

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

September 2010 | Issue No. 173

Ahhh... Back to the Love of It

By Tracy Woodie

Sometimes in life, we need that “one” moment that we can own. That moment that stretches us beyond any kind of comprehension. I can’t articulate it to you adequately other than saying, when the semi-practical desire flares up, there’s nothing you can do other than to act upon it.

I am referring to running. It comes in so many forms, many passions as well as many desires. For me, it’s my “drug of choice.” The competitiveness within boils in my soul so rapidly, it’s all I can do to lace up my shoes and get myself out the door to try and tame the beast that is screaming from within.

I’d like to say I am a planner. For the last three marathons and half a dozen or so, half marathons, they were somewhat well thought out. The training began in advance. I experimented with many types of electrolyte options as well as determined how much water I need to drink and how often. Race day would come. The routine was consistently the same. Eat my English muffin an hour and a half before race time. Take my “good luck” shower. The timing chip always goes on the left shoe. I never straighten my hair the night before because my naturally curly hair holds my ponytail better. I check the weather one last time. I check the wind speed one last time. My Garmin charges to full capacity the night before. However, the morning of July 26, 2010 would prove to throw everything I “plan” to do and prove to teach me a new life experience.

Each marathon brings to the runner a piece of life and new experience. This could be the same for a 5k, 10k, half marathon or ultra event. You have a story to share. You have an experience to look back at.

Sunday, July 26th, 2010 I found myself in San Francisco, California. The plan was to run the half marathon. I am typically “trained” to run a half marathon. It is my distance of choice. However, for some reason this day there was an unfamiliar voice that had a great need to go the distance of 26.2 miles.

My thought was to just “run.” No expectation. No



Tracy Woodie

desired time. RUN. However, like most self competitors, when lined up at the start line, the adrenaline is shooting through your veins like blood rushing to an injury. You feel the heart palpitate and the slight sweat bead up on your brow as you look for the pads to cross so that your “official” time would begin.

It never really occurred to me I was about to endure 26.2 miles. I think my mind was already overwhelmed with life. As I crossed the starting line, I looked around at the other runners. Most of them actively trained and most

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Cool Weather Ahead?

I hope everyone survived the August heat and are now ready for cooler weather and the extremely busy race schedule ahead in September. I am not sure why race directors like September but there will be no shortages of races in September. Too bad you can't run them all as several chose the same day and start time.

Fall marathon training is off and running with record turnout despite the heat. So far we have been averaging over 200 runners each weekend. Bob Loving has done a terrific job keeping us all well hydrated. Anyone interested in volunteering to work a water stop please contact Bob Loving bobloving@mac.com. It's great to see so many people choosing a healthy lifestyle. Special thanks to Dr. Tom for hosting all the runners for an after run party at his pool following the August 21st training run.

The club is sponsoring a fall bus trip to the Mother Road Marathon in Joplin, MO on 10.10.10. Only twenty dollars for the round trip bus ticket (entry fee, meals and hotel not included). Only a few spots remain and a limited number of hotel rooms so reserve your spot today.

The club will be hosting a water stop at the Redman Triathlon on September 25 so be sure and go to the Landrunner website to sign up as a volunteer. Remember that you need a volunteer activity to be eligible for the race series awards. Time slots start around 9:30am until the last runner passes after midnight so there should be a time slot to fit your schedule. Several Landrunners will be doing their first ever Redman tri (including myself) so come out and cheer us on. Hopefully our rubber duckies will keep us a float! What rubber duckies aren't legal?

I missed the August meeting but heard there was another large turnout to hear Vicki Tri discuss runners' nutrition. As we keep adding miles, eating right becomes very important and I hope everyone learned a few good eating tips. I would like to thank the numerous race representatives in attendance and all the free race entries they donated for door prizes. There will be no meeting in September, but instead Tom Briggs will be hosting our fall potluck social on September 18. See the website for details and directions.

Need a Landrunner shirt for the fall racing season? They are now on sale at The Runner at 9644 N. May so stop by and pick one up before your next race. If they don't have your size or styles, contact Vaden Dean, sales@okcrunning.org .

Keep Running,
Chuck Mikkelson, President

Are you up for a challenge?



The 3rd Annual 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

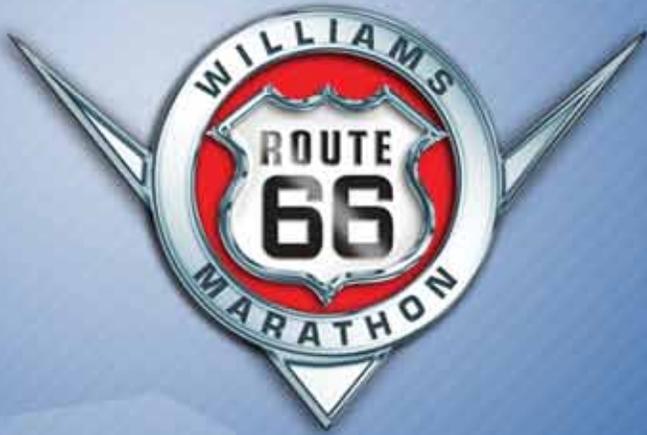
View course map and register at
capitolchallenge.org

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



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Sports
TULSA

Williams



BlueCross BlueShield
of Oklahoma

 TULSA
RUNNER

United Way  85
YEARS
LIVE UNITED
ONE. ADVOCATE. VOLUNTEER.

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
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
9/25	Life Saver 5K	OCCC @ 8:00am
9/25	OK Run to Defeat Diabetes 5K	OU Memorial Stadium @ 9:00am
9/26	Heels for Hope 10K & 25yd High Heel Dash	Regatta Park @ 8:00am
10/2	Moonlight Run 5K	Ponca City YMCA @ 7:30pm
10/10	Spirit of Survival 5K	Elmer Thomas Park @ 1:00pm
10/22	24 THW-Ultra Running Championship	Bluff Creek Trails
10/23	Trolley Tracks 5K	NW 23rd & Drexel @ 7:00pm
10/30	OBNEA Halloween 5K & 10K	Chesapeake Boathouse @ 8:30am
11/6	Race with the Stars 5K	OCU Freede Center @ 8:00am

Landrunners In Action

7/4 ROCKY MOUNTAIN GOTHIC TO CRESTED BUTTE 1/3RD MAR., CO
SCHAD MELDRUM 1:12:05

7/25 SAN FRANCISCO MARATHON, CA
BRIAN COLEMAN 4:01:56
MATTHEW WILCOXEN 4:21:29
TRACY WOODIE 4:48:47

7/31 AUSTRALIAN OUTBACK MARATHON
NELS BENTSON 6:20:38
DONNA BENTSON 1:11:34 (6K)

8/21 LEADVILLE 100 TRAIL RUN, LEADVILLE, CO
CHISHOLM DEUPREE 27:37:41

8/21 BALLOON CHASE 5K, TAHLEQUAH, OK
TREY CONE 18:00 2ND PLACE MALE
TIFFANY CONE 19:50 1ST PLACE FEMALE

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 Run & 2K Family Fun Walk/Run

October 2, 2010

5K Run \$20.00 or \$25.00 on race day

T-shirts for the first 30 registrations.

Medals for all runners!

2K Family Fun Walk/Run

Registration for the Fun Walk/Run is FREE!!!

Register at 702 E Grand Ponca City, OK 74601 or Call

580-765-5417

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.



Ahhh... continued

knowing the task ahead. They were prepared, perhaps. For a moment, I began to question myself, have I lost the respect of the marathon? Have I recklessly bit off more than I could chew? Only time would tell. Self doubt is something we all experience in life. No matter what we choose in life, there will always be that "what if." We have to choose to control our mind and learn to trust in ourselves.

For me, there was no turning back. Sure, this marathon did not split until mile 13. I had the option to back down and do what was possibly "better" for me. My life had become a series of "jumps then look." What would make this any different if I stayed in the safe and secure? I tried to rationalize to myself. I wasn't fully trained to endure the pounding of 26.2 miles. I barely had enough Gu. What if I got hurt? What if I had a bad experience that I would constantly look back and regret the choice I just made?

That is when it clicked to me. There is no second guessing. My life was a series of leaps of faith and maybe not conventional leaps of faith. I looked down at my Garmin. It showed 10 miles. I actually felt pretty good considering although my overall time was showing the slowest pace I had ever trained at. I am not sure I had ever trained at that pace! I've learned in a marathon, it is a gradual increase. Allow the body to adapt to the changes but when you feel the moment to go, you need to go and act upon it. You have a small window of timing and you must take it. You can't let fear of the unknown take control of your thoughts because otherwise you are finished. Running a marathon is 90% mental.

The half-marathon split came and went. I was committed. A small bit of self confidence kicked in knowing I was half way through the run. I looked at my Garmin once again and I was still relatively slow for what I know I am usually capable of. I had an epiphany moment thinking I better quickly find some respect for the marathon and quit going by what I think I should be doing. At this point, throw any kind of pride out the window. It is not about what others think of me and my finish time. It is not about placing at a certain spot in my age group. For me, this was a fight between my mind and body. This was a fight to finish.

For me, my Garmin is my staple. My staple used to be my Ipod but a friend taught me to listen to my body, trust in my body. I used to rely on my Ipod to disassociate from the pain. However, I had come to learn the pain was actually not such a bad thing. If I felt a certain twinge, I could change my stride or my breathing pattern.

That takes me to one of my biggest motivators to run. My kids thrive on my story of the race. They often ask if "I won" and it would provide the opportunity to share with them about winning and losing. My daughter takes pride in taking my medal to show and tell. What delight I take when she says, "My mommy ran the marathon." She can't even conceptualize what it takes to run 26.2

miles but to her, she does and she thinks it is the best thing since ice cream! Seeing her face light up as I show her yet another finisher medal makes it all worth it, that I am setting an example of enduring. Sometimes it takes circumstance to teach children not giving up comes in many forms, not just the conventional way the world describes "not giving up."

I looked down at my Garmin and all of a sudden, it quits. Seriously?! I had charged the thing all night. There's no way! It's never done this before, what the heck? It would never regain life from that point. All of a sudden, I have found my plan is completely shattered. I am almost dumbfounded. I have no Garmin. What now? That is when the disorientation kicked in. I lost my mojo and I lost my focus.

It was mile 19 and the toughest part of the marathon, the "actual" marathon was ahead, the dreaded last 10k. I nearly freaked. I think because I got over confident that even though I hadn't trained, I was skilled and mentally strong enough to come up with a plan on the fly. I could implement that plan and finish this race. But that abrupt small thing of my Garmin dying uprooted every plan I had. At that point, my body began to ache. Sweat rolled into my eyes, burning. My back hurt. My feet hurt. My legs gained 10 lbs each in a moment notice. I began to notice there were more hills coming and they weren't typical Oklahoma hills. My mind was deteriorating fast.

It was at that point I had to decide, sink or swim. Quit or endure. I managed a self pep talk that I am not a quitter. Of course, the inner demon continued to remind me how hard this really was.

I knew I could, once again, rise above the adversity. Sometimes we are caught up in the minutia of circumstance that we lose focus, we forget what is truly real in our lives because we allow others to tell us how to live, how to breathe, how to act. We can lose ourselves.

In that moment, I look up to see the mile marker flag 22. Life began coming back into my weary soul. A ray of sunlight decrepitly shined down on what seemed like darkness. I mustered up the energy to view the remainder of the run as a little more than a 5k. My body was tired. My mind was spent. Sometimes we think we have a plan and that usually works. However, sometimes plans need to be modified, changed to achieve the desired expectation and we can't fear that change. We must embrace it.

At mile 25, I am overwhelmed with emotion. Even though I knew there was only about 10 minutes left in the run, I had a moment of doubt once again. The pain became very intense. I didn't feel injured but I was by far extremely physically and emotionally fatigued and drained.

A very kind and sweet girl weaved her way into my path. One runner to another we shared this moment! I must have looked entirely spent because she asked if it were my first marathon. I sheepishly said no but in my mind, I thought, this is a marathon of a different breed

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Ahhh... continued

for me. It was completely off my game. She encouraged me to push through and finish strong. For some reason, I felt compelled to share my life story in a nut shell. She looked at me and said, "I am proud of you and that you are standing and are about to finish a marathon! Good for you for finding courage for yourself." I broke down. Tears swelled in my eyes. I was overtaken with deep emotion, one that I could never correctly articulate. I had a moment of pride again. I felt great about myself. It may not have been the practical way or the way others thought I should do it, but I did it and I finished.

I crossed the line and looked back at my new found friend and said, "thank you." I shared an encounter with another runner in a moment. I will probably never see her again, that is actually the beauty of it. I finished 26.2 miles. As the medal was draped around my neck, I tried to hold back the tears but they fell like a waterfall. I deserved it though. I deserved the moment of pure accomplishment and I would not trade it for the world. It may not have been fast. I may not have been trained. But, I am a marathoner and I love to run.

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**BRINGIN' BACK THE TROLLEY TRACK**

**LINWOOD PLACE
OCTOBER 23, 2010**

Kids Fun Run at 6:30 p.m.**5K Run at 7:00p.m.**

**1st, 2nd, and 3rd place awards
will be given in each age group
in the 5 k event.**

**\$20 Entry Fee Through
Friday October 22nd**

\$25 Entry Fee On Day of Race

**Entry Fee Includes T-shirt
(limited number available)**

Times from Oct 2006 • Mose D. 17:13 Beth C. 19:50**•Dental Depot Presents****The Linwood Bringin' Back the Trolley Track Run •**

**Packet Pick Up
Friday October 22nd
At 23rd Street Antique Mall
4 - 6 p.m.**

**Race Day Registration
Saturday October 23rd
Northwest Baptist Church Gym Foyer
5 - 6 p.m.**

The antique mall and church are located at Drexel and 23rd street.

Race Coordinated By DG Productions www.dgroadracing.com

Online registration available at signmeup.com



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

www.24thehardway.com

Questions? 24thehardway@cox.net



United Way of Central Oklahoma

Recipes to Run By

By Adi McCasland

Chicken Salad

- 1 1/2 - 2 lbs cooked chicken, shredded or chopped
 - 1/4 cup chopped walnuts, preferably toasted
 - 1/2 cup + 2 tbs light sour cream
 - 1/3 cup nonfat plain yogurt
 - 1 cup diced celery
 - 1 1/2 cups quartered seedless red grapes
 - 1 tsp dijon mustard
 - 1 tbs dried tarragon
 - sea salt & fresh ground pepper to taste
- 1) Mix all ingredients together and chill at least one hour.
 - 2) Use to stuff pita pockets, lettuce cups, tomatoes... anything!
- **Makes approximately 6-8 servings

Orange Sunrise Smoothie

- 1 frozen banana, peeled & cut into thirds
 - 1 cup frozen berries
 - 1 cup yogurt, plain or vanilla
 - 1 1/2 cups orange juice
- Blend all ingredients until smooth.
- **Makes 2 servings

We'll Put the Pieces Together for You

Many companies are choosing to outsource the management of their employees so that they can focus on what they are good at ... their business



Contact Lance Young at
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info@partners-hr.com



10.30.10

Chesapeake Boathouse Oklahoma City, OK

5K/10K Run, 1 Mile Fun Walk

Walk starts at 8 am, Run starts at 8:30 am

USATF Certified & Sanctioned event

Pre-Registration \$20 – Race Day \$ 25
Kids 12 and under \$10

Awards given to top 3 in each age group
Individual and team participation

Register online at www.dgroadracing.com
Website: www.obnea.org

Proceeds will benefit The Oklahoma Bureau of Narcotics Employee Association



The Kelsey Briggs Foundation

presents

THE 5TH ANNUAL

Kelsey Briggs

RUN AGAINST CHILD ABUSE

Saturday, September 18, 2010

Stars and Stripes Park

3701 S Lake Hefner Drive

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
CASH prizes for top male and top female runners in the half marathon and 5K!
Free Massages for the runners by a certified massage therapist!
Sign up by September 8th to receive a free t-shirt!

**Meet Honorary Chairman and former OU football player
Jacob Gutierrez**

**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, contact Executive Director Amber Gregg:

(405) 227-2539

amber@kelseybriggsfoundation.org



Weight? Wait, Wait. Waist!

By Warren Jones

Among Americans older than 50, more than 50% of men... and more than 70% of women... now exceed the clinically defined threshold for abdominal obesity. Many health risks are associated with abdominal obesity.

Must one, though, be at the “clinically defined threshold for abdominal obesity” to face those risks? Or, does one face those risks, not to mention premature mortality, with merely elevated waist circumference? Many readers of recent lay publications that covered the newest Archives of Internal Medicine study on this topic took solace in that their waists were not yet in the clinically defined threshold for abdominal obesity, 40.16 inches for men or 34.64 for women.

Yes, they took solace, but I believe they did so unjustifiably. And at their peril.

This, too: what if your tummy’s a little larger than you’d like..... but you’re not overweight? That is, what if your tummy’s larger than you’d like, but your Body Mass Index is “normal,” as opposed to “overweight” or “obese?” Are you....with an elevated waist circumference.... “safe” against increased risk of premature mortality?

The study appearing in The Archives of Internal Medicine answered those questions. The scientists measured the waist circumference of approximately 50,000 men and 50,000 women, all of whom were at least 50 years old. Then, over the next ten years, the scientists tracked the men and women. No surprise: some of them died. Approximately 10,000 men and approximately 5,000 women.

It turned out that there was an almost linear relationship between increased waist circumference and increased risk of premature mortality. As waist circumference increased, so too did the risk of premature mortality.

All levels of waist circumference higher than the lowest level (less than 35.4 inches for men, and less than 29.5 inches for women) were associated with higher rates of premature mortality. That’s about FIVE inches below the “clinically defined threshold for abdominal obesity.” That phrase, “clinically defined threshold for abdominal obesity,” may need to be revisited.

Within categories of BMI, waist circumference was positively associated with higher risk of mortality. That is, among “normal” weight men and “normal” weight women, a greater waist size was associated with higher risk of mortality. Same with the “overweight” and “obese.”

Actually, being “normal” (under BMI standards) with an elevated waist circumference (37.4 inches to 41.34 inches) put women at a higher risk than being overweight with identical waist circumference.

Now, go measure your waist size. No, really. Stand, face a mirror. If you have a protruding belly, don’t measure where your belly starts to protrude (at the top) or stops protruding (at the bottom). Measure at the same “site” as the scientists in the

Archives study did, “just above the navel,” the belly button. Be sure the tape measure is not “indenting,” squeezing into your skin. The tape measure should be firm around your skin, but not pressing in on your skin. And be sure the tape measure is level with the ground all around your body.

If your waist is greater than 35.4 for men or 29.5 for women (the reference waist size), you face a higher risk of premature mortality than those with a reference waist size.

The associations with waist size were strongest for mortality caused by respiratory disease, followed by cardiovascular disease, and then cancer. A high waist size is associated with considerably reduced respiratory function.

You may recall from some of my earlier articles that a larger “waist to hip” ratio (where the waist measurement site is slightly different from the site in this study) is associated with high blood pressure, high cholesterol, hypercoagulation, Type II diabetes, coronary artery disease, many cancers, and premature death. It looks like it doesn’t matter where your abdominal fat is; it’s dangerous wherever it is.

Just as risks heightened at increasing waist sizes, risks likewise elevated WITHIN BMI categories. That is, risks were greater within the overweight category at greater waist sizes (against smaller waisted overweight people), and risks were greater within the obese category at greater waist sizes (against smaller waisted obese people).

What is the ideal situation? That is, into what BMI category and waist size should one be? One should be in the “normal” BMI category with a waist size less than 35.4 for men and less than 29.5 for women. The study didn’t go lower (than those waist sizes), but I bet the “protection” would be better at smaller than 35.4 and 29.5, respectively, for men and women.

The worst situation? That is, what combination of BMI category and waist size is most reflective of greater risk of premature mortality? For men, being obese and having a waist size of greater than 43.41; for women, being “NORMAL” (by Body Mass Index standards) and having a waist size of 37.4 or greater. Women in that “worst” situation have more than a twofold greater risk of premature mortality (vs. “normal” small waisted women).

Our body weight’s not killing us; it’s our body’s waist.

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.



Spirit of Survival

OCTOBER
10



★ JOIN OUR LEAGUE IN THE BATTLE AGAINST CANCER ★

ELMER
THOMAS PARK

LAWTON, OK

SCHEDULE
OF EVENTS

9 am - 3 pm

REGISTRATION &
PACKET PICKUP

12 - 6 pm

SOS EXPO & POST-
RACE CELEBRATION

SPONSORED BY



1:00 pm

SUPERHERO KIDS
MARATHON

1 - 5 pm

SUPERHERO
KIDS ZONE

SPONSORED BY



At the finish line, all Superhero Kids Marathon finishers will have a free pass to the Superhero Kids Zone: full of inflatables, face painting, and lots of fun for the kids!

2:00 pm

SUPERHERO 5K

2:30 - 6 pm

TEEN SCENE

3:30 pm

LEAH M. FITCH
SPIRIT WALK

SUPERHERO KIDS MARATHON

25 MILES LOGGED BEFORE
10.10.10, LAST 1.2 MILES
COMPLETED ON RACE DAY

SPONSORED BY



Superkids! It's time to walk and run to fight against cancer! The Superhero Kids Marathon is for all kids through 12 years of age and is a perfect opportunity for parents and children to spend quality time together, setting goals and celebrating the thrill and excitement of the Finish Line.

LOG SHEET Present your completed Log Sheet at the Superhero Kids Marathon registration on October 10. Each child will run and record 25 miles on their Log Sheet (on the back of the Superhero Kids Marathon flyer). The last 1.2 miles will be completed on race day!

REGISTRATION

\$ 10 EARLY
REGISTRATION

\$ 15 AFTER
SEPT. 17

PRIZES All finishers receive custom finisher's medal and t-shirt plus are eligible for a variety of prizes.

SUPERHERO 5K

USATF CERTIFIED 3.1
MILE TIMED RACE

SPONSORED BY



This event is a 3.1 mile USATF Certified and ChampionChip timed race around Lake Helen at Elmer Thomas Park in Lawton. Our participants are encouraged to don their favorite superhero costume and run to their heart's content to the finish line. Join us and celebrate the gift of health and life for a great cause! The 5K Superhero Race will have placer's medals for the top three finishers in each age division and will provide trophies for the top three overall male and female winners.

REGISTRATION

\$ 25 EARLY
REGISTRATION

\$ 30 AFTER
SEPT. 17

PRIZES Each participant will receive a beautiful finisher's medal, participant t-shirt and runner's race packet.

LEAH M. FITCH SPIRIT WALK

1 MILE WALK/FAMILY FUN RUN

SPONSORED BY



This event is designed as a fun and festive celebration of life to honor and remember those affected by cancer. Come dressed as your favorite superhero, whether a comic superhero character, or your favorite person who is a superhero and inspiration to you! There is no time limit for this leisurely stroll intended to show support in the battle against cancer.

REGISTRATION

\$ 20 EARLY
REGISTRATION

\$ 25 AFTER
SEPT. 17

PRIZES Each participant will receive a beautiful finisher's medal, participant t-shirt and runner's race packet.



Win 3 Day Trip for 4
Wizarding World
of Harry Potter

Orlando, Florida

To be eligible, all you have to do is register early for the Spirit of Survival on or before September 30th will be entered into the drawing for the vacation package which will be announced at the SOS Post Race Celebration on Sunday, 10.10.10! So register early, take a chance to win a family trip of a lifetime and join us in celebrating life!

Altus • Lawton • Duncan

CANCER CENTERS
of Southwest Oklahoma

For more information,
call 580.585.5406

www.spiritofsurvival.com

Get to Know Board Member – Vaden Dean

One of my more eventful encounters with running came on July 4th, 2005. It was early in the morning and I was driving around Lake Overholser when my morning drive was interrupted by a bunch of idiots that seemed to be coming out of nowhere and then disappearing over a nearby hill, apparently heading nowhere! Now, here I was, sitting at an intersection watching a bunch of people run by. Don't they know that I need to hurry to my air conditioned home so I can jump out of my air conditioned car and make a dash to my cozy couch with the ceiling fan roaring overhead just so I could lay there watching TV until later in the day when I had to get out and do 4th of July stuff! Come on people, let's move it here - I'm on a tight schedule!

Now shortly after I pulled up to that intersection, I caught the eye of one of the runners coming around the corner looking at me. It was such an intense look of determination that it totally changed the way I was feeling about being delayed. I started thinking about where each runner had come from and where are they going? How did they ever become fit enough to run like this? They must be stopping just after they top that nearby hill, I thought! Then I began thinking about how difficult it was for me to simply run down the block. I actually began thinking about the days when I ran the 440 in high school. It was a few years later I learned that the runner I referred to above was none other than fellow board member Marie Breshears. Thanks Marie, you were in the right place at the right time and did the right thing! Some of us may never know what a positive influence we are on other people but rest assured we are!

In the fall of 2006 I put on a pair of running shoes (and I use the words "running shoes" very loosely) for the first time in many years. I headed out to Lake Overholser and started running north on the trails. I didn't know it at the time but I was doing the classic interval workout, you know, jog for 20 yards then walk a mile. After about 60 seconds that couch and air conditioning began to sound mighty fine. My goal was simply to jog for 3 miles without walking. I still remember the day I finally accomplished the steady 3 mile run in 33 minutes and 27 seconds - I was so excited that I told almost everyone I knew. I think



Vaden Dean at Mt. Scott

people at work started hiding so they wouldn't have to listen to the story again. A couple of weeks after I ran my first 3 miler, I met my first running group. It was a small group of runners and walkers from church and it just so happened that Jackie Norvell was part of that group. The first Saturday I met them, Jackie and another lady told me that they had 5 miles on their training schedule for that weekend. 5 miles? Are you serious? Training Schedule?? What the heck is that? Not wanting to be a complete wimp, I reluctantly agreed. We did 5 miles and I was amazed that I was still upright without assistance when we made it back to Stars and Stripes. A couple of weeks later I was informed that we were going to run around Lake Hefner. Oh, come on, you really must be joking now! I blinked my eyes and I could have sworn that they were standing there with whips and chains. Those sick people, but I had no choice, they could out run me and they were armed so away we went! Amazingly, though very tired and sore, we actually made it back to Stars and Stripes again.

Jackie convinced me to run on a relay team at White Rock that year with the church. I ran the last leg and actually finished.

In January 2007, I entered the Chili Day run and completed it as well. Was I actually becoming a runner? Yes, I was and I had proof. An article in Runners World magazine said the difference between a jogger and a runner was a completed entry form.

See Vaden on page 16

THE OKLAHOMA RUN TO DEFEAT DIABETES



**SATURDAY
SEPT. 25, 2010**

HOSTED BY **SIGMA PHI EPSILON**

**Gaylord Family Oklahoma Memorial Stadium
Norman, Oklahoma**

8:30am for 1-Mile Family Fun Run

9:00am for 5K Race

**5K Registration is \$25 and \$30 the day of the race
Fun Run Registration \$15 and \$20 the day of the race**

**Starting Line: Jenkins between Lindsey and Boyd
by the Heisman Statues**

Finish Line: Owen Field North Endzone

Raceday Registration and Packet Pickup begins at 7:00AM

**Register online at
www.okdiabetesrun.com**

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Follow us on Facebook & Twitter @OKDiabetesRun

Vaden continued

How much more proof does one need?

Armed with this new revelation that I had actually crossed the line from jogging to running I decided it was time to join the Landrunners and train for my first marathon. I joined in January 2007, began the marathon training and ran my first marathon that April. Of course running my first marathon is another story all by itself!

Since joining the Landrunners I have run every distance from 5k to the marathon and my favorite distance has become the half. For me this is the distance that requires just the right amount of endurance and speed.

My favorite local running spots are Hefner, Draper, Overholser, Bluff Creek and Eldon Lyon. Each has its own unique character and is enriched by the people who frequent these locations as much as by the geography itself. My favorite winter time location would have to be Stinchcomb Wildlife Refuge, this is a 2.5 mile dirt road that runs along the river north of Lake Overholser. The tall trees offer some shelter from the cold winds in the winter but be sure you take along a small caliber shotgun in the spring so you can defend yourself against the mosquitoes and horse flies. For a day trip, the Wichita Mountains north of Lawton and the Chickasaw National Park in Sulphur offer outstanding places to run and play.

In 2008 I was elected to the Board of Directors for the Landrunners. Although I didn't fully appreciate or understand everything the Landrunners stood for, I was honored to be a part of them and to help shape and secure the future of the organization. Looking back at my short career as a runner, I find it personally fulfilling to simply support the Landrunners mission statement: "To support health and fitness of all ages through recreational running." This is such a simple statement but I have seen so many people - whether on purpose or by accident - live this in everyday life. I can't help but point out some of the people who have been so influential in my life since joining the running club: Sherry and the late Jack Rector were co-directors of the weekly marathon training and they encouraged me to enter and finish my first marathon. Without them and their leadership I might never have attempted such a feat! Kathy Moffit and Tom Briggs, what amazing warriors these two are.

I am actually just getting warmed up with my writing but I am pretty sure I'm being rushed. Are most of you familiar with Clipit, the little paper clip in Microsoft Word that taps its foot and makes all kinds of noise when it thinks you are being too slow? Well, I keep getting these threatening emails from the person in charge of getting these letters to print and I hear that foot tapping so I had better go!

Good luck to all and I hope each of you get out of running exactly what you desire and remember, "If you always do what you've always done you'll always get what you always got!"

Random Runners Tidbits

By Adi McCasland

Having just returned from back-to-back trail running road trips this weekend, I'm on a bit of a kick to find new places to explore on foot. With the help of Google, a few coworkers, and a couple of outdoorsy Oklahomans, I've found a few new adventures to add to the list. They are all within driving distance, and don't worry because there's plenty to do aside from just running! Most have

camping (lodging or tent), hiking, biking, water sports, and fishing.

- 1) Lake Murray
- 2) Lake Eufala
- 3) Roman Nose State Park
- 4) Oachita National Forest
- 5) Chickasaw National Park

THE MARIANNE VANNATTA

RACE

WITH THE STARS

SATURDAY, NOVEMBER 6, 2010

8 A.M. 5K RACE

8:45 A.M. 1-MILE FUN RUN/WALK

**FREED WELLNESS CENTER
1700 NW 27TH ST.**

Pre-registration - \$20
Race day registration - \$30

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

The Race benefits OCU's Kramer School of Nursing

To register or for more information:

**www.okcu.edu/racewiththestars
(405) 208-STAR**



**OKLAHOMA CITY
UNIVERSITY**

IT'S ALL ABOUT NURSES

Election of the Board of Directors 2011

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 Board member fails to attend three Board of Director meetings in succession, the said Board member shall be considered as having resigned. A vacant member's position may be filled, by nomination and majority vote by the club membership in attendance at a monthly meeting, for the unexpired term.

2011 Nominating committee: Suzie Bostick, Vaden Dean, Bob Loving, Chuck Mikkelson, Cara Rogers-Nance.

If you or someone you know would like to serve on the board, please submit name, email, phone and a brief bio to any member of the nominating committee, to the club's PO Box 18113 OKC, OK 73154 or use the online nominating link on the website.

A list of candidates will appear in the October newsletter and the election will be held at the club's monthly meeting on October 18, 2010.

The 2011 newly elected Board of Directors will then meet in November to elect the Officers and Committees for the 2011 term.



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



Landrunners on the Mother Road

Bus Info:

Cost: \$20.00 round trip per person

Register: first come, first serve limited to 48 seats online at

<https://event-manager.compete-at.com/okcrunningorg/busticket101010>

Departs OKC: 10.09.10 11:45 a.m. departure from Park & Ride I35 & 122nd St
*11:30 a.m. loading time

Arrives Expo: 10.09.10 4:00 p.m. at Joplin Museum Complex

Departs Joplin, MO: 10.10.10 2:00 p.m. from Joplin Athletic Complex

Arrives OKC: 6:30 p.m.

Pasta Dinner:

Location: American Legion Building (across from expo)

Time: 5:00 - 7:00 p.m.

Transportation: provided by bus; departs pasta dinner at TBD time

Pasta Dinner Tickets: purchased online at registration

Hotel Info:

Official Host Hotel: La Quinta Inn 3320 S Rangeline Rd Joplin, MO 64804

Cost: \$89.00 + Tax per room if reserved by 09.10.10

Discount Code: will be provided to bus passengers

Notes: notify front desk of 6:00 p.m. or later check-in time

Race Events:

Date: 10.10.10

Time: 8:00 a.m.

Marathon Start: Commerce, OK

Half Marathon Start: Baxter Springs, KS

5K & 1Mile Start: Joplin, MO

Finish Line Party/Awards: Athletic Complex 3301 W 1st St Joplin, MO

Registration Discount Code: OKCRC1

Discount Deadline: 08.31.10



The Landrunners - The Oklahoma City Running Club

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



P.O. Box 18113, OKC, OK 73154

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September 2010

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Visit The Landrunners Online:

www.okcrunning.org

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ADVERTISING

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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