

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

January 2017 | Issue No. 249

Wilcoxen Aims to Keep the Landrunners Fun

By Jenni Carlson

Matthew Wilcoxen first went to the Landrunners looking for help with his long training runs.

He found that – and much more.

“I went to one of the 20-mile runs and was immediately welcomed by some wonderful runners as soon as I walked up to the start,” he said. “It was wonderful to do these long runs with a group of people who would eventually become my best friends.

“I’m still amazed at the remarkable change my life took as a result of that one day.”

That day happened in 2007, and exactly a decade later, Wilcoxen takes over as the president of the Landrunners. He admits that it seems a little surreal, and yet, all that has happened to him as a runner over the past 10 years feels equally amazing.

When Wilcoxen and his family relocated to Oklahoma City – the Ohio native and Air Force veteran had been offered a job here by Lockheed Martin – he heard about the Memorial Marathon. He has run since seventh grade, but he had never done a marathon.

He was 38 then and decided he wanted to do a marathon before he hit 40.

“Since my kids told me I would be too old to run after that age,” Wilcoxen joked.

He began training by himself, but when he reached the upper end of the training distances, he found the mileage difficult to do solo. Not having anyone around. Not having any course support. Not having that community around him.



See **Matthew**, on page 6

President's Message

By Matthew Wilcoxon

Of all the crazy events that occurred in 2017, perhaps most surprising was that I was elected president of the Landrunners. That's right boys and girls, you're stuck with me! All kidding aside, I am honored, humbled, and a little scared to take on this role. This club has a great history built by the strong leaders who started and continued it and my hope going into this role is to not screw that up!

My very good friend and running buddy, Bill Goodier, has done an excellent job leading this club for the past year. Please join me in wishing him well and thanking him for his outstanding work. I look forward to having him back as a running partner although I suppose now I'll be the one too busy to run! Thanks Bill, and enjoy your well-deserved break.

You'll be happy to know that I've surrounded myself with really great people who are much smarter and better organized than me. Lindie Slater will be our Vice-President but will continue to organize the bus trips for the club. We've also added four new board members this year. Gena Barnhill, Melauna Wescott, Tom Finley, and Steve Wells join our team and bring a wealth of experience and energy that I hope will continue to keep this club fun and growing.

It's altogether fitting, I suppose, that I lay out where I want to take the club in 2017. Like any runner, I believe in having a goal in mind when I start a race (my article this month notwithstanding). My main goal for the club is to maintain the spirit of fun that has been a part of this club since its inception. Our club's mission is to support health and fitness of people of all ages through recreational running and I would add that we do it with a fun-loving spirit. I also want to get more runners involved in our activities and use their talents to get the club more involved within our community. I'll be contacting many of you over the next few weeks to get ideas for community involved activities that our club could support or start. Finally, I'd like to see our club get more involved with all aspects of running. We need to develop and support

our Walker to 5K program, as well as continue our marathon and half marathon training programs. I'd like to see us get more involved with trail running in our area as well. I'd like our club to offer something to every runner, no matter where or how they run.

I'm excited for the New Year and I hope you are too. My goals will require support and involvement from everyone in this club. I hope you'll take the dawning of a new year to challenge yourself to get involved in whatever way you can. Contact me directly with ideas and opportunities, or catch me at a training run; I'd love to hear from you. We have a great opportunity to offer our growing community the gift of a healthy lifestyle through running. Oklahoma City is growing and changing in wonderful ways and I'm always happy when I see more and more people getting outside and getting active around town. Let's use our club to continue that trend.





RRCA Oklahoma State 25K CHAMPIONSHIP



Saturday, March 4, 2017

Location:

Stars and Stripes Park
Lake Hefner, Oklahoma City

Registration:

www.okcrunning.org
(no processing fees)

Produced by:



Proceeds to promote healthy lifestyles through recreational walking and running For more information email: racedirector@okcrunning.org

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
1/9	Club Meeting – OKC Memorial Marathon	620 N Harvey @ 6:30pm
1/21	State Games Trail Run*\$	Nu Draper Trails @ 9:00am
2/18	Frigid Five*\$	Edmond Mitch Park @ 9:00am
2/18	Run for Recovery 5K / 10K	Stars & Stripes Park @ 9:00am
3/04	Panera Beacon Run 25K*, 15K*, 5K*\$	Stars & Stripes Park @ 7:30am
3/25	Wings to Fly 5K*, 15K*	Fort Reno @ 9:00am

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

Landrunners In Action

11/13 FORT WORTH MARATHON, TX

MELISSA GONZALEZ	4:53:36
JANE PACE	5:32:11

11/13 ROCK 'N' ROLL LAS VEGAS, NV

AMY KROKSTROM	4:53:03
KARL KROKSTROM	4:53:03

12/10 TUCSON MARATHON, AZ

MATTHEW WILCOXEN	3:14:16
MARLON ONCO	3:45:43
JUSTIN CHAN	3:59:00
SPENCE CARSON	1:58:58 – HALF

12/11 DALLAS MARATHON, TX

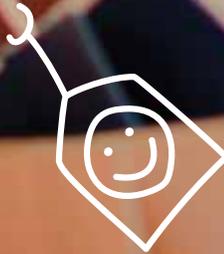
ERIC MILLS	3:32:59
SETH BEARDEN	4:12:26
MANDY MERRIFIELD	4:13:38
JENNY TITUS	4:24:18
ERMIDA LAPIC	4:31:40
CANDICE JERNIGAN	5:18:04
TERRY HEPNER	5:20:46
JASON BARRETT	5:20:47

12/11 DALLAS HALF MARATHON, TX

JOSEPH PARIZEK	1:27:07
JOSEPH MITRO	1:28:43
BRIAN STEINER	1:48:22
MIKE GIBSON	1:48:29
DARLA KENDZOR	1:59:28
SHERRI KING	2:04:54
CHRIS CRAFTS	2:11:06
JENNIFER JONES	2:12:30
LISA GARCEZ	2:15:09
SARAH FAW FAW	2:20:30
MAUREEN PRIDGEON	2:22:58
MISTY LYNCH	2:25:49
DARREN CARRINGTON	2:29:51
STACEY BEAL	2:43:33
SANDY PACE	2:56:10
MARVIN QUINN	3:00:24
KIM ADAMS	3:07:56
JEAN HATFIELD	3:11:13
DEBORAH CARRINGTON	3:37:06

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

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Matthew, continued

An internet search led him to the Landrunners' website and the training schedule.

The club's training runs not only helped Wilcoxen finish the Memorial Marathon but also catapulted his running to a new level.

"The Landrunner training runs became my primary weekend activity," he said. "Having such a great club makes it easier to make running a lifestyle instead of just something I do. As a result, I've become healthier, happier and my running has improved to levels I never dreamed possible."

Last year when the club needed a new board member to direct the training runs, Wilcoxen knew he wanted the job. He felt it was a way to give back a small piece of what had been given to him.

And now he is excited to step into a new role as president.

"My first goal as president is to increase participation at our club meetings and to get more runners involved in club activities," Wilcoxen said. "We have such a large and diverse club, and I want to showcase more of that diversity. Our runners come from many backgrounds and have a wide range of interests and skills. I plan to harness that potential to make our meetings more interesting and fun by soliciting our runners for locations and topics for our meetings.

"I want to get our club out into the community by hosting our meetings at different locations throughout our city, showing off our club to the city while showing our members a little more of our city."

But his main goal is to keep the club fun.

"I want other runners to experience what I did when I first found the club," he said. "I want them to feel welcomed and make new friends so that running and living a healthy lifestyle becomes who they are, not just something they do.

"Whatever we do as a club, we need to keep that warm, welcoming feeling alive and well. That's what got us here, and that's what will keep us growing.

"I'm very honored and excited to be a part of that."

GETTING TO KNOW MATTHEW

Over the coming months as we introduce new board members, we will be sharing some personal tidbits about them. Here are some fun facts about new Landrunner president Matthew Wilcoxen:

Hometown: Belpre, Ohio

Age: 44

Family: Two sons, one at OU, one in eighth grade

Favorite food: Anything sweet; I have a horrible sweet tooth. And beer. And wine, the purple kind.

Pet peeve: Arrogance

Hidden talent: Dancing. Especially polka. I'm fabulous in my own mind.

Favorite race you've run: Tough one. Favorite course would be San Francisco. Love running across the Golden Gate. Then I have so many races where I traveled with a group or with a special friend and had so much fun that it makes it hard to pick. It's the experience that makes a race memorable to me, and I've had some great ones. Austin, Fort Collins, Wine Valley 1/2, Baton Rouge, New Orleans, Angel Fire, Wineglass. (Wine may be a theme, hmm?) They all hold special places in my heart because of the people who went and the fun we had. I couldn't pick a favorite and wouldn't try.

Race you want to run: Big Sur

Music we might hear blasting out of your car: 80s Hair Bands, Barry Manilow, Waylon Jennings, anything with a fiddle. I'm a musical potpourri. All of it loud so I can't hear myself singing.

Music we might hear blasting out of your headphones on a run: I don't like running with headphones, but when I do, I listen to podcasts or The Moth stories.

Biggest running accomplishment: Qualifying for Boston a few weeks ago. Something I never believed possible.

To me, running is... Simplicity. Physical and emotional therapy. Grounding.

Vanilla or chocolate?: Dark Chocolate with wine.

Hot or cold?: Hot! Bring back summer please!

Boxers or briefs?: Briefs. Or Body Glide when I'm running.

22nd Annual

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Awards: Long Sleeve Tech Shirts, Door Prizes, Great Food and Drinks

5 Mile Run - 9:00 AM

Register at www.precisiontimingsolutions.com or
www.frigidfive.itsyourrace.com

Seven Superfoods for Super Athletes

By Melissa Brevetti, Ph.D.

Let me confess that I am a picky eater. In fact, as embarrassing as that can be, it really bothers me if my food touches. Sigh. The routine of certain foods makes my life easier; indeed, I figure that we all have our own unique eating habits, favorites, and vices. Endurance athletes should fuel with purpose, or at least be mindful of nutrient-rich foods while they are training. That being said, here is my list of superfoods that I love and eat often in order to improve my running and health.

1. Salmon – although salmon has the caveat of checking whether or not it is wild salmon, this superfood is an excellent source of protein. It is full of Omega-3 fatty acids, which can help reduce inflammation, becoming very useful for training athletes. When salmon is eaten once a week, many research studies provide evidence that it can decrease the risk of strokes and heart attacks.

2. Sweet Potatoes – easy to find and not too difficult to cook. Sweet potatoes are downright delicious, in addition to being an excellent source of beta carotene and B6. That means they can help fight against cancer cell growth and fight off degenerative damage. Also, they contain a lot of choline that is known to help muscle movement and sleep.

3. Salads – typically my “go to” meal since I can incorporate favorite vegetables. Be careful of certain salad dressings that can negate the healthy benefits. Besides, what is that old joke about what vegetables tell the salad dressing? “Lettuce all smile,” and we should. Yum.

4. Water – perhaps straight water seems boring. Nonetheless, it can help headaches, increase energy, boost immune systems, flush out toxins, prevent cramps, and energize muscles. Athletes need water.

5. Nuts – not all nuts are equal, I must joke. Seriously, nuts, such as almonds and pecans, have vitamin E and Omega-3 fatty acids. They also provide fiber, which can help people feel full and satisfied. Despite nuts being high in calories, they have healthy and necessary fats. Thus, a little goes a long way.

6. Cherries – known as “America’s Super Fruit,” cherries have multiple benefits: easing arthritis, improving memory, and containing antioxidants. Furthermore, cherries are considered to be excellent sleeping aids since they have high levels of melatonin. Researchers have discovered that they can improve quality and duration of sleep.

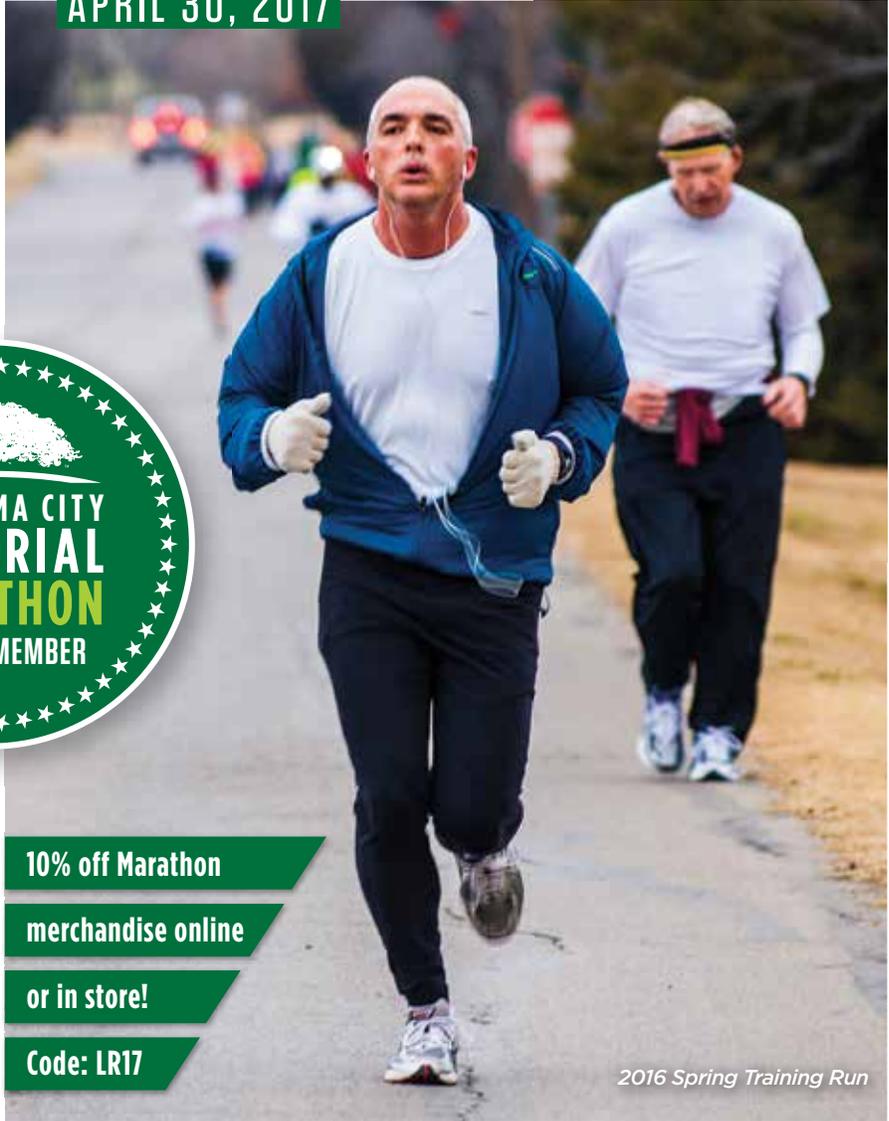
7. Dark Chocolate – not only is this superfood packed with antioxidants, but it also can protect your skin from sun-induced damage. One particular research study indicates that dark chocolate can help restore flexibility for a person’s arteries, which improves circulation. Other significant benefits of dark chocolate include reducing levels of bad cholesterol and improving the levels of good cholesterol.

Keep running and playing strong. Remember to keep eating strong. Whether you are a picky eater or not, you are a super athlete and deserve the best!

Training Runs
Begin January 7!

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Run to Remember

APRIL 30, 2017



10% off Marathon

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or in store!

Code: LR17

2016 Spring Training Run

REGISTER by March 31 & Save! @ okcMarathon.com

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What Are You Training For?

By Matthew Wilcoxon

This is the most common question I hear asked at our training runs. Other than the horrible use of English in ending the question with a preposition, this question can be troublesome for some runners because they may not have a good answer. We usually begin our running life with a goal of completing some distance or some specific race. This initial goal sets us on a course to get involved with running but very rarely will it be, once accomplished, the last goal we set for ourselves. There are times when we find ourselves without a specific goal but we still run because it's a part of our lives. It's just what we do! So I thought I'd put some thought into each phase and point out the good things that each offers us.

Having a goal in mind for our running life has multiple benefits. The first and most significant for me is that it gives each and every run a purpose. That purpose may be a specific distance at a specific pace or intervals in a given time, but whatever the purpose you'll know exactly how far and how fast you'll need to run each time you lace up your shoes. This kind of structure can be a motivator because it offers variety in your running and allows you to know what's coming up so you can plan accordingly. Many runners thrive on this kind of structure and wouldn't feel comfortable without it.

The other significant benefit of having a goal in mind for our running is that we are able to experience that uniquely human feeling of accomplishment that comes from setting, working towards, and ultimately accomplishing something difficult. Having a single minded-focus on completing something challenging is an amazing emotional experience and can be addicting. Add to this the physical benefits that we see when actively training, and it's easy to see why many runners move from one goal to the next without pause. Discovering that your body can get faster and stronger through disciplined effort is to discover that you have a gift that needs to be cherished and used.

On the other hand, there are many benefits to running without a specific goal in mind. The most significant to me is the freedom it gives me to run wherever, whenever, however I wish. This freedom reminds me that I started running because it was fun and I liked being outside. This freedom also allows

me to discover new things in my running. Maybe I'll go run on trails, maybe I'll go run in the mountains, maybe I'll go run that beautiful road where the trees hang over it like a cathedral ceiling, whatever I want to run I can do it without sacrificing a step towards a goal.

This freedom from a specific goal also reminds me that there is a lot of joy in just being with myself and letting my mind rest while I run. I love those wonderful runs after work where I can sort through the day's events and find some peace from the stress of daily life without worrying about hitting a pace or a distance. Those kind of runs ground my sometimes high flying, crazy mind and I absolutely need them.

It also allows time to be with friends. When on a training plan, it's common to run alone a lot. Very rarely will someone else be on the same plan so you're left to get your miles in alone while everyone else is enjoying the company of the group. Running is an individual sport but if you're reading this you've joined a club which implies a small desire for community within you. And why wouldn't you desire that? Our club is fantastic and motivating and encouraging! So taking the time off from a goal and enjoying those easy runs with a special friend or a group of friends fills that desire and keeps us well rounded.

To be a consistent, lifelong runner you need balance. Balance in how you train and also in whether you train at all. There will be times when you may chase after a goal with the desire of a hungry cheetah and there may be long periods where you desire only to be outside with yourself or with others enjoying the run and the company. One mindset is not better or worse than the other and you shouldn't worry yourself that you may seem stuck in one. You'll find a balance, it may come naturally or it may be forced upon you. Our bodies and minds are really good at finding the balance we need, whether we like it or not sometimes! The great thing about running is that it will be waiting for you when you're ready to change it up. As the good book says, there's a time for everything and a season for every activity under the heavens.

Landrunner Trail Sweepers

By Jim Roblyer

On Saturday, December 10 at 9:00 am sharp, 25 brave OKC Landrunners and guests (see photo) were ready and well equipped with trash bags, gloves, warm coats and hats, along with an attitude to beautify the Lake Hefner trails and rid them of litter and undesirable items. The weather was “delightful” (25 degrees, wind chill of 15 with winds speeding

out of the south at 35 mph). All participants were very proud of providing a community service at the lake for all Oklahomans to enjoy and were treated by the Landrunner Club to a hardy and tasty breakfast.

COMING SOON...ANOTHER Trail Sweep at Lake Hefner.... watch for the announcement!!!!

Note: Our Litter Queen (KM) was not able to attend due to illness and we all wish her a speedy recovery.



RUNNER JUDGE DIES

Honorable Vicki L Robertson (Oct 5, 1949 - Dec 5, 2017)

Vicki was born in Ponca City, OK and graduated from high school in Houston, TX. She taught mathematics at Northwest Classen High School for six years and while there coached the girls tennis team. She was also the first female softball umpire in the state of Oklahoma. She received her Juris Doctor

degree in 1978 from Oklahoma City University. In 1999 she was sworn in as Special Judge for Oklahoma County. Vickie was athletic, played tennis and golf, snow skied, scuba dived and was a member of the OKC LANDRUNNERS. Vicki’s mantra: “There will always be someone smarter, more attractive, and more successful, but what you can control is that you can always out work them.” Full obituary was published in *The Oklahoman* December 11, 2017.

Landrunner Finishers at Tulsa Route 66

Marathoners			
		Jim Mercer	4:58:26
Jason Butler	2:35:45	Shilpa Abbitt	5:01:43
Ian Campbell	2:58:20	Darlene Spry	5:01:47
Chad Hetrick	3:11:47	Terry Hepner	5:08:39
Katie Kramer-Ochoa	3:12:17	Elizabeth Cody	5:22:32
Kyle Blackketter	3:17:24	Jason Barrett	5:22:41
Jennifer Stong	3:19:33	Brandon Fry	5:25:31
Steven Blaylock	3:21:30	David Manguno	5:25:48
Brian Coleman	3:51:16	Claire Hagensick	5:39:02
Brian Kelley	3:51:20	Lana Nelson	5:41:19
Pascal Demeyer	3:54:40	Brian Joachims	5:42:02
Gretchen Bruner	3:54:46	Michael Dye	5:43:54
Noureddine Mediouni	3:55:53	Dana Campbell	5:49:02
Chastity Teeter	3:56:51	Seth Bearden	6:02:59
Marlon Onco	3:57:00	Deana Richmond	6:07:00
Justin Chan	4:02:17	Melauna Wescott	6:11:58
Steve Wells	4:02:31	Susan Green	6:11:59
Dinky Hammam	4:04:57	Chris Cope	6:23:45
Mike Wilson	4:06:48	Mindy Hole	6:25:29
Scott Smith	4:09:11	Lorrie Bamford	7:52:35
Jenna Negley	4:13:35		
Karl Krokstrom	4:14:01	Half Marathoners	
Amy Pannell Krokstrom	4:14:02	Jonathan Morris	1:19:46
Angela Morris	4:17:06	Nicholas Morgan	1:27:46
Laura Maxwell	4:17:35	Jeremy Bardin	1:29:08
John Doddy	4:21:18	Jared Ward	1:39:56
Mariya Burdina	4:24:02	Eric Paysnoe	1:42:10
Brian Francis	4:33:10	Jeffrey Wagner	1:42:21
Jenny Titus	4:36:24	Neil Burnett	1:42:31
Justin Webb	4:39:03	Clint Owens	1:43:24
Charles Lunn	4:39:39	Chris Stephens	1:44:29
Roy Williams	4:41:17	Brandi Ridpath	1:45:03
Jason Johnston	4:43:05	Brandon Blacksten	1:46:14
Connie Heitz	4:48:50	Bryan Wortham	1:47:10
Courtney Robinson	4:50:51	Keith Mitchell	1:47:48
Rebecca Cunningham	4:52:05	Lindsay Rother	1:49:36
Pete Richardson	4:54:33	Paul Frieze	1:49:56
Stephen Abernathy	4:56:06	Erick Womack	1:50:37
Rachel Williams	4:58:01	Leigh Ann Hardin	1:50:38
Marty Lewis	4:58:02	Bonnie Rutel	1:51:06
		Charles Mcfarland	1:52:10

Landrunner Finishers at Tulsa Route 66

Huy Mai	1:53:33	Terry Cook	2:12:51
Robin Garretson	1:53:34	Brian Patric	2:13:02
Douglas Horstmanshof	1:53:48	Bernadette Wile	2:14:40
Eric Kent	1:53:54	Angala Heilig	2:14:41
David Wiist	1:54:35	Sarah Faw Faw	2:14:42
Alyssa Morris	1:54:42	Cassie Henson	2:16:03
Lindsey Hall-Wiist	1:54:43	Gary Bates	2:16:21
Mary Hammer	1:55:07	Marsha Hupp	2:16:58
Curtis Scott	1:55:19	Eric Mills	2:17:43
Jeff Saxton	1:55:58	Kelly Hilburn	2:20:00
Michael Dillinger	1:56:56	Ken Carlyle	2:20:08
Shannon George	1:57:56	Jeanann Gaona	2:21:29
Dana Johnson	1:58:22	Rebecca James	2:21:44
Dawn Moore	1:58:35	Jose Munoz	2:21:48
Tom Bates	1:59:08	Lee Munoz	2:21:49
Ali Steele	1:59:26	Derrick Crampton	2:21:56
Sherri King	1:59:29	Lauren Manaugh	2:22:16
Ben Whitehead	1:59:52	Owen Garretson	2:23:01
Matthew Wilcoxon	1:59:52	David Maynard	2:23:03
Mary Schneeberger	2:00:04	Patrick Kelly	2:23:17
Kok-Cheng See	2:00:07	Stacey Beal	2:23:27
Gerald Glasgow	2:01:15	Gary Ferguson	2:24:54
Van Vawter	2:03:28	Tara Bradley	2:25:01
Jill Brown	2:03:36	Anthony Alleman	2:25:09
Dustin Mutteloke	2:03:48	Jennifer Thompson	2:25:57
Jeff Mccanlies	2:04:03	Suzanne Kimball	2:27:00
Jonathan Norton	2:04:23	Madeline Glover	2:28:36
David Woodward	2:05:37	Joseph Warfield	2:29:33
Jim Tincer	2:06:24	Jennifer Henry	2:30:27
Candice Jernigan	2:06:48	Barb Wells	2:30:58
Kathleen Waite	2:06:58	Vi Le	2:31:46
Amy Stephens	2:07:18	Steven Mcconnell	2:32:12
Chris Nighbor	2:08:10	Rogelio Campos	2:32:37
Barry Keith	2:08:13	William Hickman	2:32:49
Mary Knight	2:08:43	Sabrina Wedgeworth	2:32:54
Mark Walker	2:09:55	Kris Howell	2:33:02
Betsy Hilburn	2:11:25	Courtney Blacksten	2:34:11
Jeremy Ensz	2:11:50	Sarah Alvarez	2:34:42
Hayley Harris	2:12:14	Jerry Heppler	2:34:58
Norma Miller	2:12:20	Lance Casey	2:36:49

Landrunner Finishers at Tulsa Route 66

Sheila Nayfa	2:36:56	Marvin Quinn	3:20:43
Heather Puckett	2:37:35	Alex Weddle	3:21:15
Hilda Wilds	2:40:17	Kari Goines	3:22:01
David Bernstein	2:40:36	Kim Sturdivan	3:22:25
Alyssa Thomas	2:41:34	Stefani Oviedo	3:24:06
Susan Cox	2:41:37	Rebecca Pasternik-Ikard	3:30:31
Lindsey Miller	2:41:48	Felicia Robinson	3:31:59
Jil Elsberry	2:41:49	Brian Cook	3:32:01
Elizabeth Pickens	2:43:10	Dorothy Pierce	3:34:33
Matt Mccreary	2:43:19	Frances Pasternik	3:35:28
Barbara Kelly	2:43:26	Kellye Bates	3:36:07
John Daniels	2:43:48	Jean Hatfield	3:47:58
Regina Miller	2:43:50	Kim Adams	3:48:04
Huy Le	2:44:00	Deborah Carrington	3:48:04
Michelle Larsen	2:46:01	Amy Hatfield	3:48:40
Nicolas Dominguez	2:48:34	Donnie Ryan	3:59:13
Tara Dominguez	2:48:35		
Gregory Stephens	2:50:11		
Philip Mowery	2:50:22		
Maegan Shaw	2:50:41		
Shawn Shaw	2:50:41		
Linda Manaugh	2:51:54		
Wanda Ross	2:52:16		
Alena Croy	2:52:45		
Cara Nance	2:53:10		
Mike Potter	2:53:15		
Nancy Dickinson	2:54:33		
Belinda Eyestone	2:55:31		
Randy Nance	2:56:53		
Randy Brinkley	2:57:04		
Lorien Casey	2:58:40		
Becky Faaborg	2:59:04		
Missy Webb	3:03:07		
Stephanie Wandick	3:05:31		
Ralph Breckenridge	3:08:48		
Jimmy Roblyer	3:13:34		
Karen Crane	3:16:32		
Bart Byrns	3:16:37		
Susan Weed	3:17:40		
Michelle Scott	3:19:36		



Saturday, March 25

9 a.m. | Fort Reno, OK

15K • 5K* • Miracle Mile

NEW: Sleep-In for the Kids - Donate & Still get a T-shirt!

Info & Registration at www.CHFKIDS.com

USATF Certified Courses | Landrunners Series Events (15K & 5K)

*RRCA Oklahoma Championship Event



Running Etiquette

During our training runs, we are sharing the roads and trails with vehicles, bicycles and other runners and walkers. We want them to be courteous to us, so we, in turn need to be courteous and respectful. Perhaps it was the excitement of a new training season, or it was a lack of etiquette awareness, but the Saturday's fall kick-off training run was not representative of the "share the road" spirit our club endorses. Law, safety, and common courtesy dictate that we pedestrians move left and allow cars and cyclists adequate room to pass. Law, safety, and common courtesy also dictate that we not run more than two abreast. We understand the social aspect of these training runs, but safety MUST come first. Safety of the runners, safety of the cyclists, and safety of the motorists. We run on streets and multi-purpose trails, meaning that we are NOT the only people using these paths. Whether you are an experienced runner or brand new to our group, we request and appreciate your review and adherence to the following guidelines:

- When running (or walking) on streets with traffic, you should ALWAYS run on the left side of the street facing traffic, stay as far left as possible and run no more than two abreast.

- When approaching traffic get in a single file to the left and don't take up an inordinate amount of space in the traffic lane. We want to be courteous and not irritate the drivers on the road. We are NOT running on closed courses and cars need to have room to safely pass. Running down the middle of ANY street is asking for trouble.

- When available, run on a sidewalk or trail, not the street.

- When running on a multi-purpose trail, you should always run on the right and allow others room to pass. Do not run more than two abreast.

- Follow the rules of the road and obey all traffic signs.

- If you come to a four-way stop (such as at Penn & Grand) and a car is present, do not just blindly follow the person in front of you and not allow the

car their turn to proceed through the intersection. Stop signs apply to runners as well.

- At traffic signals (such as May & Grand, downtown area, along Lincoln, etc.), unless the walk light is illuminated, CARS HAVE THE RIGHT OF WAY. You should take the same precautions when running that you would tell your kids to take.

- Assume every driver is texting, taking selfies, eating, or otherwise distracted. Don't assume they see you. Stay alert when crossing streets and parking lot entrances. Make eye contact with drivers to ensure they see you before you cross in front of them. If they wave you across, give them a friendly smile and let them know you appreciate it!

- It is safer to run without headphones. If you feel you just can't run without them, keep the volume low and leave one earbud out so you can hear traffic and warnings of approaching motorists or bicycles.

- When running in the dark, wear light color, reflective clothing and/or lights so you can be seen by the motorists.

- It is your responsibility to know the course each week. We include a link to the course map in each week's email. If you have questions, just ask.

- Refrain from talking during the pre-run announcements. Key information is provided such as route, turnaround points, where water stops are located, etc.

- When running in a group, it is easy to get into the "group mob" mindset and just do what the runner in front of you is doing even if you don't agree with it. Think SAFETY FIRST. Don't do something in a group that you wouldn't want your kids doing (such as running down the middle of the road, running through red lights with cars approaching, etc.)

Running, as with anything else in life, can be managed fairly well with three words: Use Common Sense. Run safely and be courteous to others on the roads and trails.



P.O. Box 18113, OKC, OK 73154

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January 2017

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Visit The Landrunners Online:

www.okcrunning.org

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Spring Marathon & Half Training
Starts January 7, 2017

Landrunner Club Meeting
Monday, January 9 @ 6:30pm
OKC Memorial 620 N Harvey

Landrunner Panera Beacon Run
Saturday, March 4 @ 7:30am
Lake Hefner Stars & Stripes Park

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