

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

August 2010 | Issue No. 172

My First Ultra – the Midnight Madness 50 Mile Road Race

By Katie Kramer

“I DID IT!” That is what I yelled when I crossed the finish line of my first 50 mile ultra marathon. I still can’t believe I did it, but I guess I must have because I have the medal and t-shirt to prove it.

I woke up that Friday morning and made the decision that I was not going to go to Tulsa. I didn’t think I was ready, I wasn’t in a great mood that day, and I was scared that I wasn’t going to finish. But somehow I ended up in the car at 9 that night on my way to Tulsa to run the Midnight Madness 50 mile Ultra. My bad mood followed me all the way to Tulsa. I was in tears at the start (thank goodness it was dark so nobody noticed.) Everyone around me seemed so excited, which is usually how I feel at the start of a race, but not today!! I was so nervous about running a 10 mile loop five times. I just wanted to go back to my car and go to sleep!! At midnight I started running REALLY slow.

Jason, Bill, and Bret were right there with me at the beginning and that made me feel a lot better. I was done crying and whining within the first mile. Then I started to get excited. Jason and I planned to run together, but unfortunately I lost him after about 5 miles. I ran with Bill for a few miles after that, but then I lost him too. Oh great, I thought. Now I have to run this whole stinking thing by myself!!! Two laps down and I wasn’t tired yet. I was running at a significantly slower than normal pace, so I felt good.

While running lap number three, I discovered I was bored out of my mind! I was trying desperately to start up conversations with strangers, but nobody wanted to talk. I resorted to thinking about the race. As I completed lap number three I had come to a conclusion: I started too slow. Now the lead female was too far ahead to catch and my friends were too far back to wait on. What to do? I voiced my frustration to the Landrunners at the water stop. I hope I didn’t sound too mad, because I wasn’t. I was simply frustrated at how good I felt after running 35 miles. I should have been running harder, I said. I made the decision to speed up and see what I could do about those females in front of me.



Randy Nance, Jason Tilton, Bill Goodier, Katie Kramer,
Bret Sholar, Maurice Lee

On lap number 4, I started running a steady 9:00 pace. I passed a female, and then I passed another one a couple miles later. A few miles after that, a guy said to me, “the second place female is right up there. You can get her!” Well let’s check this out, I thought as I came around the corner. That guy was right - there she was!!! I got her!! I was now in second place. Coming up on the final turnaround, the lead female went by (as each lap was run in a different direction). She seemed about two miles ahead, probably too far to catch.

While eating boiled potatoes dipped in salt at the water stop (my new favorite marathon food), Mary asked me, “Would you like some company on your last lap?” Would I??? Heck yeah!! What a pleasant surprise!! Mary and I took off for my last ten miles. That is when I thought, “I am going to do this!!” 8:30 seemed to be the pace of choice and I kept thinking I better

See Ultra on page 8

The Dog Days of Summer

Another midnight run and this old man is worn out. Mary and I decided to kick off the July 4th weekend by waking up at midnight and driving to Tulsa to help pace some fellow Landrunners in the Midnight Madness 50 miler. Lucky for us no pacing allowed for the first 20 miles so just maybe we could finally keep pace with the faster runners. It was a pleasure to pace them for the last half of the race and I was able to log 27+ miles giving me my first unofficial ultra. Congratulations to Katie Kramer for second overall female in her first ultra and to all the Landrunners that participated.

Fall marathon training for the Tulsa Route 66 gets started on July 31st. "Walk the Lake and Other places" will return in the fall with the first six weeks starting at the Red Coyote. We are always looking for volunteers to help with either group so if you can help, contact Bill Snipes for marathon training or Jim Roblyer for the walkers.

Summer is a little slow for running events but we had a few members cross over to du and triathlons, including some winning overall male and female—congrats to Trey Cone and Kirsten Chapman. August will have a few more events including Midnight Streak, Hillapalooza Tri, Tulsa Mud Run and the new Riversport du (kayak & 5k). This will all lead into a very busy September starting with Brookhaven celebrating its 25th anniversary. Lace up, get ready to run, swim, bike & kayak and be sure to support one or more of the many events.

What can you say about Dr. Tom Coniglione? He had his knee operated on in the morning and then covers the topic of barefoot running to a standing room only crowd for our July meeting. Although we might all be interested in running barefoot, as Dr. Tom explained not all of us are made for barefoot running. Thank you, Dr. Tom for making the evening a huge success. Thanks to all the donors for some great door prizes—Tatars for Mud Run entries, Tri OKC for Lighthouse Tri and Hillapalooza Tri entries, Kelsey Briggs Foundation for the Kelsey Briggs 5K or Half Marathon entries, Mark Bravo for a signed copy of his new book, and The Runner (Brent Gaddis) for two entries to the Dallas White Rock Marathon. Next meeting will be August 16th at Ingrid's – guest speaker TBA.

Newsletter stories are desperately needed, so all you writers, bloggers, jokers and web posters submit your stories, adventures, jokes and photos to news@okcrunning.org.

Keep Running,
Chuck Mikkelson, President



OKLAHOMA CITY
RIVERSPORT

OKLAHOMA RIVER > BOATHOUSE DISTRICT
CHESAPEAKE BOATHOUSE • 725 S. LINCOLN BLVD • 552-4040
WWW.RIVERSPORTOKC.ORG

A PROJECT OF THE OKC BOATHOUSE FOUNDATION

500M KAYAK RACE. 5K RUN.

It's the newest multisport event on the Oklahoma River and it is being held in conjunction with the USA Canoe/Kayak National Championships, August 26-29. The race begins with a 500m flatwater kayak race on the water, then moves to the trails for a 5K run.

OKC RIVERSPORT CHALLENGE
Saturday, August 28 > 6p Race Start
Age Bracket Racing
\$35 Entry Fee

New to kayaking? Your entry fee includes two group training sessions with Olympic coach Saun Caven. Ask about kayak rentals and monthly passes to get even more time on the water.

Have kids? Ask about our youth kayak-bike-run event for ages 8+.

Register online at RIVERSPORTOKC.ORG or call (405) 552-4040.



CITY ARTS CENTER

MIDNIGHT STREAK

5k & 1-Mile Fun Run

Proud Partner of The Oklahoma City Weight Loss Challenge

First 1,500 people will receive a complimentary shirt.

August 14, 2010 - Oklahoma State Fair Park at City Arts Center

1-mile fun run/walk starts at 10:30pm and the 5k run starts at 11pm.

Registration is \$25.00 and \$30.00 the day of the race.

Register at City Arts Center online at cityartscenter.org.

For more information, call: 405.951.0000.



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Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
8/7	Route 66 Quarter Marathon & 5K	Tulsa, OK @ 7:30am
8/14	Midnight Streak 5K	OK Fair Park-City Arts Center @ 10:30pm
8/15	Hillapalooza Triathlon	Lake Arcadia @ 7:00am
8/16	Club Meeting – TBA	Ingrid's Kitchen @ 6:30pm
8/21	Tatur Mud Run	Tulsa, OK @ 3:00pm
8/28	Run With the Bulls 5K – POSTPONED	Stockyards City @ 7:00am
8/28	OKC Riversport 500M Kayak / 5K	Chesapeake Boathouse @ 6:00pm
9/4	Brookhaven 5K	Norman @ 8:00am
9/4	Run for Refugees 5K	Stars & Stripes Park, LH @ 9:00am
9/6	Labor Day Lap 5K	Bethany, SCU @ 7:30am
9/11	Makin' Tracks 5K	Piedmont @ 7:30am
9/11	GEICO 5K & 10K	East Wharf – Lake Hefner @ 8:00am
9/18	Swazi 5K	Bethany, SNU @ 8:00am
9/18	Kelsey Briggs 5K & Half Marathon	Stars & Stripes Park, LH @ 7:00am
9/18	Capitol Challenge 5K & 10K	State Capitol, South Plaza @ 8:00am
9/18	Club Social-Potluck at Tom Briggs	Arcadia 6:00pm
9/25	Life Saver 5K	OCCC @ 8:00am
9/26	Heels for Hope 10K & 25yd High Heel Dash	Regatta Park @ 8:00am

Landrunners In Action

6/5 ROUTE 66 SPRINT TRIATHLON, EL RENO, OK
 TREY CONE 1:00:58 OVERALL WINNER

6/5 ROUTE 66 OLYMPIC TRIATHLON, EL RENO, OK
 KIRSTEN CHAPMAN 2:25:10 1ST MASTER,
 2ND OVERALL

7/2 TATURS MIDNIGHT MADNESS 50 MILER, TULSA, OK

KATIE KRAMER	8:25:17
RICHARD SMITH	9:06:30
MAURICE LEE	10:26:20
JASON TILTON	10:46:22
BRET SHOLAR	11:05:04
RANDY NANCE	11:41:43
BILL GOODIER	12:28:48

7/10 DRAPER DU ON ROAD LONG COURSE, OKC, OK
 KIRSTEN CHAPMAN 3:28:23
 1ST FEMALE OVERALL

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



5K Race
 1 Mile Experience Walk

Every year thousands of refugees are resettled to America to begin a new life, some of them right here in Oklahoma City! They haven't forgotten their pasts--and neither should we. Join us as we celebrate the journey of refugees here in Oklahoma City and run in honor of those waiting to be resettled!

September 4, 2010

Stars & Stripes Park, Oklahoma City

\$15 race registration
 or get sponsored for your run and win great prizes!

For more information or to register online,
 go to thesperoproject.com/run_registration

Race begins at 9am

Runners, please arrive by 8:15 to check in and receive your bib.



August 28, 2010 7:30am

Who will be the Prize Bull and Champion Heifer in 2010?

Come join the crowd under the gates of the Oklahoma National Stockyards for the
2010 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 available at
<http://www.stockyardscity.org/run-with-the-bulls--5k-race>

Questions? Contact Erin Karl, Director Stockyards City Main Street
405-235-7267 or erin@stockyardscity.org

	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
2009	J. Pillow/ 16:07	C. Lisle/ 19:28

*Chip Times

Stockyards City Main Street/ 1305 S Agnew/ Oklahoma City, OK 73108/ 405-235-7267

Great Alaskan Marathon Cruise

By Kathy Moffitt

Betty Bell, Evelyn Rowland and I were part of a running group from all over the country – 117 runners and walkers in all, that recently ran the Great Alaskan Marathon Cruise. This is a staged marathon in the last frontier directed by John Bingham (aka The Penguin) and Coach Jenny Hadfield.

We began the cruise by boarding the Holland America Rotterdam in Seattle on July 10. After lunch we picked up our packets and attended a welcome cocktail reception. On Sunday morning, there was a race briefing for Stage 1, a three mile deck run. The run was in waves of 20 to 25 people every 15 minutes. The temperature that morning was a cool 53° on deck. Everyone ran faster than they had predicted. After this run (and all the other scheduled runs), we were free to enjoy the other activities aboard the ship or sightsee, shop, etc.

On Monday we were in Juneau, Alaska. The day began with a mandatory briefing for the Stage 2 run. We got off the ship around 11 AM for a ten mile trail run. We had to climb 165 steps to get to the start line and then it was five miles up and five miles down a mountain trail named “Perserverance”. It was beautiful but a very technical run.

On Tuesday there were no scheduled runs; however, we did have two clinics on flexibility and stretching for runners led by Coach Jenny Hadfield. We also had prime viewing of the Hubbard Glacier that day. Temperatures remained in the mid-fifties, but cloudy.

On Wednesday we began our day again with a mandatory briefing prior to a 10K run in Sitka, Alaska. For this run, we were provided a map and had to find our way to five checkpoints. At each of the checkpoints, we received a playing card. The male and female with the best poker hand at the end of the race won that stage. After the run, Betty, Evelyn and I went on a four mile bike ride and a one hour hike up and down a mountain trail.



Betty Bell, Evelyn Rowland, Kathy Moffitt

On Thursday morning after our briefing, we boarded busses in Ketchikan, Alaska for a 30 minute ride to the trail head for a seven mile trail run. The course was rolling hills with lakes and rivers. It was challenging but beautiful. This run completed our total of 26.2 miles for the week. Back on the ship that afternoon, we had a farewell reception on our way to Victoria, British Columbia.

On Friday afternoon as we sailed we had an awards presentation where everyone received their medal. We docked in Victoria, BC on Friday evening and the three of us went on a tour of the Butchart Gardens. They covered 50 acres, had a sunken garden, a rose garden, a Japanese garden and every flower and plant you can think of.

We all enjoyed the trip and every runner or walker was given a duffle bag, long sleeve tech shirt, a fleece vest and a running hat in addition to our medals. In addition to the directions provided by John Bingham and Coach Jenny, at each of the stops runners from the local running clubs would meet us and provide directions and support. It was a fantastic running cruise and I'm ready to go again!

Presented by



www.brookhavenrun.com



September 4, 2010

Norman, OK

5K • 1 Mile Fun Run • Kids Races

- *Largest Prize Money Purse in Oklahoma - \$6,600*
- *One of Oklahoma's Oldest Road Races*
- *\$1,500 Added Bonus for Setting New Men's/Women's Open State Record*
(current records 14:07 / 16:06)
- *Special Surprise Celebrities for Pre- and Post-Race Entertainment*
- *Beautiful, Flat, Fast Course*

REGISTRATION FEE SCHEDULE

<i>PRIOR TO JULY 16</i>	<i>JULY 16-SEPT. 3</i>	<i>RACE DAY</i>
with T-Shirt \$18	with T-Shirt \$22	with T-Shirt \$25
without T-Shirt \$15	without T-Shirt \$19	without T-Shirt \$22

Ultra continued

slow down if I am going to make it, but I never did. In fact, I sped up. I even lost Mary for a minute going up the hill before the water stop!! She caught back up with me after Chuck gave her a little pep talk. My last mile was 7:40. Yep, I should have run harder at the beginning.

I crossed the line, and yelled, "I DID IT!" They put the medal on my neck, and I drank a well deserved beer. I felt amazing! I was never dehydrated, I never got too hot, and I never hit that wall that I always hit at about mile 18 of every marathon I have ever run. It took me 8 hours and 25 minutes, 13 minutes behind the female winner. Oh well, I will get her next time, I thought.

About the time I finished, it started to rain. I felt so bad for everyone still out there, because it was pouring. I hid under the tents and attempted to stay dry. They had a nice breakfast and lots of beverages. It was great watching everyone finish. Maurice was the next Landrunner, with Chuck at his side. Then came Jason, Bret, Randy, and Bill. I am so proud of them all!!

Driving back to OKC after having been awake for 32 hours was surprisingly easy. I was excited and full of energy. I was so glad I had done this. I am thankful for Jason who talked me into going when I didn't want to. Once again, he was right. I can't wait to do it again! Anyone know of any ultras in the next month or two?

Attention Artists

Announcing the OKC Landrunners T-Shirt design Contest

1st place is \$100.00

For a complete list of rules and guidelines
or for any questions, send an email to:

sales@okcrunning.org



Are you up for a challenge?



The 3rd Annual Capitol Challenge



CAPITOL CHALLENGE

- Saturday, September 18 ➤ Check in: 7:30 a.m.
- Race Begins: 8 a.m. ➤ State Capitol, South Plaza, OKC
- 10k, 5k, 1 mile fun run/walk and Children's Event

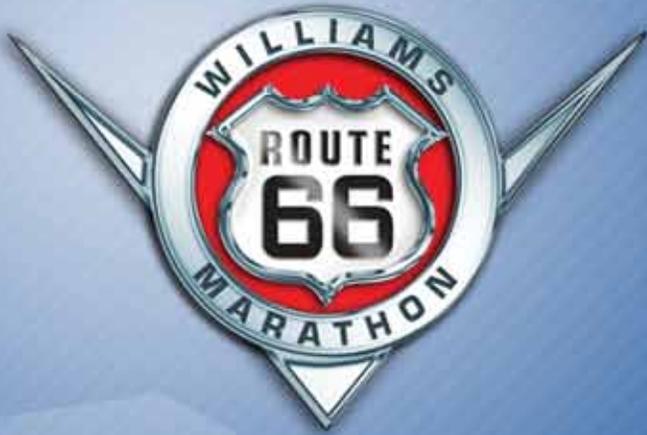
View course map and register at
capitolchallenge.org

Presented by:



Proceeds benefit:





WILLIAMS ROUTE 66 MARATHON

PRESENTED BY BLUE CROSS
BLUE SHIELD OF OKLAHOMA

11.21.2010
TULSA, OKLAHOMA

MARATHON
HALF MARATHON
MARATHON RELAY
5K RUN & WALK
ONE MILE FUN RUN

→ REGISTER NOW!

ROUTE66MARATHON.COM



BlueCross BlueShield
of Oklahoma



A Member's Message

By Dana Campbell-Sternlof

I'm sure most of you are ready to start the fall training program with the Landrunners. I was so happy to receive my email and invite to join the Landrunners' fall marathon training program. Have you been contemplating running in the Oklahoma hot weather? Have many of you found another way to cross train? Some of you may have enjoyed swimming, cycling, or yoga. One of these days, I would like to attend one of Mark Bravo's wonderful yoga classes. There's not a more encouraging Landrunner member or friend like Mark. He's always first to wish you the best with your first marathon or your 25th marathon. I have been so lucky to have worked with Mark on a 5K race. Make sure that you pick up his book *Momentum* and he will sign it.

Another fabulous runner is John Hargrove who is always encouraging you to do your best in a local 5K or running up Mt. Scott in Lawton, OK. In the late 90's I met John Hargrove and Buddy Jones at a race in Lawton and with encouragement from John even immediately after running a 5K race, we were all running up and back down the beautiful Mt. Scott. If you are trying to set a personal record, John can say one word and he can help you get it done.

I want to challenge each and every one of you to encourage a new or old runner that is running or walking next to you. If you are on a trail run, race, or a marathon, you will not believe what one word of encouragement can do to another! In April at the 10th Annual OKC marathon, I received many encouraging words by many runners. There were great comments that stood out and really made me feel so good. I remember seeing Bill Snipes clapping and yelling at me. "You are almost done!" It was the truth as I only had 50 meters to go. Earlier I had been so discouraged because I was so over my goal to run the 26.2 in 5 hours but I finished with a smile. A big Thanks goes out to Bill for being there. Steve Sternlof, my wonderful husband was my true inspiration along the grueling 26.2 mile course. He had prepared treats for me and he even had a Diet Dr. Pepper ready for me to enjoy after the marathon.

I want to wish all of you the best of luck with your running dreams and goals. I always begin my running for the fall season with a new goal. I am so excited to see all of you on July 31st. I look forward to meeting the new runners or old. I felt so blessed to run with some great running club members like Chuck Mikkelson, Bill Snipes, John Hargrove, and Mark Bravo! No matter how HOT or cold the weather conditions are during the training runs, you are sure to see these runners and also have an awesome time running.

Gotta run,
Dana



Life Saver 
5K & 1 MILE FUN RUN
Helping Support Nursing
Education in Oklahoma

Saturday, September 25 @ 8:00A.M.
Oklahoma City Community College
7777 South May Avenue, OKC

Register online now!
occc.edu/lifesaver or
dgroadracing.com

For more information:
(405) 682-1611 x7138 or
dkmyers@occc.edu

WE'RE GONNA GET DIRTY!

RAUSCH
COLEMAN
HOMES
presents

TATUR
MUD RUN

TATUR 2010 KIDS MUD RUN



3rd Annual
TATUR Mud Run and
Kids Mud Run at the
"MUD BOWL"
11800 E 31st St.
Tulsa, OK



- Live music by Sextion 8 and DJ sound by Thunder & Lightning will be rocking the Mud Run.
- Tulsa's finest firemen hosing everyone down
- Two free beers to all adult participants
- Official Mud Run shirts to the first 1,500 entrants
- Age group awards to competitive divisions
- Professional photos taken by Stapleton Photography
- Team Costume Contests (five person teams only).
- Inflatables for the kids

Benefits the Tulsa Firefighters Burn Camp

AUGUST 21, 2010

Register online at www.tatur.org/MudRun.html

Register in person at

RunnersWorld



TULSA



Test your
endurance at
Oklahoma's
ultrarunning
championship!

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 22 - 24, 2010

Friday

1-hour **LIVE UNITED** run

Saturday

6, 12, and 24-hour races

The Labor Day Lap

09.06.2010



Race begins at 7:30 am
Race timing by DG Roadracing

Second Annual 5K Run/Walk

computer chip race • winner prizes for all ages • t-shirts
snacks • police blocked roads • all ages welcome!

Register online

www.swcu.edu/labordaylap

or by mail

Southwestern Christian University
Attn: Labor Day Lap Registration
7210 NW 39th Expressway
Bethany, OK 73008

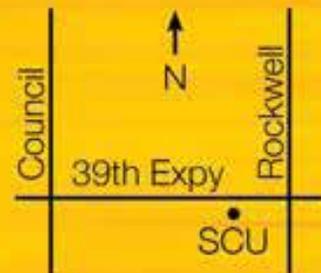
Cost

\$22 Pre-Registration

\$25 Day of the Race

Questions?

e-mail or call
jessie.burpo@swcu.edu
405-789-7661 x3422



Do You Have Any of These Unhealthy Lifestyle Patterns?

By Warren Jones

As an American College of Sports Medicine Health/Fitness Specialist, if I know, really know, my clients, I am more likely to be able to help them.

There is an article in this month's Obesity Journal describing a way for me to learn about my weight management clients' behaviors and/or attitudes and/or traits that are contributing to their body weight problems. Once we know about those behaviors, attitudes, or traits, we can include them as topics for discussion and/or goal setting.

In this article, I want to tell you about how those behaviors, attitudes and traits are associated with being overweight or obese.

The lifestyle patterns (i.e., behaviors, attitudes, and traits) of the overweight population...the patterns that are barriers to successful weight management...fit into three different areas: eating, exercise, and coping. The lifestyle patterns are identified through answers that are revealed in a 53 item questionnaire. Answers to the questionnaire will reveal the presence or absence of seven behaviors, attitudes or traits in each of the three areas of eating, exercising, and coping.

The seven behaviors, attitudes, or traits among the eating patterns are meal skipper; night time nibbler; "convenient diner" (one who dines out frequently); "fruitless feaster" (one who consumes few fruits and vegetables); steady snacker; hearty portioner; and "swing eater" (one who cycles between strict dieting and overindulgence).

The seven among the exercise patterns are couch champion; "uneasy participant" (one who is uncomfortable exercising around others); "fresh starter" (one who has limited knowledge on how to exercise); all or nothing doer; set-routine repeater; "tender bender" (one who has health related concerns about exercising); and "rain check athlete" (one who believes he doesn't have enough time to exercise).

The seven among the coping patterns are emotional eater; "self scrutinizer" (one who habitually negatively self talks); persistent procrastinator; "people pleaser" (one who provides low self care); fast pacer; "doubtful dieter" (one who thinks pessimistically); and overreaching achiever.

The majority of the eating patterns, the exercise patterns, and the coping patterns are positively associated with excess body weight. That is, being overweight or obese under the World Health Organization tool, body mass index (BMI). That is, with increasing body weight, the odds of having any one of these patterns increases. Furthermore, with increasing body weight, the number of patterns rises progressively. That is, with increasing body weight the likelihood of a person having more of the patterns rises.

Here's an example of the "positive association" (from the eating patterns): Against people who are at a "normal" BMI, there is a 36% greater chance among overweight people that they will be a "meal skipper." Versus those at normal, there is a 77% greater chance among obese, and there is a 208% chance among morbidly obese, i.e., more than twice as prevalent.

Another example (from the exercising patterns): Against people who are at a normal BMI, there is a 43% greater chance among overweight people that they will be a "tender bender" (having health related concerns about exercising). Versus those at normal, there is a 214% greater chance among the obese (more than twice as prevalent), and a 556% chance among the morbidly obese (more than five times as prevalent).

One more example (from the coping patterns): Versus people who are at a normal BMI, there is a 34% greater chance among overweight people that they will be a "people pleaser" (providing low self care). Versus those at normal, there is a 96% greater chance among the obese, and a 302% chance among the morbidly obese (more than three times as prevalent).

This information suggests (quoting from the article) that "multiple individually identifiable domains or factors may need to be addressed when counseling obese clients."

Likewise, knowing which habits, attitudes or traits are most destructive or prevalent allows for more effective "fixing." That is, we shouldn't focus on counseling on snacking when the problem is "lack of time."

Among the 21 lifestyle patterns (seven each from eating, exercising, and coping), the most prevalent were meal skipping, night time nibbling, steady snacking, and hearty portioning. As between genders, women were more likely than men to be the "cyclers," going from strict dieting to overindulging, while men were more likely than women to be the "convenient" diners, frequently eating fast food or dining out.

And gender differences really stood out among the "coping" patterns. The prevalence of five patterns was noticeably higher among women: emotional eater, self scrutinizer (negative self talk), procrastinator, people pleaser (low self care), and doubtful dieter (pessimistic thinking).

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.



MAKIN' TRACKS



5 km Road Race for Runners & Walkers & 1 mile Fun Run
September 11, 2010 – 7:30 am – Piedmont, OK

Ages 13 & up \$15

12 & under \$10

Family of 4 or more \$50

Register early to assure a t-shirt

Pre-register by mailing entry form to:

Ric Williams

4408 Ryan Dr NE, Piedmont OK 73078

rwpi17@mynutel.com (405) 373-1111

USATF certified & sanctioned course beginning north of the First Baptist Church Benefits the Track &

Cross Country Programs of Piedmont Schools

Race day registration/packet pickup 6:00am

Pre-registration: The Runner thru Thursday, Sept. 9th

5 km Awards:

1st-3rd-standard age groups 8 & under – 80 & over

Clydesdale/Filly: M & F 3 deep in weight brackets

OKC Running Club Series Race

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

PLEASE PRINT

Name _____ Age on 09/11/10 _____ Date of Birth _____ Male _____ Female _____

Address _____ City _____ State _____ ZIP _____

Day Phone (____) _____ Night Phone (____) _____ email: _____

Event: 5km RACE __ 1 MILE FUNRUN __ 5KM WHEELCHAIR __ CYDESDALE(170+lbs) __ FILLY(145 + lbs) __

T-Shirt: Youth Medium __ Adult: Small __ Medium __ Large __ XL __ XXL __

Entry fee enclosed _____ Waiver (must be signed to enter) NO REFUNDS USAT&F Certificate 94040BB
Make Checks payable to: MAKIN' TRACKS RACE

I know that running a road race is a potentially hazardous activity. I know that there will be a possibility of traffic on the course. I assume any all risks associated with running this race. including, but not limited to falls, contact with other participants, the effects of the weather and conditions of the roads, all such risks being known by me. I agree to yield to all emergency vehicles. I understand the Makin' Tracks Race may be cancelled in the sole judgment of the sponsors. I am aware that baby strollers and wheels of any kind (except in the competitive wheelchair event), animals, headphones are prohibited, and I agree not to have them. By my entry acceptance in the Makin' Track race events, I do hereby for myself, my executors, administrators and assessors, release and discharge all race sponsors, race officials, volunteers, local and state police including all of their agents, employees, assigns or anyone acting for or on their behalf from all claims or liability for death, personal or property injury, damages, demands or actions thru my participation. I have full knowledge risks involved in this event, am physically fit and sufficiently trained to participate in this event. The undersigned grants full permission to sponsors and agents authorized by them to use any photographs, recordings or any other record of this event for any purpose. Applications for minors accepted only with a parent or guardian's signature.

THIS WAIVER IS A LEGAL DOCUMENT. READ ALL TERMS AND CONDITIONS BEFORE SIGNING.

ABSOLUTELY NO WHEELS, INCLUDING BABY CARRIAGES, OR ANIMALS OF ANY KNIND ON THE COURSE. NO REFUNDS.

Signature: _____ Date _____

OFFICIAL USE ONLY: _____ RUNNERS BIB # _____

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



mail generic race entry form

(downloadable at oksportsandfitness.com) to:

GEICO CFC Race For Freedom

Attn: Kim Sheppard, AMP-1

P.O. Box 25082

Oklahoma City, OK 73125

For more information

contact: Kim Sheppard

(405) 954-7707 or

email kim.k.sheppard@faa.gov

Sponsored by: GEICO, IMAGENATION Promotional Group

www.raceforfreedom.org

5K & 10K Run

Saturday, September 11

8:00 a.m. 5 km and 10 km

Competitive Run &

2 Mile Fun Run/Walk

Lake Hefner - East Wharf

Oklahoma City, OK

USATF Certified and Sanctioned

\$15.00 per person until Sept. 8

\$20.00 per person thereafter

(includes T-shirt)

Race Day Registration

begins at 7:00 a.m.

Benefiting:

Combined Federal Campaign



The Kelsey Briggs Foundation

presents

THE 5TH ANNUAL

Kelsey Briggs

RUN AGAINST CHILD ABUSE

Saturday, September 18, 2010

Stars and Stripes Park
Lake Hefner
Oklahoma City, OK

Half marathon * 5K * Free 1 Mile Fun Run/Walk * Kids 50 Yard Dash

6:00 a.m. Registration
7:00 a.m. Start

USATF Sanctioned * Newly Certified Course * Timed by DG Productions

Come meet TV's Cherokee Ballard and Britten Follett, authors of the new book
"Who Killed Kelsey?"

Booths and activities for the entire family:

Face painting, bookmark making, Billy Sims BBQ, Red Dirt Blingworks Jewelry and more!

Registration Fees:

Half Marathon—\$45 5K Run—\$20

Register online:

www.signmeup.com/69392 or www.kelseybriggsfoundation.org

For more information, please contact Executive Director Amber Gregg:

(405) 227-2539

amber@kelseybriggsfoundation.org





BETHANY, OKLAHOMA

SATURDAY, SEPTEMBER 18, 2010

5KM RUN/WALK – 9:00AM

1 MILE FUN RUN/WALK – 8:00AM

INDOOR WALK/SNU'S SAWYER CENTER – 8:30AM

FOR MORE INFORMATION GO TO

WWW.BETHANYNAZ.ORG/SWAZI-5K-BENEFIT

Entry Fees:

5K Run/Walk:
\$20 Pre-register
\$25 Race Day

Indoor/Outdoor 1 Mile Fun Walk/Run:
\$15 Pre-register
\$20 Race Day

Register Online at Signmeup.com/69093



5K race is USA Track and Field Sanctioned.
Race will be held rain or shine.

THE Swaziland PARTNERSHIP

The Swaziland Partnership is a cooperative effort between the Swaziland Church of the Nazarene, Swaziland Nazarene Health Institutions, NCM Africa, Nazarene Compassionate Ministries, Inc., Bethany First Church of the Nazarene, and Southern Nazarene University. Our goal is to reduce the incidence of HIV/AIDS in Swaziland through the development of key spiritual, compassionate and educational resources. The net proceeds from this run will be used for volunteer scholarships.

OUR THANKS

AND APPRECIATION TO OUR SPONSORS

Heels for Hope

"Kicking Ovarian Cancer with Style"

Sunday, September 26th

Regatta Park, OKC

(North of the Chesapeake Boathouse)

10-km Run / 1-mile walk

25-yard High Heel & Feather Boa Dash

Shotgun start at 8 a.m. Walk & Dash immediately after.



Proceeds to benefit the
Heels for Hope Foundation
in honor of Rosemary Persa
Ovarian Cancer Survivor



Pre-Registration Fee \$20.00; Day of Event Registration \$25.00

*Fee includes T-shirt, race packet and pasta dinner
Packet pick up at pasta dinner or day of event*

Registration forms can be found online at www.heelsforhope.org or e-mail questions to info@heelsforhope.org. For more information, call (405) 278-3125.





P.O. Box 18113, OKC, OK 73154

ADDRESS SERVICE REQUESTED

August 2010

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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