

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

February 2010 | Issue No. 166

## Disney World Half Marathon

*By Kim Becker*

I went to Orlando a couple of weeks ago to visit my sister and to run the Disney World Half Marathon. She has worked for Disney for 18 years and knows Mickey Mouse personally.

I walked the 5K on Friday with my wife and sister. It was about 40 degrees with clear, sunny skies.

It was a different story on Saturday morning when I joined 23,000 fellow runners. It was 29 degrees with sleet and wind at the start of the race.

The starting line at Epcot was a little longer than a mile from the parking area. I wore a running tee shirt, a long sleeve running shirt, a long sleeve cotton shirt, a running jacket and a disposable poncho to keep the rain off. Add to that the borrowed sweat pants, gloves and Mickey Mouse Pirate Hat. After about 3 miles, it was time to unlayer. Somehow during the half mile it took to shuck gloves, shirts, etc., I also shucked my armband that held my new iPod. I didn't even realize it until I started to plug in my earphones.

It was still pitch black but I knew I threw everything in the grass. Going back against the tide of runners, looked like a war zone with the amount of clothes left on the side of the road. I found my iPod after about five minutes of looking, plugged in, and got back on track.

Then I noticed that people were stopping along the way for photo ops such as a cut out of Donald Duck or a backdrop of the race logo. I wanted my picture taken too and the line was pretty short. I watched hundreds of runners go by in all kinds of Disney array. I finally got to the front of the line and realized those people brought their own cameras. There wasn't a photographer. Not too embarrassing.

It was very exciting in the Magic Kingdom (around Mile 6). We ran through Cinderella's Castle and over the draw bridge. There were thousands of spectators cheering us on. There were also many photo opportunities along the remaining seven miles with some of the Disney characters. Mickey and Minnie Mouse were near the finish line and they both gave me a high five.

At the finish I got water and a banana. I also got my picture taken at the finish line with my medal. Then I was getting very cold. So I followed a large group that appeared to know where they were going. They did, but they were going to the bus area. I went a half mile in the wrong direction! My legs and ankles ached and I was shivering by this time. I finally found my car, got inside, turned up the heat, and thought about my run. It was a lot of fun and the volunteers were great. But I felt like I was the only real "Goofy" that day.

# Got to Love the Cold!

January started with plenty of snow and ice remaining from the Christmas snow storm. So what better way to kick off the New Year than participate in the Tri-OKC Polar Bear Plunge on January 1st? Since the Resolution Run had been postponed due to the remains of the Christmas snow storm, several Landrunners (including yours truly) showed up to attempt to claim the Polar Bear Cup. The water was not too cold (for me, anyway) but after 10 minutes the spectators got cold just watching and declared it a three-way tie. Those weekly ice baths really paid off as I was able to claim part of that cup.

On Saturday, January 2nd, marathon training kicked off with over 200 runners and 50 walkers on a frigid, but sunny morning. This is a good sign that the 10th Oklahoma City Memorial Marathon will be another sell out so get signed up today. Other than a few icy patches on the road, it was a beautiful day for a run. The following Saturday with the temperature close to zero (long pants day even for me), about 80 brave souls showed up. Week 3 turned out to be a cool, drizzly day but another large group hit the rolling hills of Mitch Park. I myself was in Phoenix and enjoyed a warm sunny day with 30,000 other runners for the P.F. Chang Rock'n'Roll. Week 4 on the river trails was another cool day with the rain ending just before our run began and once again the runners showed up in force. Chesapeake Boathouse was our week 4 sponsor and provided us with water, PowerAde, coffee, bagels and a warm place to congregate before and after our run. Thank you to all the Chesapeake volunteers for being such a great host.

I missed January's club meeting (still in Phoenix) but heard it was another good turnout. Vice President, Cara Rogers Nance did a great job running the meeting and Dr. Tom Coniglione provided an interesting and informative program on injury prevention. If you missed it a video replay will soon be posted on the club's website.



*Landrunners at Polar Bear Plunge*

A big thank you goes out to the Sooner State Games and the A2A Marathon for the free race entry door prizes. The February 15th meeting will be a special program as we will honor all 2009 series award winners and crown the King and Queen of Mileage. The club will be supplying pizza and drinks for everyone, so don't miss it: February 15 6:30pm at the Kimray Conference Center NW 42nd and Santa Fe.

Don't forget to register or volunteer for the club's Panera Jack Rector Beacon on the Bay on February 27th. This is the club's main fund raiser for the year and race director Cara is promising good weather - maybe not for the race but sometime this year. This race is the 1st of the Triple Crown Series so sign up for the Triple Crown and save some dough.

Another big event coming up is a Landrunner's bus trip to the A2A Marathon, Half Marathon and 5K on March 28th. The first bus is almost full and Gaile Loving is taking reservations for a second and maybe a third bus if demand warrants. See the website for details or contact Gaile at [lovingscience@mac.com](mailto:lovingscience@mac.com) for more information. Cost is \$15 per person roundtrip and you don't have to run one of the races to ride the bus.

Keep Running,  
*Chuck Mikkelson, President*

FOR THEM WE RUN

10<sup>th</sup>  
Anniversary Run



WE RUN TO REMEMBER



THE TENTH ANNUAL OKLAHOMA CITY

# Memorial Marathon

APRIL 25, 2010

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# Landrunner Calendar of Events

| <i>Date</i> | <i>Event</i>                     | <i>Location/Time</i>               |
|-------------|----------------------------------|------------------------------------|
| 2/6         | Balto 5K                         | Edmond Mitch Park @ 10:00am        |
| 2/13        | Frigid Five                      | Edmond Mitch Park @ 9:00am         |
| 2/15        | Club Meeting-Series Awards Party | Kimray NW 42nd & Santa Fe @ 6:30pm |

### \*\*\*Triple Crown Series\*\*\*

|      |                                     |                                      |
|------|-------------------------------------|--------------------------------------|
| 2/27 | Panera Jack Rector Beacon 5K/25K*** | Stars & Stripes Lake Hefner @ 9:00am |
| 3/6  | Creek Classic 5K/10K ***            | Deer Creek @ 9:00am                  |
| 3/7  | Little Rock Marathon / Half / 5K    | Little Rock, Arkansas                |
| 3/13 | St. Paddy's Day 8K***               | East Wharf Lake Hefner @ 10:15am     |
| 3/15 | Club Meeting- Speaker TBA           | Ingrid's Deli @ 6:30pm               |
| 3/28 | Earlywine Dash 5K                   | Earlywine Park @ 2:00pm              |
| 3/28 | A2A Marathon / Half Mar. / 5K       | Ardmore, OK @ 8:00am                 |

## Landrunners In Action

1/9 MISSISSIPPI BLUES MARATHON, JACKSON, MS  
 BILL GOODIER 3:35:57

1/17 CHEVRON HOUSTON MARATHON, HOUSTON, TX  
 MARY FAUCETT 3:45:17

1/10 WALT DISNEY WORLD HALF MARATHON, ORLANDO, FL  
 KIM BECKER 2:20:15

1/17 ARAMCO HOUSTON HALF MARATHON, HOUSTON, TX  
 JANE PACE 2:01:16

1/17 P.F. CHANGS ROCK'N'ROLL MARATHON, PHOENIX, AZ  
 JIM TINCHER 4:27:00

If you don't see your results it could be you forgot to report them so send your results, photos and stories to [news@okcrunning.org](mailto:news@okcrunning.org)

1/17 P.F. CHANGS ROCK'N'ROLL HALF MARATHON, PHOENIX, AZ  
 MARY MIKKELSON 1:51:16  
 CHUCK MIKKELSON 2:01:49

## Little Rock Marathon Unveils 2010 Finisher's Medal

Little Rock Marathon race officials unveiled the 2010 version of the world's largest marathon finisher's medal. "Our race is known for coming up with something fun and different each year," Pharis said. "Athletes come from around the world to take our medal home. Only a few take away the winner's title. But, when all said and done the one thing so many finishers cherish is their medal. They run for the hardware and every finisher takes home hardware."

The 2010 Little Rock Marathon finisher's medal is 7 3/4 inches long and 6 inches wide. The medal features the 2010 "It's a Natural" theme and weighs

in at a 1.67 pounds. The medal features the race's signature globe, as well as race director's kiss. The half marathon finisher's medal also features the 2010 race theme and is 4 inches long by 4 inches wide. An average marathon finisher's medal is 2.5 inches and weighs approximately 3 ounces.

Race day is Sunday, March 7. Online registration and mail in registration for the Little Rock Marathon and companion races will close February 26 at midnight CST and will re-open at the Health & Fitness Expo on March 5 – 6 if maximum registration limits have not been reached.



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](http://www.littlerockmarathon.com)

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Parks & Recreation

# The Triple Crown is Coming!

*By Frank Willis, event coordinator*

All of you look forward to the premier racing series of the spring, THE TRIPLE CROWN. The rules are simple and here they are:

- Run the The Panera Jack Rector Beacon Run on February 27th, either the 25k or the 5k, it doesn't matter;

- Run the Creek Classic 5k or 10 k on March 6th, it doesn't matter which one;

- Run the Third Jewel at the St. Paddy's Day Great Race of the Great Plains 8k on March 13th.

- Your finishing position in your age group in each race is totaled, and the lowest number for each age group wins the Triple Crown Cup for that age group! The overall Triple Crown winners, who receive the DR. TOM CONIGLIONE CHALICE, are the male and female whose total points for their overall finish in each race are the lowest. In the event of ties, the tie-breaker is the finish in the Great Race of the Great Plains — whichever runner finishes higher in the March 13th 8k is the age group or overall winner. Overall winners do not also receive their age-group cup; it goes to the next lowest-point finisher. Awards are presented at the conclusion of the presentation of awards for the Great Race of the Great Plains.

Age groups are standard five year and 10 and under, 11-13; 14-16, 17-18, 19-24, and 75 and over. Students and kids who have been Wii'ing, or doddling over SuperMario Smash Brothers or Shadow of the Colossus need to get off their duffs and compete!—some awards in the lower age groups have been languishing. So push your kids and their friends out of bed...same for some of the senior ladies' brackets!

Club members can enter the Triple Crown for \$52 (non-members \$55), which qualifies you for all of the races and saves you some money (plus no, zilch, zero, nada processing fee for using online registration at okcrunning.org). Added this year is a 19 years and younger entry fee rate of only \$42 but must pre-register online for this special rate.

And you don't have to decide ahead of time whether you are going to do the 5k or 25k on February 27th or the 5k or 10k on March 6th since each race uses timing chips; just pick the race you like when you arrive and show up at the right starting line!

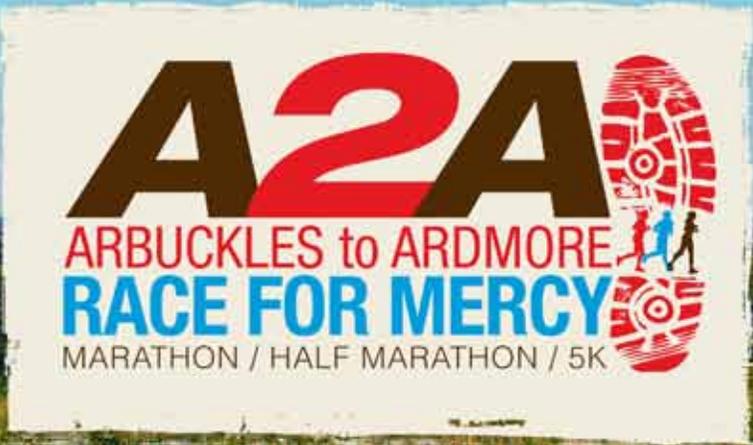
AND, if you register for the TRIPLE CROWN, you receive the Creek Classic shirt along with a special limited-edition high tech long sleeve TRIPLE CROWN RUNNER'S SHIRT, a soon-to-be rare collector's item of inestimable value. The limited edition has been cut for this TRIPLE CROWN only and will never be repeated again, the sewing machine will be destroyed after production is complete!

You do not have to specially register for the TRIPLE CROWN to be a contestant in the TRIPLE CROWN. If you prefer to register for each of the races separately and receive the t-shirts provided by each race you may do so. In fact, anyone who runs in all three events has competed in the three jewels of the TRIPLE CROWN and is included in the TRIPLE CROWN competition, WHETHER THEY LIKE IT OR NOT!

One last detail: if your age bracket changes during the running of the TRIPLE CROWN, your point totals are calculated from your finish in the age bracket you are in when you run each race. Your TRIPLE CROWN final ranking will be based on the age bracket you are in on March 13th.

Whew! Any questions?





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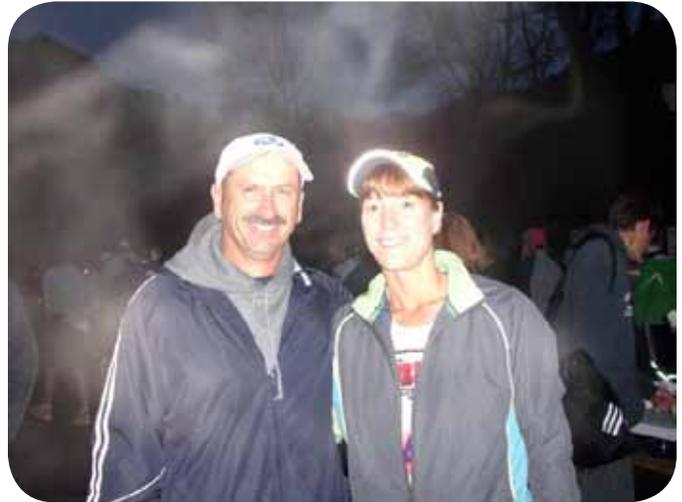
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# Get to Know Board Member – Donna Banks

One of the new OKC Landrunners board members in 2010 is Donna Banks. Many of you know Donna as she has been an active member of the Landrunners for about 8 years. Donna joined the club shortly after she and her family moved to the OKC metro area from Wheatfield, Indiana in 2001. Donna can often be seen at races – whether participating, cheering on her husband and/or daughter(s) (who are also avid runners) or volunteering, she always has a smile on her face.

Donna began running 18 years ago when she stopped smoking cigarettes to “avoid the dreaded weight gain” and she has definitely accomplished that goal. Her favorite distance is the marathon and she has run 18 marathons, including 3 Boston marathons, with a 3:35 PR (Austin in 2003). The Chicago marathon in 2000 was her first and is still her favorite as a result of it being her first. Donna commented that she doesn’t think there is anything like completing your first marathon, except possibly completing your marathon in a Boston qualifying time. One of her favorite running spots is Lake Hefner due to its convenience – she says it is close to her job so she can stop there before going home. When she isn’t running, you can also see Donna riding her bike around both Lake Overholser and Lake Hefner.

Donna married her high school sweetheart, Troy, at age 21 and they just celebrated their 25th wedding anniversary last year. About six years ago, Troy finally gave in and started running with Donna. But you won’t see Troy running too much side-by-side with Donna because as she put it, his attitude is “anything you can do, I can do better” and he often can be seen sprinting off to prove it. Donna and Troy have four daughters that you may catch running with them at various times - Shannon (23) is a Navy Nuclear Tech., Meghan (22) is a college student, Laura (20) is to be married in June 2010, and Melissa



*Troy and Donna Banks*

(19) is a college student. Donna is employed as a lead medical records clerk with Oklahoma Interventional Pain Management.

Donna and Troy plan to run the half marathon in Austin, Texas in February, hopefully the full Oklahoma City Memorial marathon in April and the full marathon in New York City in November.

In addition to running, Donna enjoys fishing, hiking and vegetable gardening. Something you might not know about Donna is that she has a twin brother. Donna is older by 14 minutes and she said the minutes came in handy when younger but not so much now that they are older.

When Donna was asked to consider being on the Board, her first thoughts included wondering if she could make all the meetings and what would actually be expected of her. She is looking forward to contributing with ideas and/or suggestions to keep the club strong. Donna is always willing to help fellow runners and we know she will be a great addition to the Board.

One of Donna’s favorite quotes is – “Run like you stole something.” Remember this saying when you need that extra burst of energy at your next race.



1st Jewel in the Triple Crown of Spring Racing  
**25K STATE CHAMPIONSHIP**  
Saturday, Feb. 27, 2010  
25K - 9:00 am 5K - 9:20 am 1 mile Fun Run - 9:30 am  
Championship Chip Timing by DG Productions

**Entry Fee:**

25K - \$25; (\$22 for OKC Running Club Member)  
5K - \$20; (\$17 for OKC Running Club Member)  
1 Mile Fun Run - \$10  
19 & Under \$10 any race;  
(no shirt, must pre-register)

**Location:**

Stars and Stripes Park  
Lake Hefner, Oklahoma City

**Prizes:**

Overall Male & Female  
Special Age Group Awards - 3 deep  
Plus Fun Doorprizes

**Registration:**

Preferred Online Entries: [www.okcrunning.org](http://www.okcrunning.org)  
(no processing fees)

Mail Entries to:

Race Director  
P.O. Box 18113  
Oklahoma City, OK 73154

**Packet Pickup:**

Friday, Feb. 26, 2-7 pm  
Panera Bread on NW Expy. (across from Integris)

**Produced by:**



Proceeds go to the Panera/Landrunners Community Racing Fund. For more information email: [racedirector@okcrunning.com](mailto:racedirector@okcrunning.com)

# You're Just 18 (Actually 20) Percent Wrong

By Warren Jones

This is the time of year when most of us become focused on our “post holiday” body weight. Under even the best of conditions, weight management is a challenge. Wouldn't it be nice to have no unexpected stumbling blocks?

You may recall a study published several years ago (in the American Journal of Public Health) revealing how badly we are about estimating the number of calories in the “less-healthy” food which we consume at “sit down” and “fast food” restaurants. That study revealed that consumers' estimates of fat, saturated fat and calories were approximately HALF of the actual fat, saturated fat and calories in the “less-healthy” dishes.

I keep emphasizing “less-healthy” dishes because a study just appeared (in the January 2010 issue of the Journal of the American Dietetic Association) revealing the dangers of our depending on the accuracy of the RESTAURANT STATED amount of calories in “reduced energy” foods and even the accuracy of the stated amount of calories in “reduced energy” store-bought frozen foods.

Of course, achieving calorie intake goals by way of self monitoring depends in part on the accuracy of information provided. It seems reasonable that we should be able to rely upon the accuracy of the data provided by the restaurants and frozen food manufacturers.

In the JADA study, 39 reduced energy (low calorie) foods from 29 fast food and sit down restaurants were analyzed by researchers at Tufts University to identify the foods' actual calories. The foods studied were represented by the restaurants to be at or below 500 calories, and “American.” To be fair, some of the foods analyzed contained FEWER calories than represented, but on average, the 39 foods contained 18 percent more than as represented. Some contained twice as many calories as represented. And, worse, the free side dishes provided with some of the entrees increased the calories to an average of 245 percent of the stated value of the entrée.

Let's consider the impact of the 18 percent error. A food containing 18 percent more than 500 calories would contain an additional 90 calories. Remember, we're talking about the excess calories of “healthy” foods. Based on the study of “less-healthy” dishes described above, I suspect the excess (above the statement of calories) on the less healthy dishes

would run in the range of hundreds of calories. “Only” 90 calories times seven (let's assume you eat at a restaurant, for breakfast or lunch or dinner, only once a day). That's approximately ten unexplained pounds you'll gain in one year, or 10 pounds you're not able to lose eating “healthfully.”

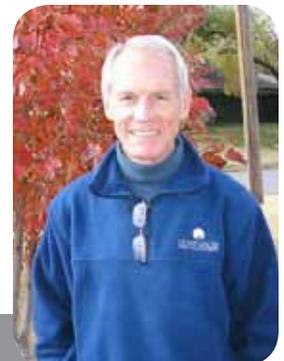
The 29 restaurants in the study are familiar names and are broadly distributed throughout the United States: Denny's, Ruby Tuesdays, Taco Bell, P.F. Chang, Olive Garden, Dunkin Donuts and Wendy's. Of course we don't know what OTHER restaurants fail to correctly reflect calories. You decide. Under current law, the restaurants' representation of foods' calories is provided without any required verification or oversight. If this “overage” phenomenon is widespread, it could hamper weight loss efforts or even weight maintenance efforts.

But here's a shocker. The 18 percent overage of calories in the average “healthy” entrée is actually LESS than the U.S. Food and Drug Administration allowed 20 percent overage for PACKAGED FOODS. Yes, when you purchase a packaged food at your local grocer, you cannot assume the accuracy of the calories the manufacturer represents to be in a serving. You're probably eating store bought packaged foods many times a day and, conceivably, consuming time and time again twenty percent more calories than you think you are.

So, let's say you take in 2,000 to 2,500 calories per day (check the nutrition label on any packaged food, and you'll see those numbers). Or, you THINK you're taking in that many calories. Twenty percent above those two numbers puts them at 2,400 and 3,000. The average of those two “excess” calories is 450. Four hundred fifty extra calories per day for a year translates to a 47 pound gain.

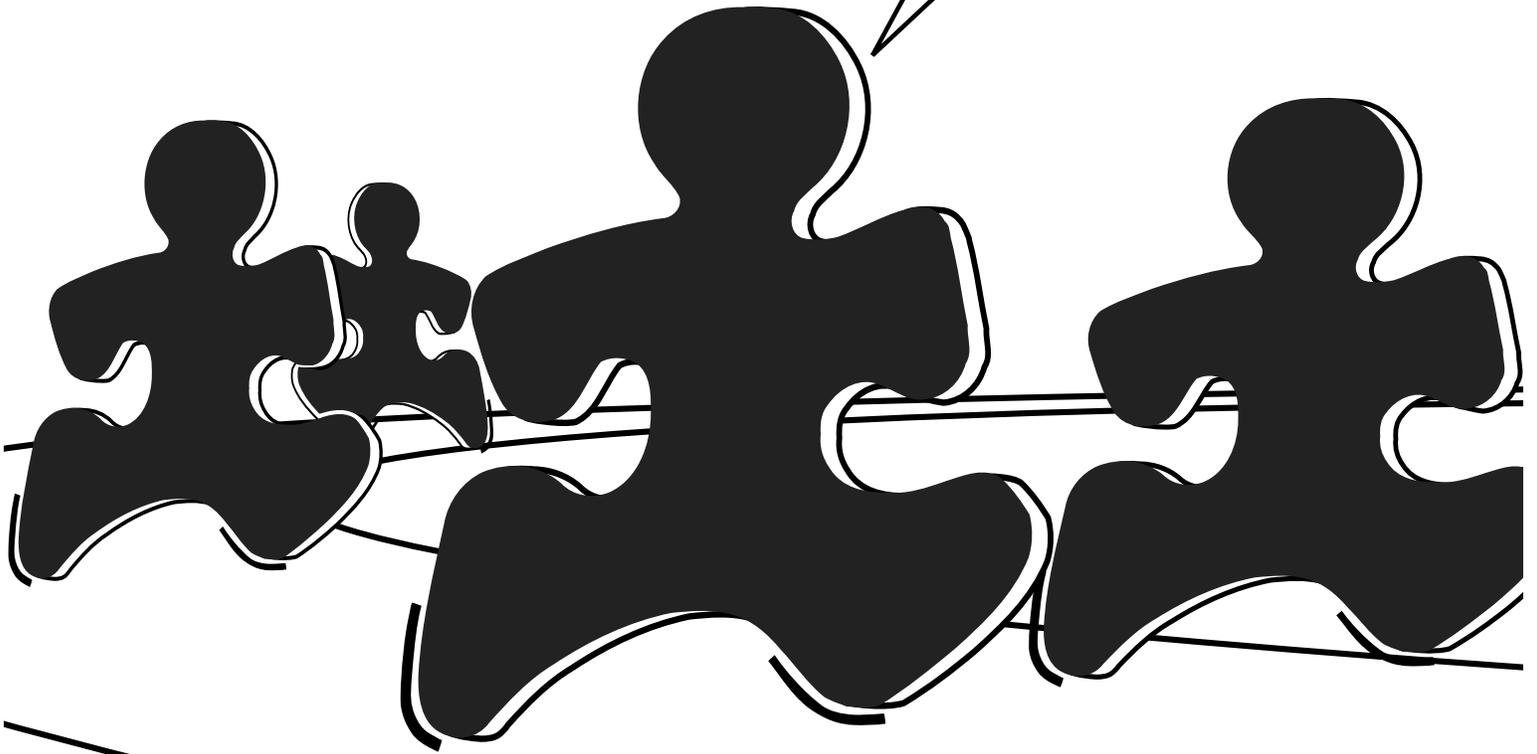
You better put in a few more miles.

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

## Random Runners Tips

Normally this little bit of the newsletter is reserved for random seasonally-related tips that I've either solicited or been offered by some of the veteran runners, but it just seemed a little tired this month. After all, most of you probably read Runners World, Running Times, Trail Runner, or some other running publication and have probably been inundated with all the ways to stay warm during the winter months. So rather than create yet another list of the latest, greatest gloves, I've put together a list of running blogs that you might enjoy. Some are technical, some informative, and some just plain funny! No matter the style, though, I bet you can still learn a thing or two.

- 1) Back of the Pack: <http://backofpack.blogspot.com>
- 2) Running and Rambling: <http://runningandrambling.com>

3) Running Gear Blog: <http://runninggear.org.uk/blog>

4) Serious Running: <http://seriousrunning.com>

5) Dean Karnazes' Blog: <http://dean.runnersworld.com>

We also have a few local bloggers whose ramblings you should definitely check out if you haven't already!

1) Road to Shambala: <http://glenstanley.wordpress.com>

2) Running Through Time: <http://okcorrer.blogspot.com>

3) See Willie Run: [www.seewillierun.blogspot.com](http://www.seewillierun.blogspot.com)

4) A Few Steps with Me: <http://afewstepswithme.blogspot.com>

## Recipes to Run By

Not too long ago, a few of our fellow runners got a group together to try out Queen of Sheba, Oklahoma's only Ethiopian restaurant, and it was fantastic! Many were curious (or possibly more accurately, nervous) about the uncharted culinary territories, but leave it to a group of runners to go at it full-force - ordering interesting sounding appetizers, family-style sampler plates, and African beer...and loving every bite of it! Printed below is a recipe for Misir Wat (Ethiopian Lentil Stew) - a warming dish that is wonderful on its own, but would be excellent with rice, sweet potatoes, or injera (Ethiopian flat bread).

### MISIR WAT

- 1 cup lentils
- 4 cups water
- 2 minced shallots
- 1 large clove garlic, minced
- 2-3 Tbs berbere seasoning/paste (can be purchased at natural or ethnic groceries)
- 1 Tbs olive oil or ghee (clarified butter)
- 1/2 tsp salt

1) Bring lentils and water to a boil and cook 30 - 35 minutes, until tender. Drain and lightly mash.

2) In a dry sauce pan, cook shallots over medium heat until just softened. Stir constantly to prevent burning.

3) Add garlic, berbere, olive oil or ghee, and cook an additional 5 minutes.

4) Add lentils to garlic mixture and simmer 30 - 45 minutes, adding additional water if needed to keep the consistency similar to oatmeal.

5) Remove from heat and serve.

\*\*Serves approximately 4.



1<sup>st</sup> Annual Earlywine DASH  
Earlywine Park  
SW 119<sup>th</sup> & May Ave  
Saturday March 28, 2:00 pm



# 5K Run / Walk 1 Mile Fun Run / Walk Kiddie Dash

All events are professionally certified and chip timed.  
Awards given to top 3 male and female 5K finishers in each age division.  
Long-sleeve tech shirts guaranteed to first 250 entries.

To register, visit [www.SignMeUp.com/742V3K7](http://www.SignMeUp.com/742V3K7) or become a fan of us on Facebook and download the entry form found at [www.facebook.com/pages/Earlywine-5K-Dash](http://www.facebook.com/pages/Earlywine-5K-Dash).



*St. Paddy's Day  
Great Race of the  
Great Plains*

8K ~ 1 mile fun run ~ kids races

The Leprechauns are baaaaack....

Come join them!

Prizes for best  
leprechauns

March 13th 10:15 AM  
Lake Hefner East Wharf

Mail generic entry to:

**Lynn Institute**  
**3555 NW 58th Street, Suite 800**  
**OKC, OK 73112**

Or call Frank at 602-3919

\$20 pre registered / \$25 race day / \$10 students / under 8 free



or go to [www.stpaddysrace.com](http://www.stpaddysrace.com)

or  
enter Triple Crown

## **THE TRIPLE CROWN IS COMING**

**Panera Jack Rector Beacon Run February 27th**

**Creek Classic March 6th**

**St. Paddy's Day Race March 13th**

# The Recovery Runners Meet the Landrunners

By Lynn Rector

A new program at an Alcohol and Drug Treatment center in Oklahoma City has become very successful due in part to donations of running shoes by the OKC Landrunners. The running group of 30 members has participated in four organized runs the past few months. At the "Race with the Stars" run, the Recovery Runners met some of the Landrunners. They were very excited to thank the Landrunners personally, to ask training questions and get running tips. Thank you OKC Landrunners; the Recovery Runners appreciate your help!



Recovery Runners meet members of the Oklahoma City Landrunners at the "Race with the Stars" last November



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5k, 10k Run & FAMILY WALK  
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Newly certified 5 K and 10K course.  
Cost is \$20 prerogistration and \$25 on day of race.  
Registration includes shirt.  
1 mile family walk and kids dash free to public. Family party with inflatables to follow.

[www.rarepair.org/run.html](http://www.rarepair.org/run.html)  
[www.signmeup.com/68350](http://www.signmeup.com/68350)

**SAVE THE DATE**  
for the *Biggest Event of the Spring*  
**March 6, 2010**  
**CREEK Classic**  
Running for Excellence in Education

**Support Our 14<sup>th</sup> Annual 1 Mile, 5K and 10K Race**

For the 2010 Edition, the Creek Classic Race and Creek Classic Market (on March 5<sup>th</sup>) will move to the High School.

- More Space for Awards and Breakfast
- Improved Location for the Start and Finish (9:00am start)
- Separate Start for the Certified 1 mile Run (8:30am start)

**Sponsorships Available and Volunteers Needed**

**For Information Contact:**

Dana Campbell-Sternlof, Race Director  
[RaceDirector@DeerCreekClassic.com](mailto:RaceDirector@DeerCreekClassic.com) or (405) 245-9618

Visit us on the Web for Updates: [www.DeerCreekClassic.com](http://www.DeerCreekClassic.com)



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To join or renew your subscription:

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](http://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](mailto:advertising@okcrunning.org)  
please submit ads in jpeg format at 300 dpi