010 Board of Directors at the meeting.

Keep Running

—Chuck Mikkelson, President

Landrunner Calendar of Events

<i>Date</i>	<i>Event</i>	<i>Location/Time</i>
10/3-4	Spirit of Survival 5K/half/mar.	Wichita Mountains Wildlife Refuge
10/4	Among Friends	Norman, OK @ 4:00pm
10/10	Race for the Cure	AT&T Bricktown Ballpark @ 8:15am
10/10	Swazi 5K	Bethany, OK @ 9:00am
10/19	Club Meeting-Hal McKnight	Ingrid's Kitchen @ 6:30pm
10/24	Loganpalooza	LMC, Guthrie @ 9:00am
10/24	OK UltraRunning Championship-24THW	Bluff Creek Trails
10/31	1st Annual Halloween Run 5K	Chesapeake Boathouse @ 8:00am
11/7	Race with the Stars 5K	OCU 1700 NW 27th @ 8:00am
11/14	Race for Hope 5K & 12K	Lake Overholser @ 8:00am
11/22	Williams Route 66 Marathon	Tulsa, OK @ 7:30am
11/26	10th Annual OKC Turkey Trot	Downtown OKC @ 8:00am

Test Your Endurance at
Oklahoma's First
UltraRunning Championship!

**24
THE
HARD
WAY**

**DOUBLE
DIRTY
DOZEN**

Pound the pavement or go off-road in one of four timed races ranging from one to 24 hours along the Bluff Creek Trails. Benefitting United Way of Central Oklahoma.

October 23-25, 2009

1-hour LIVE UNITED race on Saturday • 6, 12 and 24-hour races on Sunday

www.24thehardway.com

www.doubledirtydozen.com

Election of the Board of Directors 2010

In accordance with the Election of the Board of Directors for 2010 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. 21, 2009 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 2010 elected Board of Directors will then meet in November to elect the Officers and Committees for the 2010 term.

- | | |
|-----------------|--------------------|
| Arnie Angelici | Bob Loving |
| Donna Banks | Gaile Loving |
| Suzie Bostick | Kevin Lynes |
| Mark Bravo | Adrienne McCasland |
| Marie Breshears | Chuck Mikkelson |
| Tom Briggs | Jamie Pivniska |
| Tom Coniglione | Sherri Rector |
| Doug Cunningham | Jim Roblyer |
| Vaden Dean | Cara Rogers |
| Bill Goodier | Bill Snipes |
| David Greer | Frances Williams |
| Maurice Lee | Ric Williams |
| Kresta Logan | |



Landrunners In Action

8/1 TACOMA NARROWS HALF MARATHON, TACOMA, WA

Debra Chronister	1:53:32	<i>3rd Place in age</i>
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9/13 TURKEY & TATURS 50K TRAIL MARATHON, TULSA, OK

Bret Sholar	6:12:27
Melissa Brevetti	8:25:33
John Hargrove	9:28:54

9/13 TURKEY & TATURS 25K TRAIL MARATHON, TULSA, OK

Nels Bentson	5:12:25
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9/19 ODYSSEY TRAIL MARATHON, MILLBORO, VA

Shilpa Abbitt	7:27:23
Carolynn Parker	7:27:23

9/19 REDMAN FULL TRIATHLON, OKC

Jason Tilton	13:18:57
Stephen Abernathy	14:21:09

9/19 REDMAN HALF TRIATHLON, OKC

Aaron Highfill	4:46:54
Tyler Wellhausen	5:40:31
Cara Rogers	7:33:18

9/19 REDMAN OLYMPIC DISTANCE TRIATHLON, OKC

Jennifer Henry	3:15:25
Bill Robinson	3:56:35

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



It's a

Natural

Little Rock Marathon

half marathon ~ relay marathon ~ 5K ~ kids mile ~ senior mile
little rock, arkansas

March 7, 2010

www.littlerockmarathon.com



Very Walker Friendly



Pinning Down Your Training Velocity... Without Needles

By Warren Jones

I hope you recall my article (June 2008) about the numerous benefits of training AT your Maximum Lactate Steady State velocity. In any case, I'll briefly summarize the main points of that article as background for this article.

MLSS is your running velocity (or biking velocity or swimming velocity) where your blood lactate concentrations are removed, not accumulated. Increasing velocity above MLSS results in blood lactate production that exceeds its disappearance and results in fatigue or the necessity to slow down, or both.

Training AT your MLSS enhances your running speed at your lactate threshold, your running speed at your MLSS, your VO₂ max, your running speed at your VO₂ max, your heart rate at submax velocity, and on and on.

We identify your MLSS by identifying that velocity where the increase in blood lactate from ten minutes to thirty minutes does not exceed 1.0 mM. The problem lies with the process by which we get your blood for the blood lactate measurement: it necessitates a number of "venipunctures" of fingers or earlobes for blood collection and analysis. None of my clients enjoys the procedure, often choosing to provide different fingers over a thirty minute bout. This, too: the finger "chosen" must be dried (eliminating sweat which, if present, would produce false readings), "pricked," lightly squeezed, one drop eliminated, and a second drop placed precisely on a "test strip" only a few millimeters in width. All this while my client is just trying to catch his breath and hold relatively still so that I can get that tiny drop of blood on that tiny strip.

Fast forward to today. The newest Journal of Strength and Conditioning Research (JSCR) contains a study reflecting the ability to identify MLSS "non-invasively" by way of Near InfraRed Spectroscopy (NIRS), a procedure that can identify the percentage of oxygen saturation in your muscle tissues (in the JSCR study, in the gastrocnemius, the calf muscle).

It turns out, per the study, that there is almost identical velocity among MLSS, Blood Lactate Breakpoint velocity,

and Oxygen Saturation Breakpoint velocity. Breakpoint for both blood lactate and for oxygen saturation occurs when linearity is breached. To describe "linearity," let's say your blood lactate level at minute 10 is 2.5, at minute 15 is 2.75, at minute 20 at 3.0, but at minute 25 is 4.5; the linearity (2.5, 2.75, 3.0) is breached at minute 25.

If those were your numbers, we would know, therefore, that the velocity in that 30 minute bout is ABOVE your MLSS, and we'd come back another day...at least 48 hours later, and go through the same process again, "pricking" away on your fingers. With the ability to measure oxygen saturation (in scientific shorthand, "StO₂") in place of blood lactate, we'd be able to identify your MLSS with Near InfraRed Spectroscopy. NIRS "looks" through your skin, through your subcutaneous fat, and into your muscle to identify the oxygen saturation

To show you how reliable the NIRS method is to identify MLSS, the average speed among the subjects' oxygen saturation breakpoint, their blood lactate breakpoint, and their MLSS was less than two tenths of one mile per hour different. Among the subjects in the JSCR study (these won't necessarily be your speeds), the oxygen saturation determined MLSS was 7.97 mph, the blood lactate determined MLSS was 7.92, and the actual MLSS was 8.10.

So, if you use the NIRS method to "pin down" your MLSS, you can then do the training I described in my June 2008 article to reap all those benefits from training AT your MLSS. Remember, of course, that with MLSS training, you'll experience a number of improvements, so don't assume your MLSS will always be where it is when you first measure it.

So, except for your flu shots, no more needles for you.

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.





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



Saturday, October 24, 2009

- * **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 _____

Address _____ City _____ State _____ Zip Code _____

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

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 _____

Results *continued...***Dani Conover**—*Female 50-54*

5K ROAD RACE

26:22

*14th in her division (20:53 – gold in division)**140th overall (out of 255 male & female)*

10K ROAD RACE

56:43

*10th in her division (44:36 – gold in division)**93rd overall (out of 148 male & female)*

Dani was very impressed with the games and especially the people organizing and conducting the events. She felt that there was a genuine “Oklahoma friendliness” in Palo Alto as evidenced by the encouragement and compliments she received when locals noticed the games badge she wore. She said they made her feel very welcome and were extremely warm and friendly. She definitely has plans for the Houston Games.

Kathy Moffit—*Female 70-74*

400 METER DASH

1:46.63 (1:30.61 winning time)

4th Overall (12 entered – qualified for finals in one preliminary race)

800 METER RUN

3:59.27 (3:26.05 winning time)

Bronze medal winner (nine entered – no preliminary)

1,500 METER RUN

7:52.11 (6:56.39 winning time)

Bronze medal winner (nine entered – no preliminary)

5K ROAD RACE

28:13

*Bronze medal winner in her division (25:23 – gold in division)**167th overall (out of 255 male & female)*

10K ROAD RACE

1:00:04

*Bronze medal winner in her division (52:53 – gold in division)**109th overall (out of 148 male & female)*

Kathy had a goal to win a medal, and she came away with four *bronze* medals in a typical performance by this ever so humble runner. She was very impressed with the campus of Stanford University and she mentioned that staying in the dorms was very nice as they could walk to the events, held at the track and field complex. Like, Dani, she was also very pleased with the warm friendliness of the people in Palo Alto and the event organizers.

Kathy did mention how different it was in running the 400, 800 and 1,500 meter races, since she is a long distance

runner and her legs just aren't used to a quick, fast pace. But she certainly proved that she had no problem in competing.

Kathy, now running for more than 30 years, was named the 2009 Reuel Little Classic Running Hero. As most runners in Oklahoma are aware, this is quite an honor from one of the state's greatest races.

Deloris Green—*Female 75-79*

5K ROAD RACE

38:15

*8th in her division (28:29 – gold in division)**229th overall (out of 255 male & female)*

10K ROAD RACE

1:25:55

*Silver medal winner in her division (1:00:25 – gold in division)**138th overall (out of 148 male & female)*

Deloris had a wonderful time, traveling with her husband, Lowell, and Kathy Moffit. She enjoyed the people and events along with the great atmosphere and surroundings. Her recovery has placed a few doubts in her mind for the Houston Games, however, betting money has her going back to challenge for the gold.

Lowell Green—*Male 85-89*

400 Meter Dash

1:46.78 (1:42.45 winning time)

Silver medal winner (six entered – no preliminary race)

1,500 Meter Run

8:46.45 (7:51.43 winning time)

Silver medal winner (six entered – no preliminary race)

Lowell, one of our members of the Greatest Generation, came home with two silver medals (although Deloris' silver medal holds a greater shine). His performance was outstanding and he was extremely impressed with the games and their organization. He really enjoyed his trip and was thrilled that his son could join them and witness their accomplishments.

Lowell was also very pleased with meeting Glen Doty and Charlie Dotson, the two competitors that edged him out in winning. He was also impressed with the number of athletes competing in all of the games, along with the New Mexico contingency that even brought their own cheerleaders.

Lowell says he is a “*very firm maybe*” for the 2011 Games and something tells me he'll be there, going for the gold!

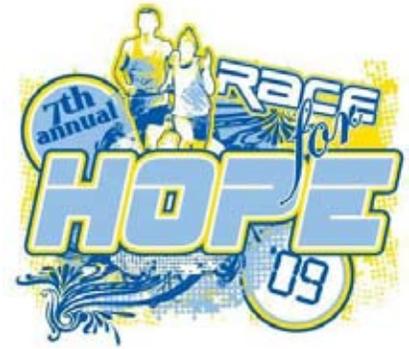
If you are interested in competing in these Games, check out the Web sites mentioned in the first part of this article. Or better yet, stop and talk with these four Landrunners and get their personal experience and advice. It couldn't come from any better resource.



Things to do.. Register for 7th Annual Race for Hope



By October 26th to be guaranteed a COOL t-shirt!!!!



Saturday 11.14.09

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

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& certified
Champion chip
Timed

405.843.HOPE

www.okbtf.org

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

You can make a
difference!!

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
730 W. Wilshire Blvd, Suite 114, Oklahoma City, OK 73116**

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.

Signature _____
Date _____

Early Packet Pick-up:

Begins Monday, 11.9.09 at OKBTF office, 730 W. Wilshire Blvd, Suite 114, Oklahoma City, OK 73116
9:00 a.m. to 5:00 p.m.
(NOTE NEW PHYSICAL ADDRESS)



Williams Route 66 Marathon

SUNDAY, NOVEMBER 22, 2009

Tulsa, Oklahoma

Energize Yourself!

FULL MARATHON

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ONE MILE FUN RUN

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OKLAHOMA CITY UNIVERSITY
THE MARIANNE VANNATTA
RACE WITH THE STARS

SATURDAY, NOV. 7, 2009



8 A.M. – 5K RACE
8:45 A.M. – 1-MILE FUN RUN/WALK

FREED WELLNESS CENTER - 1700 NW 27TH ST.

Pre-registration - \$15
Race day registration - \$20

Includes long-sleeve, technical T-shirt
and goody bag while supplies last

The Race benefits OCU's Kramer School of Nursing

To register or for more information visit
www.okcu.edu/racewiththestars or call (405)208-STAR

THE MARIANNE VANNATTA
RACE WITH THE STARS!



Help us support the men and women who dedicate their lives
to making Oklahoma a drug-free state



OBNEA Oklahoma Bureau of Narcotics Employee Association presents
1st Annual 5K Halloween Run From Addiction



Saturday
October 31st 2009
8:00 am - 5 K Run begins
8:30 am - 1 Mile Walk Run begins



Chesapeake Boathouse
725 S. Lincoln Blvd
Oklahoma City

- USATF Sanctioned Event
- Certified Course
- Coordinated by DG Productions
- Champion Chip Timed



For more information visit our website: www.obnea.org Or register online: dgproductions.com

Chill Your Cheeks 5k Run & Jingle Walk

SATURDAY NOVEMBER 21

5k Run Starts 5:00pm
Jingle Walk Starts 5:30pm

REGISTRATION DEADLINE NOVEMBER 6

Must register by deadline to be guaranteed a T Shirt

Adult \$20 w/ long sleeve T-shirt
Youth \$15 w/ long sleeve T-shirt
\$5 late fee applies after November 6



For more information
call 350-8920 or 354-8442

Register in person
Jackie Cooper Gym
1024 E Main St.
Yukon OK 73099

Yukon Community Center
2200 S. Holly
Yukon OK 73099

ONLINE REGISTRATION AVAILABLE

WWW.ACTIVE.COM EVENT ID: 1765883

THE 10th ANNIVERSARY OKC

TURKEY TROT

THANKSGIVING DAY
NOVEMBER
TWENTY-SIX

2009



**TAYLOR
GROUP**
Event Management

www.okcturkeytrot.com



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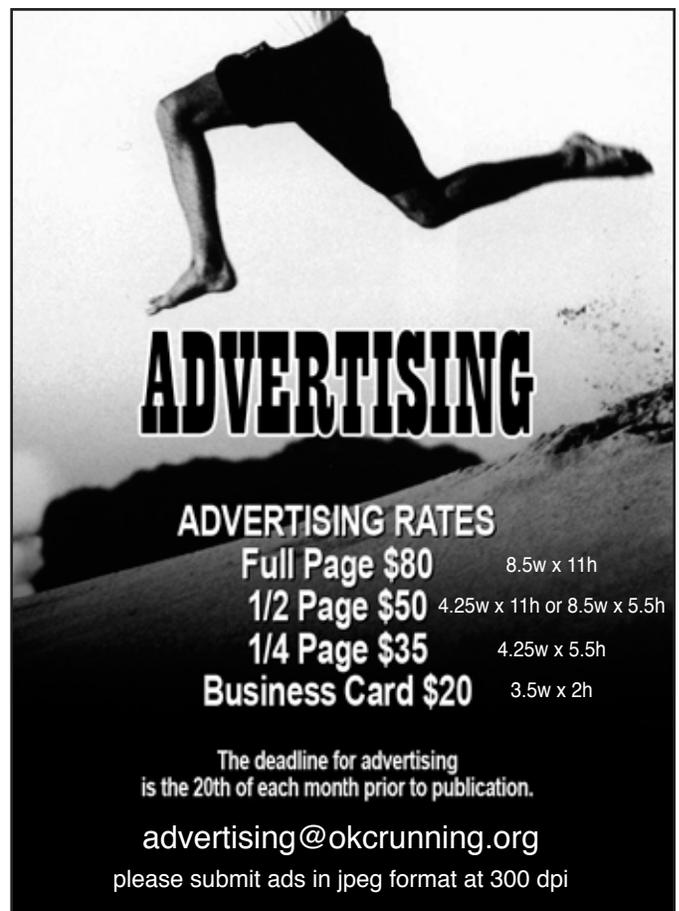
1. Write a check for \$20 to OKC Running Club
2. Mail Check with your mailing label (above) or new member application(available online) to:

Oklahoma City Running Club
PO Box 18113
Oklahoma City, OK 73154

Visit The Landrunners Online:

www.okcrunning.org

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



ADVERTISING

ADVERTISING RATES	
Full Page \$80	8.5w x 11h
1/2 Page \$50	4.25w x 11h or 8.5w x 5.5h
1/4 Page \$35	4.25w x 5.5h
Business Card \$20	3.5w x 2h

The deadline for advertising is the 20th of each month prior to publication.

advertising@okcrunning.org
please submit ads in jpeg format at 300 dpi