

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

November 2016

Issue No. 247

My 50th State – Alaska

By Bill Goodier, President

It was 6:30 am marathon morning. As I lay in bed contemplating the day's events, I looked out at a dreary, cool morning. My emotions were mixed – excitement, concern, thankfulness, and curiosity.

I finally climbed out of bed with the realization today is the day. Today I would complete my journey – 50 States plus DC. But I will save that for another article.

I had planned to run the Moose's Tooth Marathon in Anchorage, Alaska in 2015. Unfortunately, due to a scheduling conflict, I postponed the trip until this year. The change in plans provided more time to get organized. I knew Sheila Miller, Chuck and Mary Mikkelson were onboard, and several others were a maybe.

A couple months before the marathon, Karl and Amy Krokstrom were able to join us. Then several weeks before the trip, Willie (Matt Wilcoxon) sent a text, "I could go to Alaska now." I remember thinking this is going to be a fun trip with this gang: Sheila, Chuck, Mary, Karl, Amy and Willie. Though our travel schedules would differ, we would all be there for the weekend's events.

Sheila and I were on the first flight from Oklahoma City so surely we would be on time. Did I mention it was Delta? We were going to be over an hour late leaving and would miss our connection in Minneapolis and Seattle. However, the ticket agent was able to rebook us on later flights. We arrived in Anchorage two hours late. It could have been worse; remember, never check your running gear! All of the necessary items we needed for the next two weeks were in our backpacks.

Chuck and Mary picked Sheila and I up at the airport and we joined Karl and Amy (Willie would not arrive until later) at Beluga Point to watch the Bore Tide



*Amy & Karl Krokstrom, Matthew Wilcoxon, Bill Goodier,
Sheila Miller, Chuck & Mary Mikkelson*

and Beluga Whales. Then it was off to dinner at Moose's Tooth Pizza.

Saturday morning included your typical expo and packet pick-up. We then headed over to Delaney Park for the one mile fun run which was contested by gender. The ladies were first, followed by the men. This allowed us to cheer for each other and take pictures. Then it was off to brunch, which included Gouda grits and Reindeer sausage. Then sightseeing, a stop by the grocery store for dinner items, and returning to the house to cook dinner.

I remember taking my time getting ready Sunday morning. One of the advantages of renting a house is the ability to relax and prepare our prerace meals. Though it was chilly and rainy, I decided to wear my Landrunner singlet. I've worn it in every marathon since 2005. The five of us (Karl and Amy were staying downtown) drove in one car. This is a small event, about 1,000 participants

See **Alaska**, on page 6

President's Letter

By Bill Goodier, President

The Landrunners once again did an excellent job at the Long Distance Redman Triathlon aid station. We had about 100 Landrunner volunteers supporting some of the best athletes in the world. This year the athletes appreciated our support after their 4km swim in Lake Hefner and 120km bike ride. The famous winds of Oklahoma turned the lake into ocean conditions with three and four foot swells and made the 120km bike ride very difficult. This year's theme for the aid station was Saturday Night Live (SNL). We had several SNL characters including the Spartan Cheerleaders, Church Lady, and Turd Ferguson to name a few. The runners were so thankful for our support, encouragement, and the comic relief of our crazy antics. Volunteers, thank you for your time and dedication.

In October we chartered a bus to the Spirit of Survival races in Lawton. We left OKC, stopped in Norman to pick up more runners and arrived at the start line without having to stress with the drive, parking, or standing in line for the porta-potty. Landrunner Katie Kramer drove from Broken Arrow to ride the bus and returned with the Overall Female trophy in the half marathon. There were a number of age group winners on the bus as well. The Landrunners were well represented at the SoS! We had a great time and are considering a bus trip to the 2017 A2A race in Ardmore in March.

September's meeting was the last general meeting for 2016. Maurice Lee III, past president, was our guest speaker. Maurice talked about his quest to run an ultra-marathon on all Seven Continents. His presentation was informative, his accomplishment impressive, and his sense of humor held everyone's attention. What many of you may not know is Maurice completed his mission within seven years. Maurice has run several ultra-marathons on North America. However, in his "official report" he selected the Mother Road 100 (Catoosa, Oklahoma, USA 2010), Comrades 56 miles (Durban, South Africa 2012), G2E 55 miles (Glasgow, Scotland, UK 2013), Mt. Banahaw 100k (San Pablo City, Philippines, Asia 2014), Gold Coast 100 (50 miles) (Burleigh Heads, Gold Coast, Australia 2015), White Continent 50k (King George, Antarctica 2016), and Punta Arenas 50k (31 miles) (Punta Arenas, Chile, South America 2016). Make sure to congratulate Maurice the next time you see him or run with him!

Also at the September meeting members voted on the 2017 Board Members. Serving on the Landrunner board requires time and a personal commitment. I want to thank each of those who agreed to serve our members next year.

The club's next official gathering will be for the Christmas Social. So stay tuned for more information.

Cheers!

Lil' Bill



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Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
11/05	Central Dash 5K*	Yukon MS @ 9:00am
11/05	Choctaw Challenge 5K* \$	Choctaw @ 9:00am
11/05	Oklahoma Ale Trail 5K	Patriach, Edmond @ 3:00pm
11/19	Chill Your Cheeks 5K*\$	Yukon @ 4:15pm
11/20	Route 66 Marathon* & Half Marathon*	Tulsa @ 8:00am
11/24	Edmond Turkey Trot*\$	Downtown Edmond @ 8:00am
12/3	Little Willie Triple Dog Dare	Downtown OKC @ 8:00am
12/3	Holiday Hustle 5K & 10K*\$	OCU – Edmond @ 9:00am
12/10	Landrunner Trail Sweep & Breakfast	Stars & Stripes Park @ 9:00am

* Denotes Series Races

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

Landrunners In Action

9/11 SKAGIT FLATS MARATHON, WA	SCOTT PARMAN	4:03:42
PAUL FRIESE 4:52:12	KATHERINE CHANDLER	4:09:17
9/18 SEMI MARATHON DE TOULOUSE, FRANCE	JENNY TITUS	4:15:50
PAUL FRIESE 1:56:34 – HALF	JEFF SAXTON	4:23:17
9/18 XTERRA TRAIL CHAMPIONSHIP, UT	BILL GOODIER	4:28:17
ADRIAN WOLFORD 3:17:00 – 13.1	ERMIDA LAPIC	4:29:19
9/25 RUN FROM THE DUCK ENDURANCE RUN, TX	DEREK TITUS	4:34:25
JENNIFER STONG 7:52:14 – 47.94M	TERRY COOK	4:38:23
9/25 PLANO BALLOON FESTIVAL HALF, TX	ELIZABETH LILLARD	4:40:16
BETSY HILBURN 2:10:40	CASSIE HENSON	4:50:05
KELLY HILBURN 2:33:03	GAYLE KABELITZ	4:58:36
9/25 CLARENCE DeMAR MARATHON, NH	COURTNEY ROBINSON	5:05:46
NELS BENTSON 5:36:04 – 50TH STATE	ANTHONY ALLEMAN	5:27:37
9/25 CHICAGO HALF MARATHON, IL	NATALIE QUICK	5:37:58
GAILE LOVING 2:31:00	LORI CRAWFORD	5:45:03
9/25 CLASSIQUE PARIS TO VERSAILLES, FRANCE	SARA LYNCH	5:45:03
PAUL FRIESE 1:32:41 – 16K	SUSAN GREEN	5:47:35
9/25 BERLIN MARATHON, GERMANY	MARVIN QUINN	6:22:32
RAY VON SCHLAGETER 4:44:28	10/15 PALO DURO TRAIL RUN, TX	
MARGO VON SCHLAGETER 4:44:29	CLINT OWENS	6:41:28 – 50K
10/9 PRAIRIE FIRE MARATHON, KS	10/15 WADDELL & REED KC MARATHON, KS	
KATIE KRAMER-OCHOA 3:14:56	KATIE KRAMER-OCHOA	3:26:08
JENNIFER STONG 3:22:26	MICHELLE LARSEN	2:55:46 – HALF
LONNIE SHAW 4:06:07	10/16 IMT DES MOINES MARATHON	
ROGELIO CAMPOS 2:11:01 – HALF	KATIE KRAMER-OCHOA	3:28:56
GARY BATES 2:16:47 – HALF	CAMERON HAN	3:53:13
SARAH FAW FAW 2:20:01 – HALF	MARLON ONCO	4:14:39
JILL ELSBERRY 2:40:52 – HALF	SHILPA ABBITT	5:24:24
MICHELLE LARSEN 2:45:24 – HALF	KAREN GREER	6:31:35
10/9 CHICAGO MARATHON, IL	JOE MORRIS	6:38:12
DAVID BALL 2:57:47	REBECCA JAMES	2:19:41 – HALF
LESLIE BUFORD 3:20:35	DAVE GREER	2:21:34 – HALF
JASON JACOBS 3:38:33	MICHELLE LARSEN	2:54:28 – HALF
DEMETRA CASTILLE 3:45:25	MARY LUJAN	3:00:38 – HALF
KIM ABEL 3:53:49	RANDY BRINKLEY	3:15:00 – HALF
SUSAN PHILLIPS 3:55:09		
ROBIN GARRETSON 3:59:08		
CHRIS HENSON 4:00:07		
CHASTITY TEETER 4:01:32		

Click the link on www.okcrunning.org/newsletter page to submit out of state results. Send photos and stories to news@okcrunning.org

8TH ANNUAL
THE HOLIDAY HUSTLE 5K & 10K

9:00am Start at OC Eagle Trail • Packet Pick-up 7:00 to 8:30am
Fast USATF Certified Course • Prize Money • Kids Run • Pancake Breakfast Following Race



DEC 3RD 2016

REGISTER AT WWW.OC.EDU/HOLIDAYHUSTLE



OKLAHOMA CHRISTIAN UNIVERSITY

Alaska, continued

total, with a staggered start for the different events. Therefore, the start area was not crowded. Plus, there were no porta-potty lines and the vendors had pre-race food, coffee, and hot chocolate available.

Through the Oklahoma City Running Club, I have met some of my best friends. We have run many miles together, been on several road trips, and experienced many of life's ups and downs together. Sunday morning I was blessed to have Amy, Chuck, Karl, Mary, Sheila, and Willie there to support me. Sheila was running the half so she was able to take pictures at the start and finish line for us.

Mary, Willie, and I started off together at a 9 minute pace. I knew this was lofty considering my training and a nagging hamstring. I think Willie sensed my concern and started asking questions about my previous marathons. What was most memorable? What was my favorite? (That's a tough one.) What did I run in AL, VA, NC, etc.? It was a nice distraction and forced me to reflect on all my experiences.

The course is a rolling out-and-back on two paved trails which are very scenic and shaded. It starts in downtown Anchorage running about a mile to the Coastal Trail for the first out-and-back and then the Chester Creek Trail on the second out-and-back.

The three of us had a good time running together, enjoying the scenery and talking. We saw Amy, Chuck and Karl after the first turn around. We stayed together until mile 18 when my shoe came untied. Not wanting to stop, I tried to ignore it until it became obvious it was going to come off. I kept looking for a place to stop that had something to put my foot on - there was no way I could bend down since my hamstring was really hurting. I stopped at a light pole, but could barely lift my foot up on the concrete base. I knew immediately I was done. My hamstring was not going to cooperate. I was able to keep Mary and Willie in sight until the next hill. Climbing was near impossible. It was time for the walk/run routine. It was about this time I saw Sheila headed towards me on her way to the finish. She gave me an update on Mary, Willie and the turnaround point. After passing the second turn around, I saw Amy and Karl, followed by Chuck. It was good to see familiar faces. Amy and Karl were not too far behind me and it didn't take long for them to catch me.

Around mile 25 I saw Willie running towards me. I thought he had finished and was running back out to run with me. When I asked him what his finish time was, he

replied, "I haven't finished yet. I was waiting on you!" I thought, WOW! I cannot believe he sacrificed his time for me. He had plenty of time to finish and come back out. We walked up the last hill into downtown. I told him, let's walk to the next turn...but I saw Mary, Amy and Karl standing on the sidewalk cheering me on, so I had to start running again. Willie and I crossed the finish line in 4:21. The post-race party included beer, grilled cheese sandwiches, hot baked bread and butter, and coffee. Mary took third place in her age group. Brunch was at the 49th State Brewing where I enjoyed a Yak Burger. Later in the evening the official celebration was at Simon & Seafort's - good food, drinks, and Baked Alaska!

Monday morning Sheila and I flew to Barrow to start our week touring inland Alaska. We flew to Barrow so I could "wade" in the Arctic Ocean, visit the Will Rogers/Wiley Post Memorial (Barrow is where they crashed in 1935), and tour the North Slope. Tuesday we flew to Fairbanks before catching the train to Denali on Wednesday. We spent three days in Denali which included a backcountry bus trip, a flight seeing tour of Muldrow Glacier, and several miles of hiking. There was a small mix up with our luggage on our departure. Our luggage went to the backcountry while we went to Anchorage to meet my parents for the cruise portion of our trip. Our biggest concern was for our race mementos - everything else could be replaced! Luckily, the company was able to get our luggage delivered to Port Whittier before the cruise departed! We spent the next week cruising the inland water ways - including the Hubbard Glacier, Glacier Bay National Park, Skagway, Juneau, Ketchikan, and Vancouver. The highlights of the cruise were quality time with my parents, Skagway Train to the Yukon, hiking and ice climbing on Medenhall Glacier with a private guide, and a floatplane tour to see Guard Island Lighthouse, Ketchikan, and landing on Orchard Lake. Our final destination was Seattle where we spent three days with my aunt before returning to Oklahoma City.

As some of you know, this was my 50th state. What started out as a small seed 13 years ago, blossomed and grew into an incredible experience. Many of those experiences included those who were able to run Alaska with me. I am thankful they could join me. I am also thankful for each of my friends I have made along this journey. I am truly blessed. What's next? Who knows, but I have run on two continents, and will have run in three of the six world marathon majors by the end of the year (Boston, Chicago, and NYC), so the options are limitless. I am fortunate my friends and family have supported me along the way.

Little Willie's 5th Annual

TRIPLE DOG DARE



Little Willie wants you to join him for his
5th Annual
Triple Dog Dare!

December 2016

3rd

Check out this video from last year's race and
see what all the hype is about!

<https://youtu.be/6nCWCREwG1k>

This year you'll be racing to support
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Giving Thanks for OKC's Running Scene

By Jenni Carlson

Saying thanks is a daily occurrence in my world. It could be for something big or small. It might be to family or friends, co-workers or total strangers.

And yet, I'm not sure I've ever said thanks for all the running-related greatness that we have in Oklahoma City. Seems like it's about time I did that, and who knows? Maybe these are some of the same things that you're thankful for now in this season of thanksgiving – and in every season on the running calendar.

I'm thankful for the Oklahoma wind. And heat. And humidity. And cold. And ice. It makes us tougher and more resilient. After all, if we all waited for perfect weather to run in, we'd run six or eight times a year.

I'm thankful for the variety of places to run. The hills of Mesta Park. The flatness of the Oklahoma River. The beauty of Lake Hefner. The neighborhood streets and city sidewalks and country roads.

I'm thankful for places that runners can go and know that they'll see other runners. Running stores like OK Runner, Red Coyote and Best Feet Forward. Coffee shops on weekend mornings. Trails on days the weather is perfect.

I'm thankful for the Oklahoma City Memorial Marathon, for the way it brings our community together,

for the volunteers who make it happen, for a contemplative start with 168 seconds of silence and a raucous end with a party at the finish line.

I'm thankful for Race for the Cure and Sizzlin' Summer Series and Turkey Trots and Santa Runs. You haven't truly lived until you've been passed by a guy in a Christmas tree costume.

I'm thankful for how amazing running socks feel, how exciting it is to lace up your running shoes and how spectacular it is to strip off all that sweaty stuff once your run is done.

I'm thankful for tech shirts that pop up on people all over the city and make you realize just how many folks out there are running.

I'm thankful for shiny finisher's medals and cool race bibs.

I'm thankful for an occasional top-three finish in your age group, even if it's the old-lady group.

And most of all, I'm thankful for the people. The runners. The supporters. The encouragers. The helpers. The organizers. Each and every one of them makes this running community one for which we can all be thankful.



Edmond Turkey Trot

5K, 1 Mile Wobble
Kid's Zone *Pets Welcome*

November 24th
Downtown Edmond

Register NOW at
EdmondTurkeyTrot.com *Student Discount Available*

The poster features a cartoon turkey character wearing a yellow t-shirt with a 'G' logo, red shorts, and running shoes, running towards the right. The background is yellow with large, faint '2016' numbers in the top left.

“ONE OF 12 **MUST-RUN**
MARATHONS IN THE WORLD”
— *Runner's World Magazine*

17TH ANNUAL
Run to Remember

APRIL 30, 2017



Runners pass the 9:03 Gate, April 2016.

Our community and volunteers make this a **MUST-RUN** Marathon. It's a prestigious **Boston Qualifier** race and a fast course through beautiful neighborhoods.

Plus, it's not just another marathon. It's a reminder we can each make a difference in this world. **Join us** as we celebrate life, honor the memory of those who were killed and unite us all in hope.

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Venturing Into Prejudiced Territory... Shoes

By Tom Coniglione, MD

Shoes are prejudiced territory because every runner is a shoe expert. Every running shoe store and every shoe store clerk has a bias regarding shoes. If the clerk runs in stiff shoes, he/she may feel every runner needs a stiff shoe. If the clerk personally runs in a minimalist shoe, he may think everyone needs a minimalist shoe.

Some stores having the exclusive rights to sell a particular shoe may be biased toward that shoe. Everyone is (usually) right and everyone is (occasionally) wrong. What is the right shoe for you?

The simple answer: any shoe you are wearing which is enabling you to run well is the right shoe. It does not matter if your shoe is stiff, soft, narrow, has pretty colors or drab ugly colors. If you are running well in a particular shoe, stay with that shoe.

A few shoe facts:

- ~100% of runners spend more than \$100 per pair of shoes. The price of a shoe is related to advertising and contracts with high profile athletes. Price and quality are not synonymous.

- 17% of runners use orthotics. This number has been floating around for years. Is it still accurate?

- 25% of runners replace their shoes after 300 miles.

- Another 30% replace after 400 miles.

- 91% of runners disregard cost when selecting running shoes; what a bunch of gullible shoppers!

- 70% of runners report comfort as the prime reason for selecting a pair of shoes: smart runners!

- Most injuries related to shoes occur with less than 300 miles on the shoes. It is not the fact that the shoe is worn out, but rather that the shoe was not correct in the first place.

- There is no relationship between cost and the role of the shoe in injuries.

- Many runners are sold a pair of running shoes AND an arch support. If it is the right shoe, there is usually no need for an arch support.

- A shoe is neutral/cushioned or stable based on how it functions NOT on what the manufacturer calls it.

- You cannot determine the “heel drop” of a shoe based on its appearance. Only by reading the manufacturer’s specifications can you find out the heel drop

Unfortunately, despite the genuine good intention of running stores, (treadmill) gait analysis often cannot be translated into shoe selection. There is simply too much real science to indicate otherwise. Combined with the initial treadmill gait analysis research we did and adding decades of practical experience, I agree with the scientific research.

In the research labs we used 5-camera and 10-camera (\$2.5 million) systems. Each increment of technology added to analyzing the gait. If we had \$5 million 20-camera systems, would we be able to fully analyze gait?

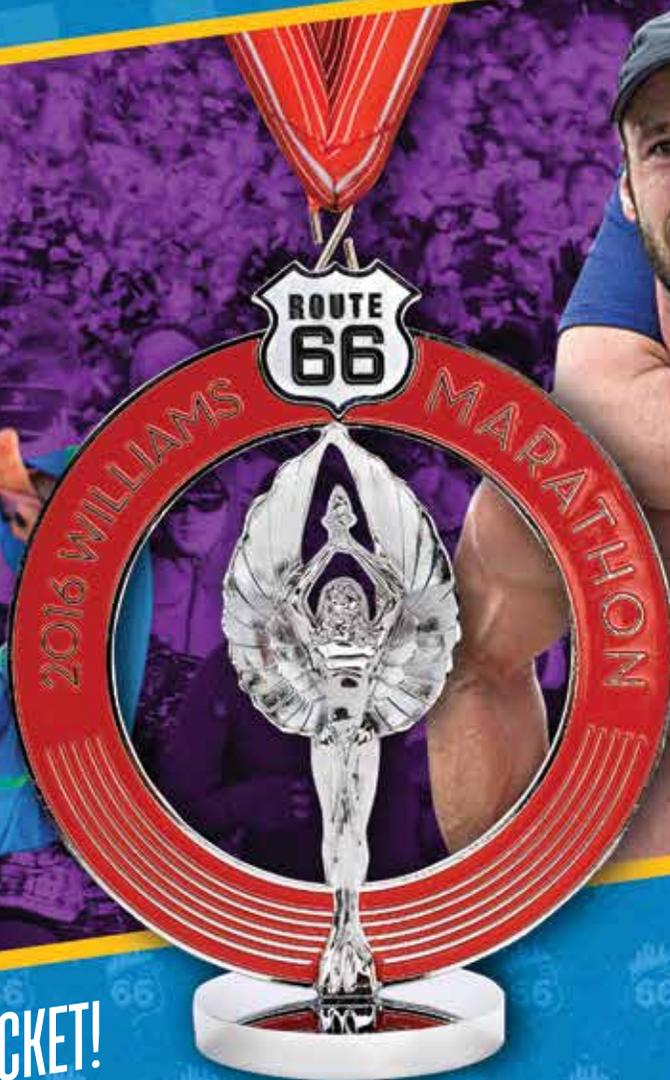
Through all the research, we found two things were needed to correlate gait with an injury. First, we had to examine the movement of certain bones of the foot. Second, we had to evaluate the nature of the injury. By adding these two observations, we could figure out the interrelationship of the shoe (if any) to the injury.

Fourth generation technology to analyze gait involves the use of pressure sensors in the shoe. When these systems are perfected they will be cost prohibitive. Just give me the runner’s foot.....

See Shoes, on page 12

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Shoes, continued

Some running shoe stores have the runner step on a pressure sensitive plate. The result is a multicolored picture of how force is applied to your foot as you walk. The picture is pretty and shows what your arch does as you stand. Research again has proven the pretty pictures correlate poorly with the dynamic movement of the foot.

So what does science tell us about the relationship of the shoe to injuries? Is there anything about shoe selection that predicts injury?

Research tells us there is ONE factor of a shoe that correlates with injuries. That one factor is COMFORT. The more comfortable the shoe, the less likely it will be related to any eventual injury.

Common shoe problems: they all begin with the letter “S”

Too SKINNY: if there is pain on the inside of the first or the outside of the fifth toe, the shoe may be too skinny/narrow.

Too SHORT: if you lose your second toenail repeatedly, your shoe is too short. Yes, your shoe may be the correct size for your first toe but when you traumatize the second toenail, that shoe is too short for your second toe. Some runners lose their second and third toenails – same issue; the shoe is too short.

Too SOFT: shoes that are too soft can be related to injuries of the (a) inside of the foot, (b) plantar fascia, (c) Achilles, (d) inside of the tibia (inner lower leg bone), (e) inside of the knee or (f) knee cap.

During Landunner training runs we see the most unusual combinations of feet, gait and shoes. Yet the runner is running well. Do we fix what’s not broken? Do we analyze gait to determine what the correct shoe should be?



LITTER, TRASH, GARBAGE, UNWANTED DEBRIS will disappear on Dec 10, 2016. Come and join the OKC Landrunners do their magic on the Lake Hefner Trails. The MAGIC will begin at 9:00am at Lake Hefner’s Stars & Stripes Park.

Note: Breakfast will be provided by the OKC Landrunners at the Lake Hefner Golf Course Clubhouse. **BE THERE** for a clean-up good **TIME!!!!** Wear your Landrunner stuff. Trash bags and gloves will be provided. Assignments will be given for parts of the trail/s for your cleaning convenience and enjoyment. We want to provide litter control for all the trails around Lake Hefner and parts of Bluff Creek Park. **BE THERE....9:00 AM START....PETS ARE ALLOWED ON THE TRAILS...CARS ARE NOT!!!!.....jfr litter chair!**



Smells on the Run

By Matthew Wilcoxon

We are always searching for those beautiful courses to run. Those places that give us stunning views of the beach, the mountains, city skylines, or some other visually pleasing area are always great running venues. Recently on my run, though, I noticed something else that I, and probably you too, often don't think about but I'm sure we always notice. The smells.

If you've ever run downtown or through Heritage Hills, I hope you were lucky enough to catch a whiff of the bread factory when they are baking. That wonderful smell of baking bread is fantastic and can drift as far as 36th street if the wind is right. On many occasions I have changed my route just so I can stay in nose-shot of that smell. It's a cliché but the smell of baking bread takes me back to grandma's house. She always made bread for our Sunday dinners and sometimes if I close my eyes for just a second while running through the OKC bakery's smell, I can get that old feeling of being young and happy in grandma's kitchen. I honestly don't know the name of the factory or what brand of bread they bake but I am so glad they call downtown OKC home.

Another of my favorite smells is honeysuckle vine. I always notice it when running through a certain area of Mesta Park but I've also smelled it other places around town and around Lake Stanley Draper. Maybe the reason I like this smell so much is that I don't smell it all the time. It is strongest at certain times of the year and I never expect to smell it so it always catches me by surprise. Much like the bread factory, the smell of honeysuckle takes me away for a moment because it, to me, is the smell of the country. Honeysuckle conjures up images of rolling green fields bordered by majestic tree lines.

I was going to title this article "The Smells of OKC" but then I remembered another of my favorite smells which is not native to Oklahoma City. If you've had the pleasure of running the San Francisco

marathon then you will remember the smell of sourdough bread baking early in the morning from Boudin Bakery along Fisherman's Wharf. This is one of those smells that makes a memory for me. You run by Boudin early in the marathon so it's still dark and you can't see much around you but you can smell that bread and that is enough to imprint a memory in your brain.

Of course not all the significant smells we encounter on a run are pleasant. Yes, I'm talking about the ever present, and well known Stockyard City that is just south of the Oklahoma river trails. The smell from the stockyards is powerful all year but I find they are at the height of freshness during the mid-summer weeks when the temperature reaches over 100 degrees. This is the time when the odiferous offerings from our bovine brethren hang in the air like a thick cotton haze that you can almost feel surrounding you as you try to hold your breath and run as fast as possible through that half mile stretch of trail. It may be horrible but it is a smell that is not easily forgotten.

Finally there are those smells from other runners. No, not those! The good ones! If you have a running partner that you've run with for a long time you may not have acknowledged it but you can probably recognize their scent. Whether it's their cologne, perfume, deodorant, or maybe the laundry detergent they use, you know that smell because you have spent so much time running next to it. That smell becomes a part of how you "see" your partner without you even knowing it. That's the wonderful stealthy power of smell. It may not be what we notice first, but it completes the picture that we create in our minds and adds another dimension to our world.

Take a whiff next time you are out on a run and notice what's going on in the air around you.

Running With Team Stephen

By Erik Heine

It's been a little over a year—16 months, to be exact—since we were able to secure Stephen's chair. I can still remember the anticipation with which we waited for it to be delivered. We followed UPS tracking and, of course, we weren't home when it was delivered. Due to the value of the chair, it wasn't left on our porch and rather than wait another full day for it to be redelivered, I drove down to the UPS depot in south Oklahoma City to pick it up before they closed for the day. After getting to run with Landrunner Kevin Lynes, Stephen asked to do it again, and sporadic runs after that were not going to be enough.

I bring this up because the anticipation that I felt waiting for Stephen's chair to arrive is now the anticipation that he feels on Saturday morning, and even on Friday night, before our weekly run. What was once an idea to race with him has evolved into full-blown training. The only times I've been unable to run with him on Saturday mornings this year is when I have been out of town for academic conferences and work, and I feel pangs of guilt when running alone in those situations.

When I started pushing Stephen, it was incredibly difficult. I thought a 5K was all I could do, but then we tried some longer runs—four and five miles. I thought one day I might try to push

him in a 10K. And then something happened. When I stopped worrying about how many miles I could push, how far I could go, Stephen allowed me to realize that I could go as far as he wanted to go. That doesn't always mean that we go for hours because my legs have a limit. But we've raced a half marathon. We typically run for at least an hour on Saturdays. And it's not just Stephen who eagerly anticipates our time running—I do, too. Being able to provide joy to my son is something that I cherish and I hope that I can continue to do, in this fashion, for many more years.

I have a quotation on my office door at OCU: "If you have a chance to help others and fail to do so, you are wasting your time on this earth." Although I fall short of this quote, I strive to live it daily. On Saturdays, I help Stephen enjoy the thrill of running—the wind in his hair, the sun on his face, rolling with ease and speed down the street—and I absorb and love every minute of it. We are altruistic beings. I hope that each one of you reading this is able to help someone accomplish a goal, running or otherwise, in the future and that you get to enjoy the anticipation of the success, as well as the moment(s) of achievement.

Running Evermore

By Melissa Brevetti, Ph.D.

I hope everyone is enjoying fall weather, as well as running with "safety first" in mind since daylight is becoming shorter. Halloween and fall parties are fun events this time of the year, so this running poem honors one of my favorite, though spooky, writers: Edgar Allan Poe. Perhaps I am biased, but I admire the passion in runners who keep dreaming and running evermore.

Once upon a morning dreary, while I ran, so weak and weary
Over many a quaint and curious streets in Oklahoma City,
While I ran, nearly falling, there came a calling,
As of someone softly drawling, drawling my own name
"Tis some runner," I muttered, "calling out my name quite pretty—
Only this, and nothing more."

Ah, distinctly I remember it was in the bleak November,
And I kept running as each separate dying ember of sweat
Dropped upon the streets.
Eagerly I wished the morrow—the day of my race which I had
A running Garmin to borrow
From a fellow Landrunner friend, while other sweet friends

Baked energy bar treats and gave support with texts and Tweets
Since we agreed to meet at the start of my soon-to-be feat.

As I kept running, legs turning, all my soul within me burning
Soon again I heard a drawling somewhat louder than before.

"Surely," said I, "surely that must be the Gatorade:
Let me check, though strange, this mystery to explore—
Let my heart rate stay high and this mystery to explore—
'Tis the wind and nothing more."

Much I marveled, fixing my tank top vainly, but wondering,
Pondering this experience so plainly,
Perhaps there is much meaning—much relevancy bore,
For we cannot help agreeing that no living human being
Ever yet was blest with seeing such wonderful sights while
running, even while sore from runs before—
That running is an inspiring time for hearts and minds to soar
And, therefore, I sincerely implore, "Running Evermore."

ACOG Count Data Reveals 855,000 Cyclists, Pedestrians Visit Lake Hefner East Wharf Annually

Oct 26, 2016 | *Bicycle & Pedestrian*

A recent count of cyclists and pedestrians around Lake Hefner reveals 855,000 people visit the area annually. According to Charlotte Adcock, Assistant Planner – Multimodal, ACOG, during a two-hour count in early October, 220 cyclists, 267 pedestrians and 13 people getting around by other means, passed this location.

“When we extrapolated the numbers based on the NBPDP’s formulas, there were an estimated 855,000 visitors to this particular location,” Adcock said. “This is very exciting news about one of Oklahoma City’s most popular recreational facilities.”

The NBPDP is the National Bicycle and Pedestrian Documentation Project. ACOG organizes volunteers across the region to count people walking, jogging, running and riding bikes. According to John. G. Johnson, Executive Director, ACOG, the counts help local and national governments and organizations keep track of how many people walk and bike on a particular street. The undertaking works in much the same way as the Oklahoma Department of Transportation’s traffic counts, which help determine how many people drive on a certain road.

“We owe a big thanks to everyone who participated in the NBPDP this fall,” Adcock said. “Especially Chuck Mikkelson of the Oklahoma City Running Club. He organized Landrunner volunteers; Linda Manaugh, Beck Cunningham, Jim Roblyer, Barry Keith, Angela Meirer, Kathy Moffitt, Jeffrey Wagner, Melauna Wescott, Bill and Marlene Robinson to count on September 29 and October 1. For the first time, three locations around Lake Hefner were set up as count stations.

“Counters were also set up at the golf course, Stars and Stripes Park and at the East Wharf.”

The NBPDP formulas consider time of day, day of week, month of the year, path type as well as climate to estimate expected daily, weekly, monthly, and annual totals. There can be a wide difference in these expected totals. For example, at the same East Wharf location, annual visitors were estimated to be more than 1.3 million based on the 5 p.m. session counts on Thursday.

The results of the count project help local communities plan, design, fund, and justify the needs for bike and pedestrian related projects.



Landrunners volunteer for Redman aid station



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



Fall Marathon & Half Marathon Training

Every weekend until Nov 12

**Landrunner Trash Sweep
& Breakfast**

Saturday December 10 @ 9:00am

Lake Hefner Stars & Stripes Park

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