

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

December 2010 | Issue No. 176

The Mother Road 100.3 - Final Chapter

By Maurice Lee III

On Saturday, November 13, 2010, I ran in the Mother Road 100.3 mile run. This was the third and final version of this run and is put on by Thomas Hill and Bret Sholar. Anyone that knows them knows that they put on first class quality races.

The first Mother Road went from Oklahoma City (Arcadia) to Tulsa (Sapulpa). The second version went from the western border to Oklahoma City (El Reno). This final version went from Baxter Springs, Kansas, to Tulsa (Catoosa). By running all three races, I completed races that covered one end of the state to the other.

I remember the first run, but was not ready to run that far yet. When the second Mother Road came along, I still wasn't ready for the whole thing, but good friend Joel McCarty asked me to pace him the final 35 miles.

My experience pacing him was invaluable. I remember him persevering through the cold, darkness, and pain to push on to a finish. I told him I had never cried after finishing a race, but I was close to tears watching him push on to a 100 mile finish. So when this opportunity came along, I knew I had to run.

I had run one other 100 mile run, Rocky Raccoon in Huntsville State Park in Huntsville, Texas. I finished that run in a little over 27 hours.



Maurice Lee III

This race was to be similar to Rocky in that I really didn't have a crew up until the week before the race. While Cara and Randy Nance had agreed to crew me, I knew they also had other people to crew, and in a race of this distance, the runners would really get spread out as time passed. The week before the race Bill Goodier offered to crew me. The week before Rocky Raccoon, Willie and Bill offered to crew and pace me, and without their help, I'm not sure I would have finished. I already had Joel lined up to pace me for the Mother Road from around midnight to the finish. Everything seemed to be falling into place.

See Mother Road on page 8

My Reign is Almost Over

It has been a pleasure serving as your club president these past two years. My officers, directors and most importantly you the members are the best around and that made my job extremely enjoyable and rewarding. THANK YOU!

Newly elected club officers for 2011 will be Cara Rogers-Nance - President, Gaile Loving – Vice-President, Bob Loving – Secretary and Tom Briggs – Treasurer. I am sure under their leadership and efforts and with your help our club will continue to grow and prosper.

Bill Snipes and Marie Breshears did another wonderful job organizing this year’s fall banquet. Club members enjoyed a wonderful evening with some great food and entertainment. Katie Kramer was the big surprise of the night as she got up and sang a few songs to the crowd’s delight. We might have found next year’s entertainment theme, karaoke night with the Landrunners?

Fall marathon training is over and many headed up the turnpike to Tulsa for the Route 66 marathon. Landrunners were a large force as many members wore their Landrunner shirts with pride. Club members performed well with Jerry Faulkner as the overall winner in the half marathon, Tiffany Cone was 3rd overall female in the half marathon and Katie Kramer was 2nd overall female in the full marathon. Many members also won age group awards and some even enjoyed the experience of completing their very first marathon and/or half marathon. Congratulations to all! Don’t forget that spring training will start on January 8th.

Don’t forget the Christmas potluck social on December 20th at the Bentson. Details and directions are on the website. Be sure to bring your favorite dish to share. It’s a good time to meet new and old members and share a few stories.

What shall the ex-prez do? Run off into the sunset? Retire his camera? Move to the ranch? Write a book? Maybe I’ll head to the golf course and think about it?

Keep Running,
Chuck Mikkelson, Soon to be Ex-Prez

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Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
12/4	Holiday Hustle 5K	Okla. Christian University @ 8:30am
12/11	Northcare Reindeer Run 5K & 10K	4436 NW 50th @ 9:30am
12/11	Faster than the Pastor 5K	Mustang @ 8:30am
12/11	5th Annual Nightlight 5K Run	Midwest City @ 5:45pm
12/20	Christmas Potluck Social @ Bentson's	2601 Warwick Dr. @ 6:00pm
1/1	New Years Day 5K – visit dgroadracing.com	9:00am
1/22	YMCA Frosty 5K	10000 N Penn @ 10:00am

Landrunners In Action

10/31 MARINE CORPS MARATHON, WASHINGTON, DC

ANGELA BURKHALTER	3:43:18
KARI KOSANKE	3:45:20

11/7 NYC MARATHON, NEW YORK CITY, NY

JONATHAN PILLOW	2:42:43
DAVID WRAY	3:02:00
DONNA BANKS	4:22:13
TROY BANKS	4:22:13
BRYAN SLOAN	4:22:47
JESSICA PARKER	4:55:06
KAREN CAROTHERS	5:07:11
RICHARD CAROTHERS	5:07:11

11/13 MOTHER ROAD 100, BAXTER SPRINGS, KS TO CATOOSA, OK

RICHARD SMITH	19:09:35
MAURICE LEE III	24:00:30
BRET SHOLAR	26:19:56
STEPHEN ABERNATHY	27:00:21

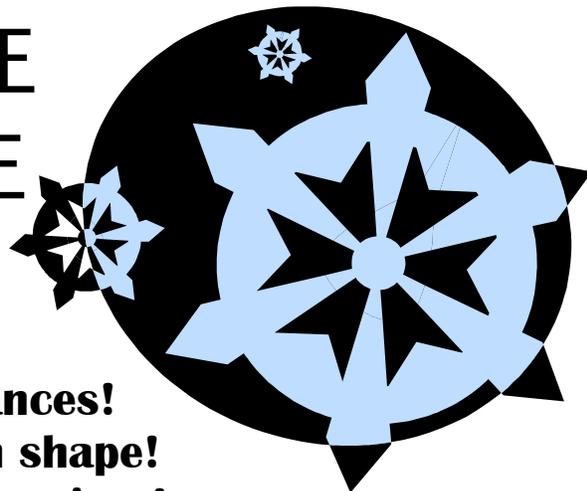
11/14 SAN ANTONIO ROCK N ROLL HALF MARATHON, TX

DARLENE SPRY	2:39:49
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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

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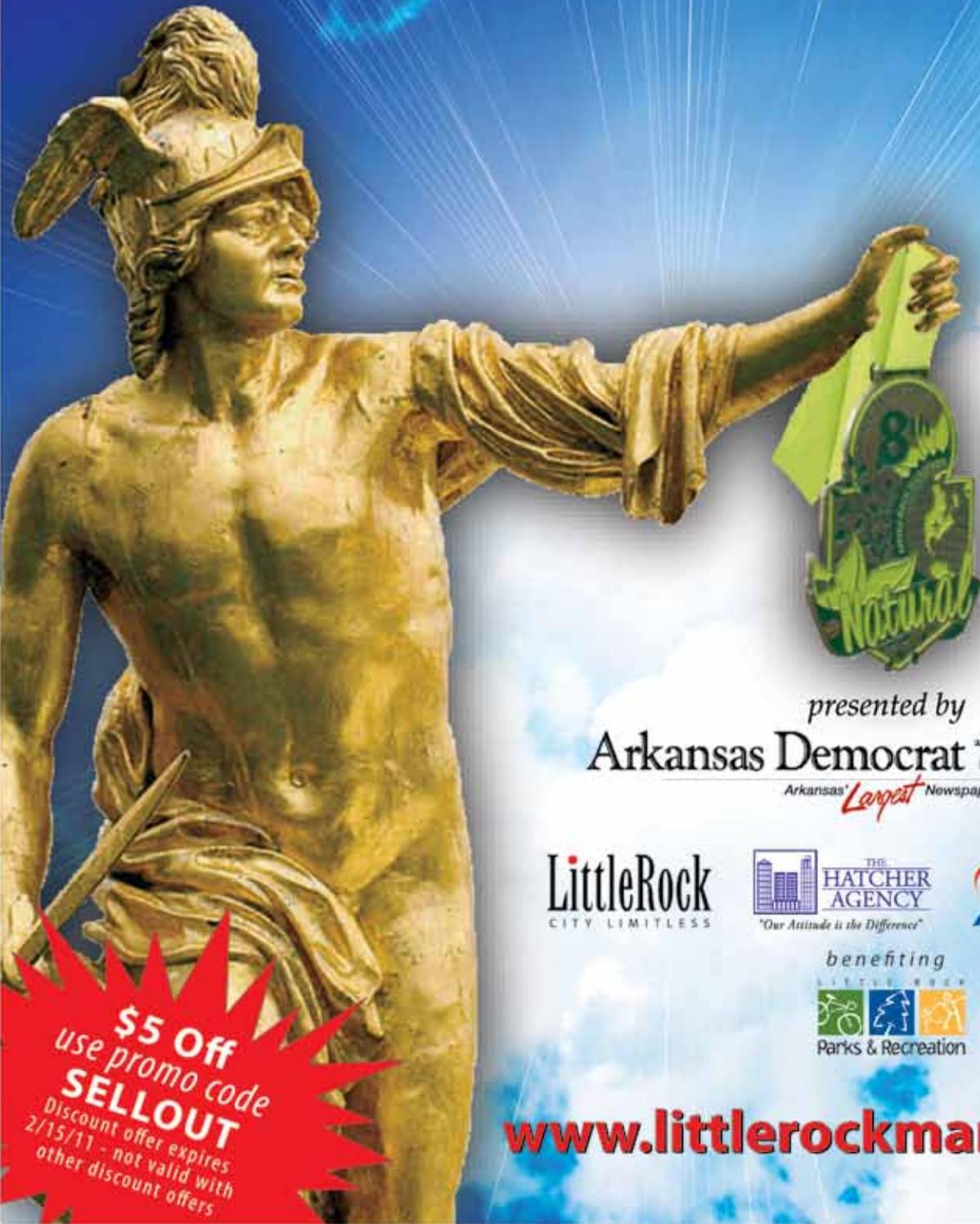
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December 1st for all the details.

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Slowest Pace, Best “Time” at Rock-n-Roll

By Darlene Spry

I had set out to finish the San Antonio Rock and Roll Half Marathon on Nov. 14 with a time somewhere between 2:20 and 2:25. This would be one of the largest races I had ever participated in next to the San Francisco Nike Women’s Marathon. My sister, who I am very close to, had moved to San Antonio with her new husband back in April and I thought, “great I can visit her and run the half marathon.” I went to the expo at the Alamo Dome on Friday with my mom, sister and brother-in-law to get my race packet. We played some games at the Brooks booth and all got “Run Happy” prizes. I learned the proper way to tape my knee from the KT tape booth and got my beer tag for the free MGD 64 after the race.

The race was to start at 7:15 am so we all had to get up a little before 5:00 am since it would take about 40 minutes to drive from where my sister lives to the race start. Runner drop off was at 6:30 to get you close to the start. I got out of the car about 4 blocks from the start because of a big traffic jam and I wanted to go find my corral. There were almost 30,000 runners signed up, I would be in corral 18. I found my corral after about 10 minutes of walking. Then I went over to the food and drink booth that was in the area and got a piece of bagel and a bottle of Cytomax (which is now my new friend). I really needed to use the port-a-potty after drinking 20 ounces of water on the drive downtown and half the bottle of Cytomax. The lines were really long but moving pretty fast and it was about 15 minutes until the start of the race but I knew it would be a while before my corral moved up. Everyone was dancing in line when the music started and we heard the first wave of runners go.

Every two minutes a corral was released at the start line. I got out of the port-a-potty and my corral had already moved up several spots. While slowly moving up, I was taking pictures on my phone. It was then that I thought, “I’m just going to enjoy this race and not even worry about what time I finish,” since I was treating it as a training run for my Route 66 Marathon I would be doing the following Sunday. I called my sister to find out where they were and she said they were driving in circles trying to find a spot to watch the race. I told them to just go to about mile six -- my halfway point -- where there would not be much of a crowd yet.

I started my walk run pace of taking a walk break about every 3 minutes. I enjoyed all the bands along the



Darlene Spry

route and didn’t even listen to my music on my phone that much. Mile three looped around the cobble stone streets in Alamo Plaza which was starting to make my feet hurt a little. I stopped briefly at the Alamo to take a picture of myself and my driver’s license fell out of my pouch; luckily another runner saw me drop it and gave it to me! I was carrying it because they said you needed to show it for your beer, and then I remembered I had already got my beer tag so I planned to give my license to my sister when I saw her around six and a half miles.

Coming up on mile four, I started passing a lot of the walkers that must have done the early start. I think it was mile four that had a high school band playing and had a big blown up dragon, so I stopped and had a spectator take a picture of me in front of it. I was really enjoying the run and high fiving the little kids along the way. Most of the course was flat and I could have run a little faster but decided not to because I wanted to just sight-see and have fun.

I called my sister to determine their exact location so I wouldn’t miss them. It was the first time I had family
See Rock-n-Roll on page 9

2011 Winter State Games Trail Run

Hosted by Oklahoma Trail Running Association

February 12th, 2011

Register Online @ soonerstategames.org



Location:

Bluff Creek Trails
Behind Lake Hefner
Oklahoma City, OK

This is a technical trail run over rocks, roots, with short, steep drops and climbs. FUN!

Start Time:

Registration: 11:00am
Race Starts: 12:00pm

Entry Fee:

(entry & T-shirt included)
3.5 miles \$20.00
7 miles \$25.00
14 miles \$35.00

Children 12 & under free with paid adult.

Distances:

3.5 miles :: 7 miles :: 14 miles

Sport Coordinator:

Katharine Miller
405.946.7783
kat.miller@cox.net

Registration:

Register online at
Soonerstategames.org on the
Trail Run page!

Packet Pick Up:

Packets can be picked up
January 29th at:
The Runner (9644 N. May)
12:00 pm to 6:00 pm

Packets can be picked up on race day starting at 11:00am

For entry forms and more information visit
soonerstategames.org or call 405.236.5000

Mother Road continued

Bill got me to our hotel the night before and to the start line the next day. It was cool but a storm front had passed through the day before with rain, so we were fortunate that the rain was over prior to the race starting.

The National Anthem, a prayer, then Don shoots the gun and we're off. I started at an easy pace and felt pretty good. There were aid stations every 6 to 11 miles, but besides resting a bit I wasn't eating much there as Bill was taking care of my nutritional needs. I did the first 30 in right at six hours which was my goal. Bill was concerned that I was drinking plenty, but might not be eating enough. He was right. In almost every ultra I run, there comes a time around 30 miles where my stomach gets queasy and nothing appeals to me. So I stop eating, and mostly drink water because the sports drinks are sweet and by this time I'm sick of them.

But I was still making good time. I had aches and pains but none that grew bad enough to concern me.

As darkness approached my pace began to really slow down. I was tired, but I knew the problem was I hadn't eaten enough and now I was paying for it. I came into Vinita and passed a Sonic as I approached the next aid station. While the stations were certainly appreciated, there were problems at several of them. In at least three they either didn't have soup, or it wasn't warm. When I saw Bill, I asked him to go to Sonic and get some Tater Tots. When he got back with them I thought I was living the good life. I scarfed up the tots and felt like I could go on.

I arrived at the Chelsea aid station which was where Joel would join me for the last leg of the run. We gathered in a warm hotel room with Randy and Cara. I had some more soup, picked up some Gator Aid and Joel and I headed out. I had given up on a sub-24 hour finish and was planning to just walk it in. Joel convinced me that I was making good time and still had a shot. We started running as much as we were walking and I began to think it was still possible also. We both knew from experience that when daylight came, we would experience an additional boost.



Maurice Lee III

Bill continued to keep us fueled and updated on our pace. As daylight came, I still could run so I kept running as much as possible. Joel would encourage me but not push me.

As we approached the finish I knew it was going to be close. I was running as much and as fast as I felt I could but was really hurting now. Not injury hurting, but tired and sore from running so long. The last few miles were very hilly and despite that we continued to run. As we approached the running track which marked the finish I started running as fast as I could. Bill was already there and ran to read the clock.

As I entered the track he said fifty eight minutes. I thought I can do two minutes, but then he said fifty nine minutes and I knew I was just going to barely miss sub-24 hours. I continued around the track and saw the clock turn to twenty four hours: Final time, 24:00:30.

I am very happy with my finish. I felt that I was running as hard as I could near the end and know that I would never have finished that fast without Joel encouraging me to keep going.

Many thanks to Bill, who had the hardest job trying to meet my needs while driving a little bit at a time: Cheers to both Bill and Joel for giving up more than a day of their time to help a friend reach his goal.

Rock-n-Roll *continued*

out on the course and that gave me a boost to have a good run. I took pictures of the “Rock-n-Roll” balloon that we were going under at about mile five. Then I looked for Maple Street where my family said they would be holding signs and cheering me on. My mom was so happy to see me and my sister was videotaping me coming running down the street. I stopped to give them hugs and my sister was telling me to “go, go” but I said I need a picture. So she took a picture of me and then I gave mom and my brother-in-law another hug before starting to run and waving back to them. My sister videotaped me until I faded into the crowd of runners. I had told them to “just meet me at the finish” and that would be about another hour and a half. It was starting to get pretty chilly at that point but overall the weather was pretty good.

Coming down the home stretch at mile ten there were a lot of runners beginning to fade and didn't look like they were enjoying the run. One kid had a camel pack on and I could tell he was struggling with about three and a half more miles to go; so it must have been his first time. I encouraged him and told him to take walk breaks. I learned from my first marathon not to ever run with water bottles, you don't need them. They had Cytomax at most of the water stops which is now my favorite marathon drink. I can't believe I never tried it before.

Soon, I was coming up to the Alamo Dome, which is the finish line for the race. I look up to see all the spectators above the bridge cheering on the runners. I'm a little tired by this point and there is a hill coming up just before the finish. I don't know where my sister is at and I'm trying now to finish before the 2:40 mark. I see a line of people outside the fenced off area for the runners and see my sister and brother-in-law, so I picked up the pace and made it up the hill to the finish line just around the corner.

It was not my fastest pace for a half marathon but I had the best time fun-wise. My chip time was 2:39:49. I went through and got my medal and loads of snacks for my trip home. I went over to where Ryan Star was on stage doing the post race concert and danced. I had so many snacks and drinks that I couldn't carry them all and I had still not got my post race beer. I called my sister to come over in the family reunion area and help me carry my stuff so I could go get my well deserved beer. We listened some to the concert then headed back to the car. Mom had waited in the car at the finish because they had to park five or six blocks away. Our post-race meal was at Bill Millers Barbeque, which they seem to have one on every corner in San Antonio. Next time you do a marathon in a place you have not been before, slow down and enjoy the run. It's not always about what time you finish but the time you had while running.

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Recipes to Run By

By *Adi McCasland*

Italian Sausage & Bean Soup

1 lb Italian Sausage (turkey or regular)
2 cloves garlic, minced
1/2 cup diced yellow onion
4 cups chicken broth
14-15 oz can diced tomatoes
1 1/2 cups sliced carrots
14-15 oz can northern white beans, drained & rinsed
2 1/2 cups fresh spinach, chopped
fresh ground black pepper & sea salt, to taste

1) Cook onions and sausage over medium heat until onions are soft and sausage is browned. Add garlic and cook 2-3 minutes more.

2) Stir in broth, tomatoes and carrots, and season with salt and pepper. Reduce heat, cover and cook for 15 minutes.

3) Add beans and cook another 12-15 minutes. Remove from heat and add the spinach. Replace lid and allow the spinach to wilt for five minutes.

Serves 8

Landslide Win!!!

The Landrunners' aid station for the 2010 Redman triathlon was voted the athlete's favorite by an overwhelming margin receiving in excess of 75% of the votes. The Redman organization will be donating a check for \$500 in the name of the Landrunners to the Leukemia & Lymphoma Society.

This is the club's second win in a row and plans are underway for a three-peat. Congratulations to Mary Mikkelson and Jackie Norvell for organizing the water stop and especially all the volunteers who made it great. The Redman organization thanks you for all your efforts and overwhelming support of the event.

DG Productions Presents the

NEW YEARS RUN 5K



NEW YEARS DAY

January 1st

9:00 am

Visit www.dgroadracing.com

December 1st for all the details.

“Inspirational” and “Peak” Training

By Warren Jones

I thought you might enjoy knowing about a couple recent studies on the very positive effects of very different, very specific, and very intense training on improvements in fitness levels and performance.

The first study, appearing in *The Journal of Applied Physiology*, examined (I’ll translate) “inspiratory muscle training pulmonary O₂ uptake kinetics and high intensity exercise tolerance.” That is, would training that focuses on the muscles that allow us to breathe deeply and frequently allow us to exercise at high levels for longer duration? The thinking behind that hypothesis is that fatigue of the respiratory muscles during intense exercise might compromise leg blood flow, thereby limiting available oxygen to the working leg muscles, thereby limiting exercise tolerance.

The subjects in the study received four weeks of inspiratory muscle training (IMT: 30 breaths twice daily at approximately fifty percent of maximum inspiratory pressure [MIP]). Thereafter, they completed moderate, severe, and maximum intensity aerobic efforts. After the IMT, MIP was significantly increased and the degree of inspiratory muscle fatigue was reduced after severe and maximal intensity aerobic exercise. Also, during severe exercise and during maximal exercise, the VO₂ “slow component” (the ever increasing oxygen consumption at a given level of exercise at increasing duration...you know, “the greater pain as the race goes on” even though I’m going no faster) was reduced, and exercise tolerance was enhanced.

All of this stands to reason as respiratory muscles consume ten to fifteen percent of total oxygen consumption, require fourteen to sixteen percent of cardiac output, and are susceptible to fatigue, and reducing ventilation at a given work rate (by IMT training) would be expected to reduce the blood flow requirements of the respiratory muscles to such an extent that a greater proportion of cardiac output would be available to distribute to the exercising limbs.

The second study, appearing in *The International Journal of Sports Medicine*, examined whether interval training at 110-120% of peak power output

either one or two days per week (above habitual training) would elicit improvements in lactate threshold (LT) in a dose response manner, i.e., if there were an improvement, would two days of training be more productive than one day.

Twenty physically active individuals completed this study. They were randomly assigned to two separate six week training groups, either one day per week or two days per week of interval training at 110-120% of peak workload.

Peak workload, in this context, is the velocity and/or grade achievable at the end of a ten to twelve minute “to exhaustion” assessment under ever increasing speeds and grades. Traditionally, the achieved “peak workload” is then, on subsequent training sessions, repeatable by runners consistent with the training intervals used in the study.

Specifically, for the first two weeks, six intervals were performed for thirty seconds at 110% of peak workload; weeks three and four consisted of seven intervals of 115%; and weeks five and six consisted of eight at 120%. Recovery was an aerobically comfortable level for three and a half minutes.

After six weeks, LT (as a percent of VO₂ max) increased significantly in both groups. Or, in other words, LT didn’t occur until at a higher heart rate and at a higher oxygen consumption. And, as you probably are suspecting, the improvement was dose dependent. That is, it increased in the one day per week group by more than four percent and in the two day per week group by more than eight percent.

So, there you go. Two very different kinds of training, but each of which are very productive of enhanced performance. Try ‘em both.

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.





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