

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

April 2012 | Issue No. 192

Fit for a Princess

by Jennifer K. Cotten

Every child wants to go to Disney World, right? So it didn't sound odd last year when my daughter, Whitney, asked if she and I could visit the park — except that she was 24.

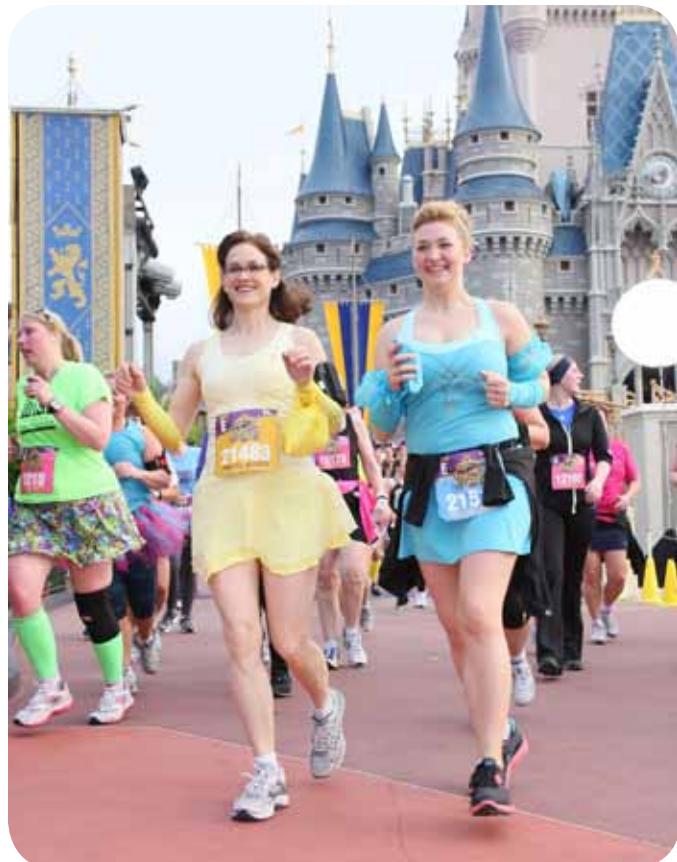
As it turned out, she wanted us to run the 2012 Disney Princess Half Marathon together. Whitney had it all planned out — we'd dress as princesses and enjoy mother/daughter time. How can you say no to that at any age?

I gave her the obligatory, "We'll see," and secretly started making plans. I guess I felt the need to repair the apparent psychological damage that may have been inflicted by not taking her to Disney as a child. Registration for our mother/daughter team was the first step. Cotten Candy (a staple of every theme park) was our name.

For her twenty-fifth birthday, Whitney got a present that lots of children wish for: a trip to Disney World. She acted as any little girl would act, giddy and excited about an upcoming trip to see Mickey and Minnie. Or was the excitement for the "Beers Around the World" at Epcot? Whatever it was, I was excited as well.

Being an avid runner, I had encouraged Whitney to be the last leg of an OKC Memorial Marathon relay team two years earlier even though she was not a runner. Like many first-time racers, she got that awesome feeling of accomplishment crossing the finish line and was pumped for the next one.

When she returned to the OKC Memorial Marathon in 2011, she had set her sights higher and walked/ran the half marathon in that cold, rainy mess we call Oklahoma weather and finished with a



Belle (Jennifer Cotten) and Cinderella (Whitney Cotten) have a magical moment as they run through Cinderella's Castle at Magic Kingdom

respectable time. It was later that day when she asked about Disney.

An interesting thing about Whitney that I would be remiss in pointing out is that she was diagnosed with Juvenile Rheumatoid Arthritis at the age of 16. So her walking/running any distance inspires me.

See Princess, on page 8

President's Letter

Marathon training is on the downhill run to the Oklahoma City Memorial Marathon on April 29, 2012. You have been pounding the pavement and putting in the miles to get ready. Your training has taken you to different parts of the actual course so you can be confident and comfortable on race day. I am so proud of all of you and will be at the finish line waiting for you to complete your goal. Bill Snipes will be cheering and running with you from the last turn down Broadway. Look for us, we are there for you. This year I have put in a request for calm winds at your back, 40-50 degree temps and blue sky with puffy white clouds. This is the best marathon ever! The meaning and the volunteers make this THE marathon to do. Congrats!

Marathon week is almost upon us. Landrunner packet stuffing is a tradition and Suzie Bostick has been our ring leader for as long as I can remember. Suzie also heads up our expo booth. Be sure to come by on Friday or Saturday.

Our speaker this year will be Boston Bill Rodgers on Thursday, April 26, 2012 before the Oklahoma City Memorial Marathon. Bill Rodgers, one of the most legendary runners in recent American history. Come listen to Boston Bill tell his stories and offer guidance in preparation for your next running endeavor.

We are planning on a fun filled evening full of stories and be sure to bring a question or two for Boston Bill.

Happy Running,
Cara

8TH ANNUAL COURAGE RUN

INTEGRIS
JIM THORPE
Rehabilitation

Save the date

Saturday, May 5, 2012

8 a.m. start

Lake Hefner

North Pavilion off Hefner Rd.

Oklahoma City

Photo courtesy of Jim Thorpe Association, Inc.

12TH ANNUAL WE RUN TO REMEMBER

APRIL 29TH, 2012

THE TWELFTH ANNUAL OKLAHOMA CITY MEMORIAL MARATHON

OKCMARATHON.COM



teleflora.



Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>
4/1	A2A Marathon*, Half* & 5K*
4/7	Egg Run 2012 – 5K
4/14	Club's Trail Sweep
4/14	Redbud Classic Bike
4/15	Redbud Classic 5K /10K
4/21	Mid-Del Children's Shelter 5K
4/21	YWCA 2 Minute 5K
4/21	Remember the Ten
4/21	Run 2 Stop 5K*
4/26	Club meeting with Bill Rodgers
4/29	OKC Memorial Marathon*
5/5	Jim Thorpe Courage Run 5K, 10K
5/5	OK Autism Piece Walk 5K
5/19	Blaze through the Zoo 5K
6/2	Downtown Dash 5K, 10K

* Denotes Series Races

Location/Time

Ardmore, OK @ 8:00am
Harrah, OK @ 7:00am
Stars & Stripes Park @ 9:30am
6301 Waterford Blvd @ 7:00am
6301 Waterford Blvd @ 2:00pm
8700 E Reno, Midwest City @ 8:00am
Regatta Park @ 8:45am
Stillwater, OK @ 9:00am
OCU, 2501 N Blackwelder @ 9:00am
TBA - see website for details
NW 6th & Robinson @ 6:30am
N. Pavilion, Lake Hefner @ 8:00am
Bricktown Ballpark @ 9:00am
OKC Zoo, 2101 NE 50th @ 8:00am
NW 9th & Walker @ 8:00pm

Landrunners In Action

2/26 COWTOWN MARATHON, FT WORTH, TX

BETH COOPER	2:55:25 – 1ST FEMALE
NICK SEYMOUR	3:22:56
KENNY DANNER	4:13:59
GARY VENATOR	4:23:53
GLEN STANLEY	4:51:56 – ULTRA
CHERYL BALLARD	5:32:54 – ULTRA

2/26 COWTOWN HALF MARATHON, TX

BLAKE MIDDLETON	1:36:02
JOSEPH PARIZEK	1:36:18
CORINNE YOUNG	1:36:24
RYAN FRICKE	1:51:51
JILL HOBSON	1:58:08
ROBERT CLEVELAND	1:59:23
GAILE LOVING	2:02:21
MIKE MEDRANO	2:05:11
RACHEL HECHT	2:05:48
STACY CROFFORD	2:06:42
Ji McFARLAND	2:09:26
CHARLES McFARLAND	2:09:27
KIM FLOYD	2:16:08
BRENDA MARES-EARNHARDT	2:20:04
SHAWNA SATTERWHITE	2:23:09
KIM FRAKES	2:24:25
ROBIN COLLINS	2:25:53
RUSSELL COLLINS	2:25:54
WARREN WILSON	3:34:15
BILL MORRIS	3:35:41

2/26 AUCKLAND HALF MARATHON, NZ

JUSTIN CHAN	1:49:16
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3/3 THE WOODLANDS MARATHON, TX

CAMILLE HERRON	2:37:18 – 1ST FEMALE
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3/4 NEW ORLEANS MARATHON, LA

ANGELA MORRIS	3:52:03
WENDY GABRIELSON	4:28:49

3/4 LITTLE ROCK HALF MARATHON, AR

TERRA ROWE	1:55:42
HOLLIE STUART	1:55:50
GAILE LOVING	2:01:29
AMY PETTY	2:24:36
BARBARA SOWAH	2:50:06
SHIRLEY LYNES	3:01:02
DEBBIE MCBEE	3:06:06
GRAEME RIGNAULT	1:17:41- 10K

3/4 LITTLE ROCK MARATHON, AR

JOHN GIGNAC III	3:12:44
JOSEPH WARFIELD	3:36:56
MARY MIKKELSON	3:49:22
NOEL TUCKER	3:52:04
PATRICK ROSCH	3:55:18
MAURICE LEE III	4:04:38
PASCAL DEMEYER	4:08:15
BRYAN WEATHERS	4:09:42
CHRIS MAYFIELD	4:09:43
SUSAN PHILLIPS	4:18:52
LINDIE SLATER	4:19:11
CHUCK MIKKELSON	4:22:58
TIM LAMB	4:31:04
PETE RICHARDSON	4:37:15
JENNY SAVOLD	4:37:16
TRACY WOODIE	4:47:16
JEFF MARTENS	4:47:17
EMILY COOPER	4:47:23
KEVIN LYNES	4:52:33
JOHN COTNER	5:03:30
DARLENE SPRY	5:10:01
RALPH BRECKENRIDGE	5:10:34
MATTHEW McBEE	5:10:37
TORI DUPHORNE	5:13:40
AMY WISNIEWSKI	5:19:16
APRIL TEAGUE	5:19:16
MARICA RIGNAULT	5:25:40
TIM BADE	5:36:33
LISA CHAMBERS	5:44:44
JENNIFER MCCOY	5:48:56
KATHLEEN COOK	6:48:36
SILVER WOODY	6:48:42
LAURA WARD	7:23:41

3/11 SARASOTA HALF MARATHON, FL

WILLIAM HICKMAN	1:50:59
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3/18 TOBACCO ROAD MARATHON, NC	5:21:20
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3/18 SEOUL INT. MARATHON, S. KOREA	4:52:06
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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

Hello,
My name is **Dash**

Join me and my friends at the
Oklahoma Autism Piece Walk



Food, Fun and Resource Fair!

100% of the money goes to Oklahoma autism programs!

Bricktown Ballpark | Oklahoma City | May 5, 2012 | Registration at 7:30am | Walk/5K begins at 9am

www.piecewalk.org



What does it all mean?

By Maurice Lee III

Intervals, tempo, fartlek, sprints, tabata, and long run.

When I first started running a few years ago, I just ran. I usually ran close to as fast as I could for the distance I planned to run and that was it. I joined the Landrunners after I had run a few races, and as I began to run with people and talk to them I started to set goals. My first goal was I wanted to run a marathon. My second goal was I wanted to get faster at every distance I ran, and that meant I had to start training. The Landrunner's marathon training program took care of my first goal. But to get faster, I had to seek out some other training methods. Some of you may be like I was when I first started trying to train to get faster. That is you read about these methods of training, such as intervals. But didn't really understand what they were or how they differed from say, tempo runs. You may also want to know why you're doing these runs. As I read more and talked with people I began to understand more. What I offer is simply my understanding of the terms and not a definitive answer as to what they are.

I will not attempt to define the scientific reason for each run, but will give a layman's understanding.

Intervals – A number of runs at a set distance followed by a rest period. For example, 8 x 400 with 2 minutes rest between each interval. This would mean running 400 meters, resting for 2 minutes and then repeat the process seven more times. Again, these are just examples, but you would run the 400 meters at your 5k pace or faster then run easily for 2 minutes. For people who aren't comfortable with metric distances the following are approximate English distance equivalents: 400 meters - .25 (1/4) mile, 800 meters - .5 (1/2) mile, 1600 meters - 1 mile.

Interval distances vary depending on what distance you're training for. For a 5k, maybe run 400's and 800's. For a 10k, maybe run 400, 800, and 1000 meters (one kilometer). For a marathon, maybe run for 1 or 2 miles. Some people do what are called "ladder" intervals. An example would be a run of 400, 800, 1200, 1600, 1200, 800, 400. Most intervals would be run at slightly faster than goal pace. But a general rule is the shorter the interval distance, the faster above goal pace you should attempt. Hill training is often a form of interval training. Run up a hill at a certain pace and then run back down the hill at a slower pace, repeat a number of times. The purpose of intervals is for you to become familiar with running at a faster pace.

Tempo – A tempo run is a longer run usually run at goal pace or slightly faster. For the marathon you might run about 12 miles, but it could be up to 20 miles. This is a run at pace with no breaks. It is often run within a longer run. For

example in a 16 mile run, you might run 4 miles slower than goal pace, run 8 miles at goal pace or slightly faster, then run the last 4 miles slower than goal pace. Some tempo runs are called "threshold" runs. This threshold is sometimes defined as your 10k speed, or the speed you could hold for about 50 minutes. These are usually shorter tempo runs. The purpose of a tempo run is for you to become familiar with what it is like to run at goal pace for a long distance.

Fartlek – A fartlek is simply random bursts of speed or to vary your pace with no set goal. For instance, you're running with a friend, she says "race you to the next light pole." You do it then slow back to your regular pace. It is defined as "speed play." It could be a loose form of intervals. I would say it can help your speed, but it's also just to have fun.

Sprints – Sprints are really just short intervals. I've seen some training programs that incorporate a group of sprints into a run, such as 10 miles with 8 sprints. In one program it defined a sprint as 100 meters with a 40 second rest. It didn't say where to do the sprints. Again this is to build speed and improve leg turnover.

Tabata - Tabata is a short intense run with a short rest. It is a very short interval run. Tabata refers to more than running, but that's all I'll deal with here. Tabata is to run all out, as fast as you can, for 20 seconds, rest for 10 seconds and repeat for a total of 8 runs. Once again this is to build speed. I will warn you that many trainers do not recommend running as fast as you can for any length of time.

Long Run – This is almost self explanatory, but long can be different things to different people and it will depend on what distance you're training for. For example, a long run for a half marathon could be 6-10 miles. For a marathon perhaps 14-22 miles. These runs are generally run slower than goal pace. The purpose of this run is to build endurance and for you to become familiar with what it is like to be on your feet for a long time.

Before beginning any form of training run it is often recommended that you warm up first. Don't start your run by immediately going into the training period. Run easily for a mile or two before beginning the training. Also, gradual is my motto as far as training. Try to improve by small increments.

Once again, this is my understanding of these terms and not meant to be an exact explanation, nor is it meant to say that these are the only forms of training. There are many knowledgeable people in the running club and most of them will talk to you about anything of which you have questions.

6th Annual Remember the Ten Run April 21, 2012

Oklahoma State University Campus



5K - 10K - 1 Mile Fun Run

Celebrate and honor the ten members of the OSU men's basketball program who perished in a plane crash in 2001.

Remember the Ten Run benefactors include OSU Counseling Services and the new Remember the Ten Run Scholarship Program.

For runner registration, volunteer opportunities or for information visit
www.RememberTheTen.com.



Princess continued

Fast forward from that miserably soaked May day to February 26 in Orlando when team Cotten Candy arrived at the start line. Whitney donned her Cinderella gear and I was Belle. We joined Jasmine, Pocahontas and all those other princesses for a half marathon.

The weather was wonderful, mid-50's, and Disney knows how to entertain a pack of 19,000 runners. Fairy Godmother sent all the racers off with a wave of her magic wand and an explosion of fireworks.

The start line was on the roadway near the Wonder Lot parking area of Epcot. We ran along a route that took us past the Richard Petty Driving Experience and into Magic Kingdom where we literally ran through the iconic Cinderella's Castle.

After leaving Magic Kingdom, we headed back on the road as we passed the golf course. Across the street from the course was the Disney wedding chapel where we stopped to pose with Prince Charming and his glass slipper — or sequined running shoe — seriously, both were available. Take your pick.

If you're a runner who needs music, it was provided all along the race. There was never a dull moment. Lively entertainment, distractions and photo ops were in abundance.

We captured pictures with Malificent from Sleeping Beauty and a toy soldier from Toy Story. So many famous characters and even the mile marker signs were larger than life featuring various Princesses.

A large number of runners were costumed so it didn't seem odd that Tinker Bell kept running past us...over and over again. Tink is a popular gal. Lucky for us because she kept sprinkling us with pixie dust which helped us fly through the 13.1 miles.

On the final leg, we entered Epcot and raced around Spaceship Earth. Fairy Godmother was there to give us a little extra magic to carry us the final half mile as we exited Epcot heading to the finish line in the Wonder Lot.

Disney's Princess Half Marathon was a truly magical experience and one to put on your list whether you're young or young at heart.





A SPECIAL EVENING WITH



“BOSTON” BILL RODGERS

FOUR TIME WINNER OF THE BOSTON AND NEW YORK CITY MARATHONS
A MEMBER OF THE 1976 US OLYMPIC TEAM
WINNER OF THE 1977 FUKUOKA MARATHON

THURSDAY, APRIL 26, 2012 @ 7:30PM

LOCATION: TBA
CHECK WEBSITE FOR DETAILS
WWW.OKCRUNNING.ORG

Fueling and Hydration for the Marathon

By Camille Herron

Introduction

One of the biggest questions I am asked as an elite marathoner is, “What do you eat and drink?” Having been running marathons for five years now (and prolific marathoning the past 14 months), I’ve learned a lot about myself and the general rules-of-thumb for fueling and hydration before, during, and after a marathon. Seeing that we’re closely approaching the OKC Memorial Marathon, I thought I would share what I’ve learned!



Pre-Marathon

The biggest factor leading up to a half marathon or marathon is trying to **maximize your glycogen stores**. You can store approximately 2000 kcal/500 grams of glycogen (and possibly more), which equates to roughly 2000 kcal/100kcal burned per mile which equals 20 miles-worth of stored glycogen. However, running at marathon pace, you’re not burning glycogen exclusively (likely closer to 90%), so you technically have enough stored glycogen for around 22-24 miles. The key is trying to get as close to your max as possible **before** the race, so you don’t have to be as reliant on fueling during the race.

My general rule of thumb with fueling and hydration pre-marathon is... as you taper, keep your daily diet normal, but consume a greater **percentage** as carbohydrates. You definitely don’t want to be stuffing yourself silly with food! Because of the taper, you will naturally store up

more glycogen. Glycogen is the stored form of glucose, which consists of water and carbon. It will make you feel full, but as it’s broken down during the race, water will be liberated (also helping with hydration of cells).

I focus on “carbo-loading” during the two days prior to a marathon. You can experiment with this yourself, especially if you’re not used to consuming this many carbohydrates.

One thing I learned from a registered dietitian last year is -- you want to **consume more simple-sugar foods** rather than complex, high-fiber carbohydrate options. The reason for this is fiber makes you feel full, and you won’t store up as much glycogen. This means choosing white bread, white rice, cream of rice, white potatoes, and white pasta, instead of the whole grain options. You can also choose juices instead of fruit. There’s nothing wrong with soda and candy either! All the foods that are normally perceived as “bad” (donuts, cinnamon rolls, fast food, candy, soda, and white bread), are actually GREAT for carbo-loading for the marathon (they all have sugar, sodium, fat)!

For **pre-race breakfast** (YES, you should absolutely eat breakfast!), you want to consume what you normally eat and is easily digested. You want to get 50g of carbohydrates per hour before the race. For example, if you like to eat two hours before a marathon, you should get approximately 100 grams of carbohydrates. Personally, I like to eat a light breakfast 90 minutes before, which works out to 75 grams. Depending on your personal preference, some food suggestions include: energy bars, toast (with a little peanut butter), cereal, oatmeal, cream of rice, honey, Powergels, rice cakes, pancakes, fruit, Gatorade, and nothing wrong with a cup of coffee and a bunch of sugar!

I’ve learned I feel better with a **little more protein for breakfast**, which helps to balance my blood sugar. Same goes for other meals as well -- make sure you’re eating balanced meals and not exclusively carbohydrates. Since I travel frequently, I’ve had great success with **Powerbar Harvest Bars**, which is a well-balanced energy bar. Ninety minutes before a marathon, I’ll have a Harvest Bar, banana, cup of coffee with milk and sugar, and some water and Gatorade. I like to travel with my

See Fueling, on page 12



April 21st 2012
Oklahoma City University

Track/Cross
Country

RUN 2 STOP DISTRACTED DRIVING 5K & 1mi FUN RUN

LAST CHANCE TO P.R. BEFORE THE
MARATHON!!

- FAST 2 LAP COURSE AROUND OCU CAMPUS!
- P.R. FRIENDLY!
- PRE RACE PASTA DINNER @ FREEDE WELLNESS CENTER
- AGE GROUP/OVERALL MALE & FEMALE AWARDS & OVERALL +40
- TONS OF DOOR PRIZES AND FUN FOR WHOLE FAMILY

Check out www.active.com
or Contact Coach Holt cholt@okcu.edu

Fueling continued

breakfast foods (including my normal instant coffee), snacks, honey, and even sugar. I'll usually sip on some Gatorade and water leading up to the race start.

As for **caffeine**, yes, it's absolutely an ergogenic aid. Not only is it a stimulant (which can help with concentration during the later stages of a marathon), but it also can help with breathing and has a glycogen-sparing effect. However, it's also worth noting that caffeine can have unwanted side-effects on the gut, so you should experiment. There are various thoughts on how to best go about getting the ergogenic effect. I highly recommend the following article: <http://www.powerbar.com/articles/218/caffeine-and-athletic-performance.aspx>. Through experimentation, I've found that I do well with either half of a No-Doz or one Excedrin, one hour before a marathon with Gatorade. Then, I'll take one more Excedrin around 16 miles to help "boost" my concentration.

Lastly, if the **race is going to be hot**, it's recommended to consume **more sodium** leading up to the race. I'll use the salt shaker on foods and drinks, and also consume Gatorade Endurance Formula (which has more sodium).

During the race

There are several rules-of-thumb on fueling and hydration during a half marathon or marathon. For **fueling**, you want to make sure you're getting 30-60 grams of carbohydrates per hour (your choice of how to get the carbohydrates). If you're a good "fat burner" (as I am), you could get away with consuming on the lower end of the spectrum. Also, if you're consuming a glucose:fructose blended fuel (about a 2:1 ratio, like Powerbar's C2Max blended gels/fluids), you can possibly consume up to 90 grams of carbohydrates per hour. I'll usually take in 30-45 grams per hour-- Vanilla Powergels at around 7 miles, 14 miles, and 21 miles (with water)—I'll get additional carbohydrates through fluid consumption (~Gatorade Endurance Formula).

It's recommended to practice and through trial and error, figuring out what type of gels or fuel your gut tolerates best.

For **fluid consumption**, I recommend reading Powerbar's Nutrition playbook: http://media.powerbar.com/playbooks/290_running_playbook_3_11.pdf. Research shows if you lose 2-3% of your body weight, your performance starts to suffer. Powerbar.com says you need 13-26 fluid ounces per hour, depending on individual needs and conditions. The research shows that most athletes do fine with an average of 16 fluid ounces

per hour. What works for me is to "**drink as needed**" and "**get a little at a time**"—I'll alternate sipping on water or Gatorade Endurance Formula (or whatever the race offers) every 2-3 miles (making sure I get in water with my gels, and Gatorade in between).

Some people are **heavy sweaters** and likely need more sodium than others. If you consider yourself a "heavy sweater," you should experiment with salt tablets such as Lava Salt. I like Gatorade Endurance Formula because it has more sodium and a little bit of calcium and magnesium to help with muscle function.

Post-Marathon

So you've finished 13.1 or 26.2 miles (Yaaaa, congratulations!)... Now is the time to pig out and enjoy yourself, if your gut can handle it! Definitely getting in **quality protein** is important, along with hydration (and this goes for several days after a half marathon or marathon). Hopefully the race has post-race food-of-substance, but if not, there is nothing like finding a good hamburger, fries, and beer to re-grease the engine! Sometimes all my gut can handle immediately after the race is fluids. Within 15 minutes after a marathon, I try to get in a Powerbar, a water bottle filled with Emergen-C, and an iron pill or two (to counter all the footstrike hemolysis).



Camille Herron, a native Oklahoman, is a 2-time Olympic Marathon Trials qualifier with a personal best time of 2:37:14; 5-time marathon winner; and, recently represented the US Team at the 2011 Pan American Games. She's coached by her husband and OCU Head XC/Track Coach, Conor Holt. She holds B.S. and M.S. degrees in Exercise and Sport Science. She currently runs professionally for Marathonguide.com, Powerbar, Inov-8, 2XU, and Oakley, and serves as a volunteer assistant coach at Okla. City University. She can be contacted / followed via Facebook, Twitter, or through: www.camilleherron.com



Mid-Del Youth and Family Center Children's Shelter 5K Run/Walk

*Proceeds go towards Mid-Del Youth and Family Center
Emergency Children's Shelter*

Where: Joe B. Barnes Regional Park

When: Saturday, April 21st, 2012 8:00am

Cost: \$25 online registration (ends Thursday April 19th)

\$30 registration at event (Race day registration ends at 7:30am)

Register: online at www.mid-delyouth.org
registration includes race t-shirt



scan code to register

Don't run but you still want to give?

Visit our donation page at www.mid-delyouth.org. Any size donation is accepted.

Thank you for helping build brighter futures for children!

Mid-Del Youth and Family Center
316 S. Midwest Blvd.
Midwest City, Ok. 73110
(405)-733-5437
"Building Brighter Futures since 1971"



RUNNING AND HYDRATION

By Tom Coniglione and Jenny Graef

When running, you lose fluid every time you run regardless of the weather; however, you lose more in warmer weather than in the colder months. No matter what the weather it is important for runners to know about hydration.

Because you lose weight (water) when you run, the question you want to answer is “how much should I drink” on a long run? You can find the answer in any article on distance running as well as in the list recommendations you get from most distance running events you enter. The usual advice, as noted in a recent issue of a popular running publication, is: “Drink lots of water before, during and after your training. Drink 200-500 milliliters (6 – 16 ounces) before you start and drink one cup (8 ounces) every 15-20 minutes.” Following this plan means you will drink two pints per hour.

When you read Generic advice like that you learn little, which does the individual runner no good at all. Sweating and fluid losses are highly individual; no two people sweat the same amount. One formula for all people to replace fluid makes no sense. Instead, each runner should figure out how much he sweats per unit (mile or hour) of running. In that way you know how much fluid you have to replace to keep hydrated.

The books say runners lose two to three pounds (1 pound of sweat = 1 pint) of sweat per hour of running. We wanted to test the validity of that statement. Therefore, last summer, with the help of a few dozen runners, we measured the amount of sweat individual runners lost per mile and per hour of running. The results of that experiment were important to the individual runner and contradict the books’ standardized calculations.

The conditions at the time of the test: 81 degrees, 51% humidity, wind SE at 8 MPH.

We tested 19 women and 28 men. The range of sweat loss in the women ranged 1.12-4.0 pounds/pints per hour. The men’s range of fluid loss ranged 1.94-5.5 pounds/pints per hour. These losses corrected to:

women: 0.2-0.58 pounds per mile and for men 0.3 – 0.58 pounds per mile. There are other local runners who were not tested, but we are certain they also have a very high rate of sweating.

	WOMEN	MEN
Sweat loss per hour (pounds)	1.12 – 4.04	1.94 – 5.51
Sweat loss per mile (pounds)	0.2 – 0.5	0.3 – 0.53

Some interesting observations:

1. Runners are all different. They sweat at different rates.
2. Some runners cannot drink fast enough to keep up with their losses; to drink half a pint per mile is more than the intestines can tolerate.
3. For runners to follow the usual hydration recommendations could easily result in a serious heat injury.
4. The “books” recommending fluid replacement are reasonably accurate: 8 ounces every 15-20 minutes = Two pounds per hour. Actually, there is little science behind the official fluid replacement recommendations. Two pounds per hour would be adequate for half the women we tested and excessive for the other half. Two pints per hour would be adequate for two of the men we tested.
5. A number of runners commented about the difficulty they had running this past summer – around the time we did the study. The runners who made this comment were among those with the highest rates of sweat loss and were chronically dehydrated.

The answer is for every runner to measure the amount of sweat he or she loses per unit (mile or hour) of running. Once you know how much you lose, you then know how much to drink to avoid dehydration and overhydration. Finally, it is OK to finish a long run a “little” dehydrated. A “little” is equivalent to losing no more than one to two percent of your body weight.

Measure your sweat losses under a variety of environmental conditions. That information will tell you how much to drink on a long run.

FIRST 1,000 PEOPLE TO SIGN UP GET A DRI-FIT SHIRT!



ST. ANTHONY HOSPITAL presents

DOWNTOWN DASH

OKLAHOMA CITY
JUNE 2ND, 2012

REGISTRATION

Visit www.DowntownOKC.com to register until Wednesday, May 30th at 5pm. After June 1st, register on race day starting at 6pm.

PACKET PICK-UP

Friday, June 1st, 2012 from noon to 5pm at Schlegel Bicycles Family Store (905 N. Broadway Ave.) or on race day at the East entrance plaza at St. Anthony Hospital starting at 6pm.

10K - 8:00pm \$30 (\$35 after May 20th)

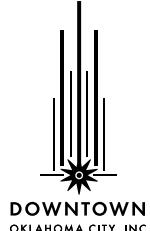
5K - 8:00pm \$30 (\$35 after May 20th)



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Recipes to Run By

By Adi McCasland

Irish Oat Muffins

1 cup oats *not instant
 1 cup lowfat buttermilk
 2 egg whites
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{4}$ cup vegetable oil
 2 tsp vanilla
 $\frac{1}{2}$ cup unbleached flour
 $\frac{1}{2}$ cup whole wheat flour
 $\frac{1}{2}$ tsp baking soda
 $\frac{1}{2}$ tsp salt
 1 tsp baking powder
 $\frac{1}{4}$ cup dried fruit (i.e. raisins, cranberries, apricots)*optional
 1-2 Tbs ground flax seed *optional

- 1) Soak the oats in the buttermilk for 20 minutes. Stir in the egg whites, sugar, oil, and vanilla.
- 2) In a separate bowl, stir together the remaining ingredients. Add this mixture to the oat mixture and stir just until combined.
- 3) Fill greased muffin tins so that each cup is $\frac{3}{4}$ full, and bake in a preheated 400° oven for 15 to 17 minutes.

Makes 12 muffins.



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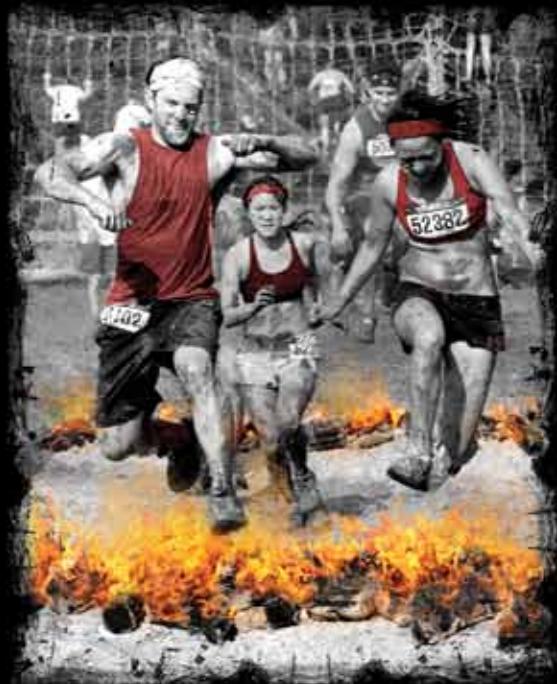
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Recipes to Run By

By Lindie Slater

Egg Strata

1 lb. Ham
6 eggs beaten
6 slices of bread
2 cups evaporated milk or Milnot
Butter or oleo
 $\frac{1}{4}$ tsp dry mustard
1 $\frac{1}{2}$ cup shredded cheddar cheese
 $\frac{1}{2}$ tsp salt

Remove crust from bread, spread bread with butter, place in a greased 13x9x2 pyrex dish, set aside. Sprinkle cheese over bread. Beat eggs and add milk and seasonings. Mix well and pour over cheese. Cover casserole and chill overnight. Chop up ham and store over overnight. Remove from refrigerator, sprinkle on ham. Let set for about 15 minutes before baking uncovered for 1 hr to 1 hr. 15 minutes at 350, until egg is firm. You can also substitute sausage for ham. Enjoy!



Yoga Pose

By Jennifer Henry

Cobbler Pose - Sit against wall and put feet together. Sit up tall and straight, grounding shoulders into wall and do not let the chest collapse. Keep feet "active" and pull toes back as you press feet together and open the knees. Cobbler pose is a great stretch for groin.

Jennifer Henry, yoga instructor and runner.



Auckland Cathay Pacific Half Marathon

By Justin Chan

This was an unplanned training run that took place in the City of Sails, Auckland, New Zealand. The trip was to be a surprise for my Mom's 80th birthday. Upon arrival, my sister told me there was going to be a half marathon held over the weekend which was confirmed by some searches on the web. It was the Cathay Pacific Half Marathon and 11 km Run/Walk.

The format was one I had never encountered. Everyone had been asked to put in an estimated finishing time, which would aid in staggered starts based on the given time. After all, the grand prize was great! It consisted of a seven day trip for two from New Zealand to Hong Kong, airfare and accommodations included. It was also for a good cause: to help children with heart disease. Knowing that I needed a 13-mile run that weekend, I quickly decided to enter the race. This proved to be one of the better decisions I had made for the trip.

It was NZ\$50 for the race, but I had to pay \$5 extra for being a late entrant. However, I did get an ASICS tech singlet with the entry fee which should come in handy this summer. The course was undoubtedly pleasing to all my senses, for I had been running solely in OKC all winter. The temperature was in the mid-60s all the way with a light breeze from the sea. You could smell the salt in the air running along the waterfront from the start. Then the course turned a little inland climbing up some hills (giving me some hill training)! The course brought us running past some million-dollar estates with views to die for everywhere you turned. We started to descend at kilometer marker 15 to again run along waterfront from kilometer marker 17 and loop back to where we started for the finish. Everything was in kilometers. Yes, there were no mile markers. One quickly learned that a half marathon is 21 kilometers with some change.

At this point you might be curious to know what the winning time was that claimed the grand prize. Ah... didn't I mention the format was peculiar? Speed was not of the essence here. Every participant had an equal chance of winning, you see. The course was open for 3 hours 30 minutes and everyone was expected to finish around 10:30 am. So according to your estimated finishing time, people started to show up at 7:00 am to start. Every five minutes thereafter, you would see groups of people starting. The last participant crossed the finish line around 10:48 am. At 11:00 am the lucky drawing for the prizes began.



Justin Chan

The prizes started out with ASICS bags, Thorlos socks, ASICS shoes, running clinic gift certificates, and finally working all the way up to the grand prize. Unfortunately, I missed out by one number for a pair of ASICS. I was 730. They called 729! The grand prize winner was number 52. Once that was announced the place cleared out.

Now what was the best decision I made for this trip? The moment I saw my Mom's face, I knew making the trip was my best decision. To borrow a wise quote from a Facebook friend, "Never overestimate the time spent with loved ones!" The unexpected run through beautiful Auckland was just icing on the cake. With that said, it is often a good idea to search out local races during your trips. Happy running to all!

P.S. I managed a 1:49:16 without my Garmin. The battery ran out after the first kilometer.



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Questions may be addressed to the...litter chair

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