

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

November 2014 | Issue No. 223

The Royal Parks Half Marathon

By Tom Briggs

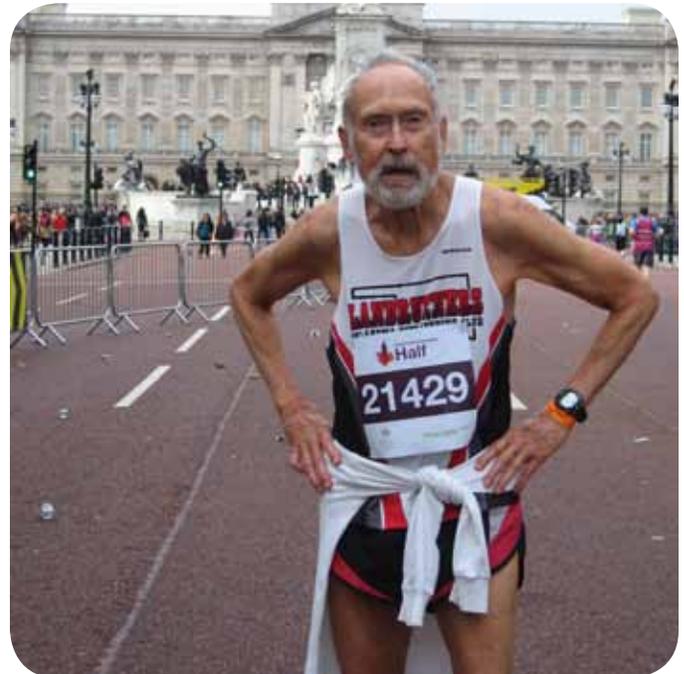
The e-mail notice last spring from Marathon Tours (MT) listing upcoming trips to faraway places got me to thinking: it's been quite a while since I did a run overseas. I think I'm nearly done with marathons, my legs can't handle that distance anymore, but the Royal Parks Half Marathon looked like just the right thing. A trip to London would be fine. So I signed up.

I didn't want to be gone too long from Spooky, the cat who shares my house; a long weekend would be enough for the run and a bit of sightseeing. MT arranged a convenient flight out of Oklahoma City on Thursday October 9 to Houston, connecting to a big jet that would get me to London (after a sleepless night) early Friday morning.

That was too early to claim my hotel room, but no matter, I was wanting to do some walking in the daylight to get rid of the jet lag. That's my formula for dealing with big time changes: keep active all day with lots of daylight. To take a nap is fatal; then you stay in the old time zone and don't adjust to the new. So I had a good breakfast and explored the neighborhood, which included Westminster Abbey (a quarter mile line to get in so I skipped that). I had a light dinner at a reception by MT for the group of about 40 runners that had come from the US, then went to bed early and slept to 7AM after the best sleep I've had in a long time.

There are four nearly contiguous parks where much of the half marathon would take place: Kensington Gardens, Hyde Park, Green Park, and St. James Park. The course would leave the parks for a while, passing in front of Buckingham Palace, across the river Thames with a view of Big Ben and the Houses of Parliament, back and up the river for a mile or so, into the parks again, and then a rather convoluted zigzag route through the parks to the finish.

Jacqui Kaufman, the representative from Marathon Tours, was our guide. She is English, but lives now in Boulder and knows much about London and how to get things done. She led the group on a two mile walk to pick up our packets at the start/finish area. Then we were on our own the rest of the day. I went with a couple of others to see the War Rooms, a labyrinth



Tom Briggs at Buckingham Palace

of underground chambers where much of Britain's World War II planning took place. Winston Churchill's wartime speeches, which were broadcast all over the world, originated here; I can remember hearing them when I was a kid.

Sunday was race day. I had a light breakfast at the hotel then a two mile walk to the 9AM start. The temperature was cool, in the 50s, partly cloudy, and no wind. I wore long sleeves, but was still uncomfortably cold waiting for the start and had to shiver to fight the chill. The start was in several waves. Being in the back, I had to shiver 35 minutes before my group began to advance.

See Royal, on page 6

Tell Me What You Want Part Two

By Maurice Lee III, President

In a previous letter I asked you to “Tell Me What You Want.” And so you did. Some of the most common answers were better meetings, more social gatherings, and a different place to meet.

So to implement these ideas, I’d like to put together a group of members interested in researching these issues, and making suggestions. This way the people who benefit from our meetings can have an input into the content of those meetings.

If you’re interested in helping to make our meetings more relevant and interesting, please email me at President@okcrunning.org or just speak to me if you see me out and about. Also, if you have ideas about content or speakers, please feel free to email that information also.

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
11/1	PC Cancer Classic 5K	Wheeler Park @ 8:30am
11/1	Central DASH 5K*	Yukon MS @ 9:00am
11/1	A Journey for the J’s\$	Mitch Park @ 9:00am
11/1	Pittsburg Paws 5K-9	Robbers Cave State Park @ 9:30am
11/1	Run for KURT	2912 Paseo @ 9:51am
11/15	The Super Duper Fun Run\$	Stars & Stripes @ 8:00am
11/22	Chill Your Cheeks 5K*\$	Yukon @ 4:30pm
11/23	Williams Route 66 Marathon*	Tulsa @ 8:00am
11/27	Original OKC Turkey Trot 5K*\$	Stars & Stripes @ 8:00am
11/27	Edmond Turkey Trot 5K*\$	Downtown Edmond @ 8:00am
12/6	Little Willie’s Triple Dog Dare	Leadership Square @ 8:00am
12/6	The Holiday Hustle 5K*\$	OCU 2401 E Memorial @ 9:00am
12/13	Landrunner Trail Sweep & Breakfast	Stars & Stripes Park @ 9:00am
12/15	Christmas Social @ Bentson’s	2601 Warwick Dr @ 6:00pm

* Denotes Series Races

\$ Club members discount codes are listed on the Members only section @ okcrunning.org

Chill Your Cheeks 5k Run



Yukon's Best Christmas Run
OK Running Club Series Race

SATURDAY, NOVEMBER 22, 2014
Chisholm Trail Park, 500 W. Vandament Ave.



TIS THE SEASON

Prizes for Yukon's BEST
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Registration

ONLINE

www.Active.com
Open through Nov. 19

BY MAIL

Call 405.354.8442
www.CityofYukonOK.gov
To mail or download form

IN PERSON

Yukon Community Center
2200 S. Holly Ave.
Yukon, OK

DAY OF REGISTRATION
3:00-4:15 PM

Run Begins at 4:30 PM
(Course Closes at 5:30 PM)

Entry Fee

\$25 Adult (\$30 after Nov. 7)
\$20 Youth (\$25 after Nov. 7)
\$5 Discount for OK Running Club Members
Register by Nov. 7 to be guaranteed a shirt
Race Day Fee: \$35 Adult/ \$30 Youth

Race is Chip & Gun Timed
Awards based on Gun Time
Race Starts and Finishes inside the Park

Runners will be the first to run through the over 4 million twinkling Christmas lights as the run kicks off the opening of Yukon's Christmas in the Park.

For more information,
call 405.354-8442
www.CityofYukonOK.gov



/cityofyukonokgov



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Landrunners In Action

9/14 TUNNEL LITE MARATHON, WA

PAUL FRIESE	4:55:15
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9/20 AIR FORCE MARATHON, OH

AMIR AKHTAR	4:21:48
ROBIN GARRETSON	1:52:33 – HALF

9/21 MAUI MARATHON, HI

MARY MIKKELSON	4:17:00
CHUCK MIKKELSON	6:42:29
LESLIE DRISKILL	8:18:09

9/27 PRIEST LAKE TRAIL MARATHON, ID

NELS BENTSON	7:09:59
DONNA BENTSON	3:55:47 – HALF

9/27 LAYTON MARATHON, UT

CORY DAVIS	2:57:49 – 1ST OVERALL
KATIE KRAMER	3:09:19 – 1ST FEMALE

9/28 LA GRANDE CLASSIQUE PARIS TO VERSAILLES

PAUL FRIESE	1:35:35
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10/4 ST. GEORGE MARATHON, UT

BILL MCMANUS	3:48:10
KARL RYSTED	4:13:30

10/4 FREEDOM'S RUN, WV

BILL GOODIER	3:57:35
SHEILA MILLER	2:31:20 – HALF

10/5 JOHNSTOWN HALF MARATHON, PA

BILL GOODIER	2:19:47
SHEILA MILLER	2:19:53

10/5 CRAZY HORSE HALF MARATHON, SD

KELLY HILBURN	2:09:19
BETSY HILBURN	3:38:45

10/11 PRAIRIE STATE MARATHON, IL

BILL GOODIER	3:53:55
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10/12 ROYAL PARKS HALF MARATHON, LONDON

TOM BRIGGS	2:51:47
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10/12 CHICAGO MARATHON, IL

SCOTT PLAFKER	3:09:16
JENNIFER STONG	3:41:20
PAUL BRINKMAN	3:51:27
MAURICE LEE III	3:52:22
DONALD STONG	3:54:57
GARY GORBSKY	3:56:26
CHASTITY TEETER	4:02:58
KRISTOFER FAVALORO	4:08:00
SUSAN PHILLIPS	4:22:41
JONATHAN MATTINGLY	4:49:24
DARLENE SPRY	4:59:17
JENNIFER FLETCHER	5:09:00
DANIEL DAWSON	5:18:10
LYNZEE MATTINGLY	5:38:36
TAMMIE VARGO	5:39:34

10/12 PRAIRIE FIRE MARATHON, KS

KATIE KRAMER	3:05:11
FRANKLIN MILLER	3:20:47
BROOKE ELLIOTT	3:29:54
WILL WARREN	3:32:31
STEVE WELLS	3:59:03
KARI BROWN	4:25:15
CRIS SEEVERS-GABUS	4:57:23

10/12 PRAIRIE FIRE HALF MARATHON, KS

JONATHAN MORRIS	1:19:03
HOLLY MCHARGUE	1:54:49
JILL HOBSON	1:55:40
ALI STEELE	1:56:18
MARY HAMMER	1:56:53
JEFFERY COOPER	2:02:30
SEAN MCCLINTOCK	2:02:41
JOHN DANIELS	2:04:13
ERMIDA LAPIC	2:09:07
HEATHER & KATE WARREN	2:10:23
SEAN MCHARGUE	2:10:37
KRISTEN MAXEY	2:11:02
SARAH KNIEF	2:15:49
JOHN GABUS	2:19:52
TOM FINLEY	2:26:11
MARY BETH CONNER	2:41:35
ALENA CROY	2:43:16
JULIE BENNETT	2:51:43
BECKY FAABORG	2:53:14
JIMMY ROBLYER	3:04:12

10/18 KANSAS CITY MARATHON, MO

JUSTIN KRACHT	3:07:49
MARK BALLARD	3:51:32
ANGELA MORRIS	3:58:36
JAMIE KILPATRICK	4:27:25
JOE MEANS	4:31:51
JERRY GLASGOW	2:00:31 – HALF
RUSS SLIFE	2:00:31 – HALF
JOSHUA SAUER	2:03:55 – HALF
SEAN MCCLINTOCK	2:09:50 – HALF
KATHERINE LOVING	2:49:52 – HALF
GAILE LOVING	2:50:05 – HALF
TIFFANY MARTIN	2:53:49 – HALF

10/19 DES MOINES MARATHON, IA

DAVE GREER	3:33:38
CURT STAMP	2:14:13 – HALF
KAREN GREER	2:42:22 – HALF

10/19 EMPIRE STATE MARATHON, NY

MATTHEW WILCOXEN	3:45:50
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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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27th



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Pets Are Welcome

Royal continued

Finally we were on our way. Through the parks, past Buckingham Palace and Big Ben, over the bridge and back, up and down the Thames. I was carrying my camera and stopped frequently to take photos. Streets were closed to traffic, and at about mile four there was a public toilet, which came in handy. Since I was warming up, it gave me a chance to take off the long sleeves, tie the shirt around my waist, and continue just with my Landrunner singlet. We passed the Palace again (lots of tourists now to dodge around), then into the parks once more.

There was so much green and such beautiful big trees. I could identify gigantic sycamores, probably centuries old, and huge chestnuts. There were many other kinds too, and a long lake, called The Serpentine. There was wonderful crowd support with lots of groups cheering the runners on. Here in the U.S. they shout "Good job!" Over there it's "Well done!"

There were lots of water stops during the race. Water was never in cups, but in plastic bottles. You had to watch your step to avoid tripping, though the volunteers did a good job continuously sweeping up the discarded bottles. Being used to running in the heat, I decided I didn't need to drink on such a cool day, so took nothing at all while running and I didn't miss it.

Toward the end I was passing lots of walkers - runners who had started too fast, maybe. Finally I made it to the finish line

and a bottle of water and a banana. Other food was available, but you had to pay for it. Being stingy, I didn't. Instead I took the long walk back to the bag check and retrieved my stuff that included some food that I'd saved from the hotel breakfast. Then the two mile walk back to the hotel to cap off an 18 mile day.

Dinner with some of the group at a nearby pub consisted of fish and "chips" (French fries) and a pint of "bitter" (draft beer) - very satisfying fare, and of course a rehash of the day's events.

Monday brought the very long flight back to Houston and then home. Westbound flights usually encounter head winds, so it was 10 hours now (versus eight going east). Head winds not only slow down runners, but they slow down jet planes as well. Though weather problems delayed my flight, everything else at Houston was also delayed so I made my connection to Oklahoma City just fine, although my bag did not and it was delivered to my home the next day.

Results of the race were shown on the website, but most annoyingly no real age groups, just the very broadest categories. Mine was 60+! Absurd.

At the race there was an announcement (that I didn't hear, but was told about) that the oldest runner was an 81-year-old American. Who could that be?

SAVE THE DATE!

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mmccarthy@mdausa.org

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DEC 6TH 2014

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marathon - half marathon - 10k - 5k - kids marathon



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Keeping a Training Log

By Camille Herron

Back in the fall of 2002, I had a friend give me a spiral training log. Prior to this, I'd never kept consistent track of my training, which itself actually wasn't very consistent! This was one of the key turning points that led to significant improvements within the next few years.

How do you know where you're going if you don't know where you're coming from? I'll detail a few main benefits of tracking your training:

- As I mentioned above, it helps you to stay consistent and be held accountable. I found myself wanting to keep my training up, keep running most days of the week, and stay consistent with my mileage. In 2002, I wasn't a serious runner yet with structured workouts and race goals. However, the aerobic base I built from getting out and running an hour a day, five to six days a week got me fit enough to eventually start doing hard workouts in 2004. My goals evolved from being a recreational runner who ran for good health, to becoming a competitive runner. Consistency is the single biggest cornerstone to improved fitness.
- Source of motivation. I got motivated with my training once I started keeping a training log, wanting to achieve weekly and yearly mileage goals. It became fun to make progress with my training, feel and see myself get faster, and translate the progress I was seeing in training to racing!
- Fast forward to the present and my looking back through my training logs has served as a source of motivation and inspiration for how hard I have worked to achieve goals. This then drives the attitude and motivation I have for training in the present.
- Health issues. Once I started tracking my training and the day-to-day variables, I was better able to figure out what happened and why when my body would start to break down. I started paying more attention to ALL the variables and stressors—sleep, stress, diet, shoe changes, and of course training changes.
- One such example was back in the fall of 2003 when I started developing an IT band issue a month after getting a new pair of shoes. It was so obvious the problem was due to the new shoes, which is what ultimately spurred me to start experimenting with shoes and strengthening my feet and lower legs. I switched to training in racing flats and over the next few months it became a fun project tracking my progress and how I felt. By seven months, I got my mileage up to an all-time high of 70 miles per week and felt the best I'd ever felt! I knew I'd found the right shoes for both training and racing.
- Figure out what workouts to do. It helps tremendously to have a visual picture of the totality of your training and gauge where your fitness is, what you need to work on, and how to progress (or sometimes digress) your training.
- As an example, if I'm coming back from time off, I know (from what I've learned in the past) I need a few weeks under my belt of easy, aerobic base training to "re-charge the battery". I track my mileage progress and try to get up to my "mileage sweet spot". Then I can reflect back through my training log of what workouts I've done (and when) and what sort of efforts and paces I was hitting. This helps me figure out what to do for the present—like a blueprint!
- Determine current fitness to set future goals. One of the coolest things about keeping a training log is looking at what you were hitting in past workouts and how your fitness progressed. You can get a good idea of what kind of shape you're in at the present. Then you can test your fitness by racing. I sometimes like to do the same races every year to get an idea of where my fitness is and what I need to work on. This helps me figure out which races to aim for.
- Figure out what worked/didn't work in training and racing. Keeping a detailed account of certain workouts and races has proven extremely valuable as lessons learned! Some things I like to keep details about are how I fueled and hydrated in workouts and races; how I felt in terms of energy/recovery/soreness/restfulness; when I started wearing a new pair of shoes (and if I developed any issues thereafter); how I

See Log, on page 10

Camille Herron, a native Oklahoman, is a 2-time Olympic Marathon Trials qualifier with a personal best time of 2:37:14; 11-time marathon winner; and 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 and Powerbar, is a Research Assistant at the OUHSC, and serves as a volunteer Assistant Coach at Oklahoma City University. She can be contacted / followed via Facebook, Twitter, or through: www.camilleherron.com



Little Willie's

TRIPLE DOG DARE



OKC's Ultimate Stairclimb Challenge!



Register Online:

www.lwtdd.com

Little Willie's Triple Dog Dare

Saturday | 8:00 AM

12.06.14

Chip timed by DG Racing



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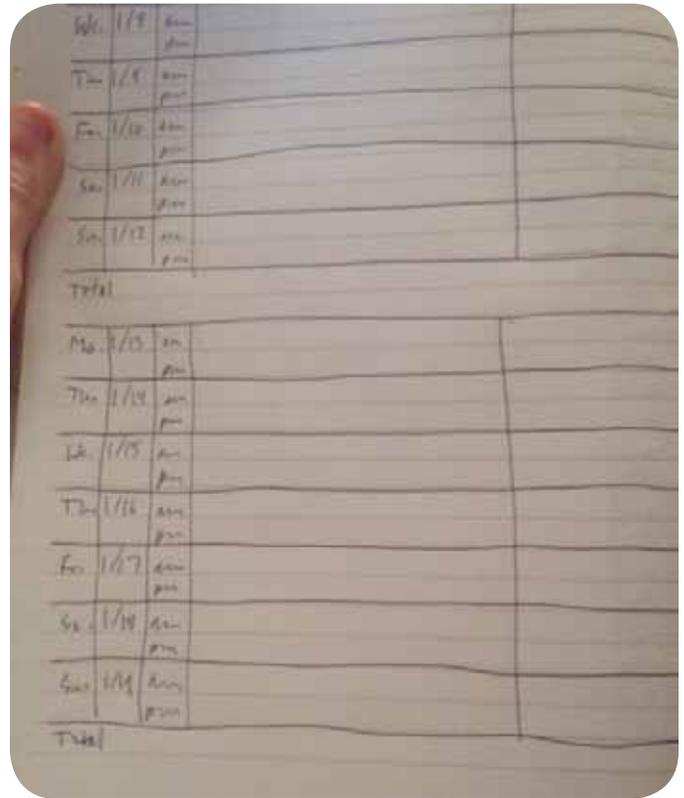
OKC's ULTIMATE STAIRCLIMB CHALLENGE

Log continued

troubleshooted different injuries; how I paced certain workouts and races; and how I would tackle a race course or the competition better.

How should you keep track of your training? I'm still a bit old-fashion, using a hardback, bound notebook, which I draw lines in to write the day of the week, date, am/pm on separate lines, the workout, notes, and total mileage for the week. Recently I learned about Strava, which is an online way to track your training (upload data from your GPS watch or manually), follow the training of others, follow clubs and groups, complete challenges, and compete with others for "fastest time on a segment" of your training routes. There are numerous other online training logs (Running 2 Win, Athleticore, Training Peaks, etc.). One problem with keeping an online log is you hope it never crashes and lose your all your training data!

Lastly, keeping a training log provides fun life memorabilia and proof of what you achieved, the places you went, people you met, and the joys and struggles you endured as an athlete.



Discount for Landrunner Members!



15th Annual OKC TURKEY TROT

5K • 1 MI FUN RUN

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MARATHON

— APRIL 26, 2015 —



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You Should Have Asked First

By Tom Coniglione, MD

The words came from the side of the room: “I wish I had talked to you before my bunion surgery.” She was red faced and serious! It was during a talk I was giving to a group of runners on various foot problems and how we deal with them. She spoke up during the middle of the part about what we do with bunions in runners. After I said runners should exhaust all options before having surgery, she spoke up.

Her bunion surgery five years earlier was (probably) ill-advised. With running, that toe has had problems ever since. Her bunion surgery was done without the preceding benefit of more conservative efforts to treat her bunion.

WHY: Bunions often run in families: if your grandmother has them and your mother has them, you will probably have them as well. A pronated foot, one with a low arch, is common in people with bunions. Perhaps what is inherited is the low arch and not the bunion itself.



A bunion is a hallux valgus deformity of the first toe joint.

In populations that do not wear shoes, very few people have bunions. Shoes enhance the development of bunions. A bunion occurs in someone who has a hereditary tendency, a low arch and (probably) wears shoes too tight for the toes. The more fashionable the shoes, the worse the shoes are for the toes. Stiletto or high heels... forget it! If your running shoe is pointed and squashes the toes together, your bunion will hurt.

WHO: Bunions are far more common in women. With age, the number of women with bunions and the severity of the bunions increase.

See Ask, on page 14

explore more @route66marathon



NOVEMBER 22-23, 2014 | TULSA, OKLAHOMA

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Williams
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presented by BLUE CROSS AND BLUE SHIELD OF OKLAHOMA

ROUTE66MARATHON.COM



Ask continued

DIAGNOSIS: If the angle of the first toe is off more than 20°, a bunion is present. Rarely do we have to do any measurements.

COMPLICATIONS: When a bunion is present, the protruding bone may rub on the shoe causing inflammation of the joint. The skin over the joint will be warm, red and painful. The more running, the worse it gets. Blisters and calluses often develop over the bunion. We have seen blisters under calluses – not pretty.

WHAT TO DO: You cannot go back and select your parents. You cannot wish you had never worn shoes. You have to do the best with what you have. First, stop trying to squeeze a size eight foot into a size six shoe. Because it is essential to have a lot of room in the toe box, wear a shoe larger than what you think you need.

ORTHOTICS: If you have a low arch, some type of support for the arch may help. The orthotic will make up for the lack of an arch that will take pressure off the inside of the first toe.

Felt pads can be placed under the first toe joint to elevate the bunion.

SHOE MODIFICATIONS: It is okay to make a hole in your shoe to accommodate the bunion.

With the shoe on your foot, mark the spot where the bunion rubs on the shoe. Then, with a razor blade or sharp knife pierce the shoe – without your foot inside the shoe.

SURGERY: Rarely, when all else fails, there is surgery. Before you consider surgery think about something: with a bunion, you know what you have and you know its limitations. Can you live and run with what you have? With surgery you can be better, but on occasion, you can be worse. There are several procedures the surgeon can perform. No matter what type of surgery is done, you will be out of running for a while.

Wear shoes with wide toe boxes and an arch support. Cut holes...



OH!! WHAT A RIDE!!! – Brookhaven Run

Shelby’s first 5k at the August 30 Brookhaven Run was awesome. When we were getting ready for this event Shelby was a little nervous not knowing what to expect. The support of the people and atmosphere of the event made her feel welcome and even more excited. Shelby felt very good during the race and was excited when crossing the finish line. This is one more thing she can add to her accomplishments. It was a great event and we greatly appreciate being able to be a part of it – Stacy Frost

Shelby Frost is an 11 year old young lady from Guthrie, OK. Shelby was born without a right arm or leg and only partial limbs on her left side. Shelby jumps on her trampoline, hula hoops and shows sheep at county fairs and at the Oklahoma Youth Expo. For Shelby, showing sheep is a passion and a way of life. She is continuing a tradition her grandmother began on the family farm in Mulhall. She’s full of optimism and wants to be a writer when she grows up. Club members, Kevin Lynes and Jim Roblyer accompanied her for her first 5k. For more information on the OKC Running Club’s OH!! WHAT A RIDE!!! contact program director Jim Roblyer.



Jim Roblyer, Kevin Lynes, & Shelby starting the 2014 Brookhaven 5k

Walker to Landrunner Group at HITS OKC 5K 2014





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November 2014

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The Landrunner, the Official Newsletter of the Oklahoma City Running Club, is published monthly by the Oklahoma City Running Club



OKC Landrunners Trail Sweep

Saturday, December 13 @ 9:00 a.m.

Lake Hefner - Stars & Stripes Park

7300 N Portland

Breakfast provided after the sweep!

Christmas Social

Monday, December 15 @ 6:00pm

Pot Luck at the Bentson's

2601 Warwick Dr., Nichols Hills

Check the club's website or Facebook page for more details.