

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

November 2017 | Issue No. 259

Landrunners Visit Kid Runners – and They’re Still Talking about the Port-a-Potty Medal

By Jenni Carlson

There’s a race medal in Susan Green’s collection that has become a favorite of some students at Rosary Catholic School.

After all, what kid wouldn’t love a port-a-potty medal?

In early October, members of the Landrunners visited the Rosary Running Club – both groups that I am proud to be part of. I joined the Landrunners several years ago, and a couple years ago when my daughter started going to Rosary, I got involved with the running club there. I know how important physical activity is and want to promote that in youngsters.

Those two groups have come together this fall in some special ways.

Ann Nick, a member of the Landrunners and a teacher at Rosary, led efforts to apply for a grant from the Landrunners. The Rosary Running Club doesn’t have a bunch of expenses, but having some funds for odds and ends – and maybe provide kids’ marathon registrations at the Oklahoma City Memorial Marathon for



Tom Finley, Dana Campbell & Kevin Lynes with the Rosary
Thank You Card

See **Rosary**, on page 6

President's Message

By Matthew Wilcoxon, President

Maybe I'm just getting old but does it seem like the world is falling apart to you too?

I made the mistake of watching the news the other day for only a few minutes and I came away both angry and depressed. Who could watch this stuff for more than a few minutes? I'm sometimes amazed at both the cruelty, stupidity, obliviousness, or pick any other horrible human attribute for yourself, of some people in the world and the media's love of sensationalizing it. It makes me want to scream to the world, STOP! BREATHE DEEP AND GO FOR A RUN! But of course, I can't do this or any other thing that can make the world change instantly, and that's probably the heart of most frustrations, I suppose. The fact that we see such blight and can't fix it right now; instantly make the world better by just wanting it. No, fixing the world can only be done one small act

of kindness, forgiveness, understanding, acceptance at a time.

Sounds like something else we all know and love, right? Running. You don't make great leaps in your running performance overnight or without effort and neither can you make your world better without some effort. Pushing yourself outside of your comfort zone to improve is the heart of running and the way to make our world a little better. So when we get frustrated by the events we see, go run. Just run. Let that frustration manifest into a benefit for your body. And when you're done making yourself a little better physically and emotionally, go out and do some small act that will make our world a little better too.

Thank goodness for running.

Falcon 5K Thank You

St. John Nepomuk ("SJN") proudly reports a successful 2017 Inaugural Falcon 5K & Fun Run! Thank You to all of the OKC Landrunners who joined us the morning of Saturday, September 30, 2017, and supported this event either as a participant or a volunteer. With the funds raised from the Falcon 5K & Fun Run, SJN will replace older water fountains on St. John's campus with newer units that offer water bottle filling stations.

Our school, grades Pre-K (3) through 8th grade, takes great pride in its reputation for academic excellence and values the important role our students play in leading us into the future. This academic excellence must be partnered with a firm foundation and commitment to health and wellness for our students. This will not only benefit students now, but it will have a profound impact for future generations of our community. Furthermore, we

believe that hosting such an event will help foster healthy lifestyles and unite our community in doing so. Devoted athletes, such as the OKC Landrunners, exemplify this commitment.

Thanks again and we hope to see you again next year!

Kari Dannemiller

Race Director



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Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
11/11	SNU Homecoming 5K	SNU Football Stadium @ 8:00am
11/11	PC Cancer Classic 5K*\$	Wheeler Park @ 8:30am
11/11	Choctaw Challenge*\$	Choctaw @ 9:00am
11/18	Chill Your Cheeks 5K	Yukon @ 5:00pm
11/19	Route 66 Marathon*	Tulsa @ 8:00am
11/23	Edmond Turkey Trot* \$	Edmond @ 8:00am
12/02	Holiday Hustle 5K & 10K*	OC 2501 E Memorial @ 9:00am

* Denotes Series Races

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

Landrunners In Action

<u>9/17 XTERRA NATIONALS TRAIL RACE, UT</u>		KEVIN GATEWOOD	2:23:05
ADRIAN WOLFORD	3:08:00 – 21K	NELS BENSTON	2:29:11
<u>9/17 SANTA FE THUNDER HALF, NM</u>		SHEILA MILLER	2:34:07
DEBRA CHRONISTER	1:55:43	HEATHER PUCKETT	2:35:00
<u>9/23 MILL RACE MARATHON, IN</u>		BARB WELLS	2:35:05
MARY MIKKELSON	3:41:19	ANTHONY ALLEMAN	2:35:18
CHUCK MIKKELSON	4:42:59	LINDIE SLATER	2:39:23
<u>9/24 BERLIN MARATHON, GERMANY</u>		EVELYN ROWLAND	2:55:25
MAURICE LEE III	4:51:59	DEBBIE MCBEE	3:23:08
<u>9/24 RUN FROM THE DUCK 8 HOUR, TX</u>		CALONDRA HOLLOWAY	3:47:39
JENNIFER STONG	45.97 MILES – 1ST PLACE	ADAM PUCKETT	38:05 – 5K
<u>10/1 MOTHER ROAD MARATHON, MO</u>		LAURA CARNAHAN	39:51 – 5K
IAN CAMPBELL	3:23:34	DONNA BENTSON	54:13 – 5K
KATIE KRAMER	3:23:57 – 1ST FEMALE	<u>10/7 ST GEORGE MARATHON, UT</u>	
KARL KROKSTROM	4:07:43	JONATHAN MORRIS	2:45:01
AMY PANNELL KROKSTROM	4:36:43	JONATHAN PILLOW	2:45:01
REBECCA CUNNINGHAM	5:00:48	<u>10/8 CHICAGO MARATHON, IL</u>	
ELLEN REEDER	5:12:40	JEFFERY WAGNER	3:23:58
MATTHEW MCBEE	5:33:49	FAISAL MADNI	3:56:00
RANDY WARD	5:51:41	JOHN DODDY	3:59:28
LESLIE DRISKILL	6:54:25	CHASTITY TEETER	4:03:14
BECKY SIGLER	8:45:33	ROBIN GARRETSON	4:18:57
<u>10/1 MOTHER ROAD HALF MARATHON, MO</u>		JEFFERY SPRUILL	4:45:42
STEVE WELLS	1:47:57	HUY (TONY) MAI	5:02:50
BILL GOODIER	1:48:04	JERI LUNSFORD	5:38:53
CHRISTOPHER NEEL	1:50:48	SUSAN GREEN	6:01:30
SHERRI KING	2:16:09	MELAUNA WESCOTT	6:01:33
PATRICK HULLIHAN	2:18:10	<u>10/8 PRAIRIE FIRE MARATHON, KS</u>	
		JENNIFER STONG	3:22:35

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



Saturday,
Nov. 18 | 5:00 p.m.
 Chisholm Trail Pavilion

Early Bird Registration by Oct. 27

Register Online by Nov. 15
 at www.raceentry.com

Day of Race Registration
 3:00 p.m. - 4:30 p.m.

Through Oct. 27 \$25 Adult \$20 Youth
After Oct. 27 \$30 Adult \$25 Youth



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Vernon Turner
 Gatorade 2017
 Athlete of the Year



Rosary, continued

students who might need assistance – would be super helpful.

The Landrunners were so generous with a \$250 grant.

And on top of that, Landrunner member Leslie Buford wrangled water bottles from the OU Medical Center for all of the Rosary Running Club kids. Those will be used throughout the year as prizes and awards for mileage goals.

The Rosary Running Club is so thankful and grateful to the Landrunners!

But then the Landrunners went above and beyond when Ann asked if any runners would like to come visit the Rosary Running Club. Five – yes, FIVE! – members wanted to come. They rearranged their schedules and came to Rosary in the middle of the afternoon. They brought a bunch of their medals and trophies. They were such great ambassadors for running.

(And we heard through the grapevine that even MORE members wanted to come! We're trying to come up with a time to have THEM visit, too.)

The Rosary Running Club got to hear from Landrunner president Matthew Wilcoxen, secretary Kevin Lynes, board of director members Tom Finley and Dana Campbell and Community Assistance Committee member Susan Green.

The kids loved hearing about the races that they have run and the experiences that they have had. They were amazed to hear about races that lasted 24 hours. Also, finding out that you get an awesome medal every time you run a race was a pretty cool thing!

The Landrunners who brought medals were so kind to let the kids touch and hold those medals.

And yes, the one in the shape of a port-a-potty was a hit!

The Landrunners also gave each Rosary Running Club kiddo a green wristband with the Landrunners logo. I've seen several of those wristbands around school!

The thing is, it wasn't just the medals that the Landrunners talked about or the gifts that they brought that were important. They shared about the friendships that they've made, the places that they've experienced and the health benefits that they've enjoyed through running. It is a vehicle for so much, and while the kids at Rosary will long talk about port-a-potty, they will also remember why having an active lifestyle is so important.

So, thank you, thank you, thank you to the Landrunners who visited the Rosary Running Club!

One day, I hope the runners at Rosary join the ranks of the Landrunners.




Creating A Family High 5

5k Race & 1 Mile Fun Run

Choctaw Creek Park

2001 N. Harper Road Choctaw, OK

November 11, 2017 at 9:00 A.M.

PRIZES Fee's & Registration

- T-Shirts for First 200 Registered Runners!
- Gift Package for Overall Male/Female 5k Finisher
- 5k Medals 3 Deep in Age/Gender Divisions
- Award for 1M Best Dressed Pet
- Raffle Prizes (For Pre-Registered)

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5k: \$30.00

1 Mile Fun Run: \$25.00
(Costumed pets welcome at Fun Run).

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Groups of 10+
Save \$10.00 each, use code SAVE10

Register Online:
www.signmeup.com/121652

Register In Person:
14625 NE 23rd, Choctaw, OK 73020

\$5.00 Fee Increase for Race Day Registrants

For Questions Call: 405-390-8131



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Why Run the Williams Route 66 Marathon

By Cheryl Lawson

If you've never thought of "running" and "fun" in the same sentence, you've probably never run the Williams Route 66 Marathon. This marathon-sized party takes place in Tulsa, Oklahoma, and is the most fun you'll have all year on two legs! The 2017 event will be held on the weekend of November 18-19 and features a marathon, half marathon, marathon relay, 5k, and one-mile fun run events!

At the Williams Route 66 Marathon, the focus is on fun. You'll cross the starting line under a shower of confetti and it only gets better from there. On your running tour of Tulsa, you'll explore the vibrant Art Deco architecture of downtown, the funky and hip Blue Dome District and Tulsa Arts District, Midtown's chic neighborhoods, the cheering crowds of Brookside, the dance party on Cincinnati Street, and of course, the historic Route 66. These neighborhoods know how to party and there is no bigger party than race weekend! Don't be surprised

if spectators offer you gummi bears, water, pretzels, or even Jell-O shots (hint hint: mile 9) along the way!

To commemorate your accomplishment, you'll receive some of the best race premiums and finisher medals in the business. All participants in the marathon and half marathon will receive a gender-specific full zip jacket made of technical moisture-wicking fabric! Participants in the marathon relay will receive a full-zip hooded t-shirt jacket for the first time ever. Also, for the first time, participants of the 5k and Fun Run will receive a long sleeve technical t-shirt!

When you cross the finish line of any of the events, you'll have earned one of the coveted "Goddess of Speed" medals! Drawing inspiration from 1930's Packard automobiles, this massive medal has a sturdy base that allows you to hang it or display it like a trophy. Get registered and get ready to grab your "Goddess" on November 19!

The Secret to Success in Running and Life

By Melissa Brevetti, Ph.D.

"If you're bored with life – you don't get up every morning with a burning desire to do things – you don't have enough goals." –Lou Holtz

Life has many different types of people. It could be debated that runners are some of the most motivated people on the planet. In fact, the mindset of planning, training, and committing becomes ingrained in runners. Setting goals leads to preparation and motivation, which then increases the likelihood of achievement. Thus, to put it simply: people who set goals find purpose, passion, and success.

In research studies, many findings reveal that merely setting/wishing a goal is not enough. It is critical to consider the preparation and to write down all the logistics. Also, reflect why that particular goal is worthwhile to you. One psychologist who studies motivation and goals, Edwin Locke, Ph.D., states, "I think the number one reason people fail at achieving their goals is because they're not committed for the

right reasons." I agree. Enjoy the process, as our actions reveal our excellences, or virtues, if you will. Dr. Locke explains, "To be successful, a goal needs to align with one's personal values." Therefore, whether you would like to Boston Qualify (BQ), improve overall health, or whatever your aim may be, contemplate what you gain throughout the process. Indeed, wishing is fun, but the true aim is an ongoing process of self-discovery.

To conclude, in this argument that I am making, one key secret to success is having meaningful goals. Prioritize carefully. These goals can be most effective and fulfilling when we push to be our best selves. Coach Lou Holtz described, "a burning desire to do things," which can exist everyday if we embrace the passion to chase running and life goals. Remember as we face challenges and strive for goals that the mindset of excellence develops—transforming us.



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OH!! WHAT A RIVER RIDE!!! For Mercy

By Robyn Bishard

Hi, I'm Mercy. I am 13 years old. I have Rett Syndrome. On Saturday, Oct. 7, 2017, Jim Roblyer and Kevin Lynes brought the OKC Running Club's "OH!! WHAT A RIDE!!!" running wheelchair to the OKC River Run and let me participate in the 10k run!

Maybe I should tell you a little about Rett Syndrome and what I was doing at the OKC River Run. A girl with Rett Syndrome is born every two hours. It is a neurological disorder that affects mainly girls, though there are a few boys among our ranks too. Babies, like me when I was little, develop normally for the first 6-18 months. Then, we lose most of our skills to a regressive phase of the disorder. I could say a few words, hold my own cup, scoot to crawl, and pull to stand before my regressive phase took those skills.

The OKC River Run is a charity 5k/10k (with plans to add a half marathon in 2018) whose goal is to raise awareness and funds for Rett Syndrome.

Since 100% of the registration fees went to the Rett Syndrome Foundation, the runners were able to raise close to \$6,000 for research towards a cure. And the greatest news, on October 12, 2017, RettSyndrome.org announced that they will conduct a Phase 3 clinical trial for a promising treatment of Rett Syndrome that should offer some benefits to us Rett girls! "This critical Phase 3 trial will be the final clinical step before FDA approval to become a prescribable drug."

Today I am so thankful for RettSyndrome.org's pursuit and progress towards research, treatments, and a cure; The OKC River Run's efforts to raise awareness and propel RettSyndrome.org's research forward; and Jim Roblyer, Kevin Lynes, and the OKC Running Club's "OH!! WHAT A RIDE!!!" for giving me the chance to participate in a 10k. I hope you will join us next October at the OKC River Run. Thank You!



Kevin Lynes (L) and Jim Roblyer (R) in the Landrunner shirts



Kevin Lynes pushing Mercy

9TH ANNUAL
THE HOLIDAY HUSTLE 5K & 10K

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Fast USATF Certified Course • Prize Money • Kids Run • Pancake Breakfast Following Race



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OKLAHOMA CHRISTIAN UNIVERSITY

CALLING ALL GIRLS WHO RUN (If they are in school, this message is for their moms)

By Tom Coniglione, MD

“I know it’s a stress fracture; I’ve had them before.”

“You’re only 21. You mean you have had stress fractures before?”

“Yes, I’ve had 3. This may be my 4th.”

“Ummm. Why does a lady your age have all these stress fractures?”

Indeed it was another stress fracture. Such fractures happen but not this often and not in such a young athlete. Something is wrong.

When a runner has a stress fracture we have to consider: (a) the training program (b) the biomechanics of the runner and (c) the biology of the runner.

Let’s cut to the bottom line here. This is a young lady with abnormal biology; she has had as many menstrual cycles as she has had stress fractures. She has a serious problem. Her coaches, her family or her doctors should have figured out what her problem was.

SUMMARY: When girls have abnormal menstrual cycles we know they do not have enough estrogen: no estrogen = no cycles. No estrogen = abnormal bones = stress fractures.

SCOPE OF THE PROBLEM: Around 14 or 15, a woman starts to have menstrual cycles. After a couple of months her cycles become “normal”. That means her cycles are reproducible on a monthly basis; same time, same duration and same flow. Any deviation from the established “normal” menstrual cycles is abnormal.

Girls who participate in endurance sports have a higher incidence of abnormal menstrual cycles (AMC). The incidence of AMC is highest in ballet and gymnastics, followed by distance running. Estimates are that 6-60% of female distance runners have menstrual abnormalities.

Because the numbers vary so much and because reporting is incomplete, we know the estimates are inaccurate.

In a survey of a collegiate team of female distance runners, AMC were found to be common. In the 24 months prior to the questioning, nearly half of the ladies had experienced at least three AMC.

If a single female athlete has a stress fracture from AMC, that is one too many.

WHAT’S NORMAL: In the US, the average age at which menstrual cycles start is 12.7 years. By the time she reaches 16 every female should be having menstrual cycles. If she does not have cycles by 16, there is a problem.

WHAT’S ABNORMAL: Once the cycles start, they should not stop. They should be the same in terms of days between cycles, volume of flow and days of flow. Sure, there can be minor variations such as a cycle being late or one with lighter flow. Those variations should not last more than three months.

If the cycles are different for more than 3 months, she needs medical attention.

BIOLOGY: Although the full story is long and full of medical jargon, let’s try the short version. The girls who have multiple stress fractures are working very hard to train and perform. They eat and run. The problem is that many of these athletes are not eating enough. The amount they eat is not adequate for the volume of exercise they are performing.

With inadequate calories, the brain senses the body is starved. The brain receives signals saying the body is in an energy deficient state. The brain then temporarily slows down or stops

See **Girls**, on page 14

Edmond Turkey Trot



**Nov.
23rd
2017**

**It's
Super!!**

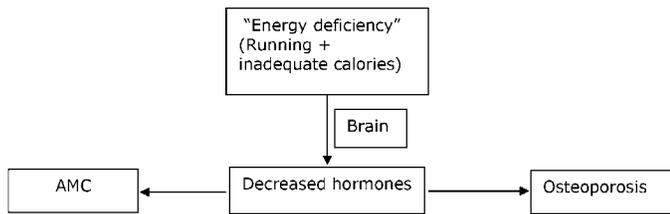
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Girls, continued

making hormones. The lack of hormones leads to two things. First is AMC. Second, the loss of hormones causes bone to stop accumulating calcium. A loss of calcium leads to osteoporosis. Osteoporosis leads to stress fractures.



ADOLESCENT RUNNERS: The problem of menstrual cycles and hormone abnormalities is particularly severe in the adolescent female. Parents and coaches of adolescent female distance runners must pay attention.

During the adolescent growth spurt the body stores a huge amount of calcium. That is the calcium the woman will use for the rest of her life. The female body can only take in calcium if there is estrogen present. We know there is enough estrogen because the menstrual cycles are normal.

It is simple; no estrogen (no cycles) and no calcium gets into the bones. No calcium during the adolescent years and osteoporosis can develop much earlier than it should.

Fracture threshold – when the amount of calcium in the bone falls below this level, spontaneous bone fractures may occur.

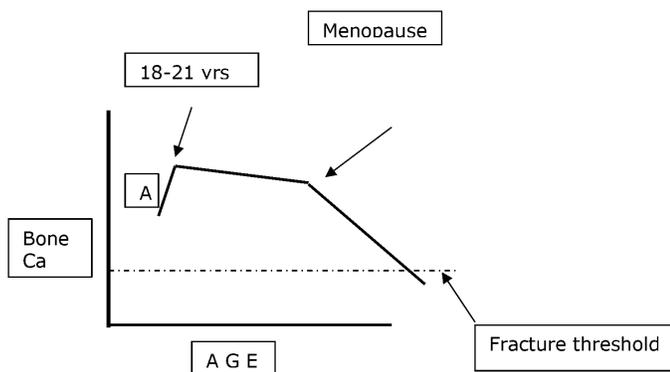
Line A – during the adolescent growth spurt, under the influence of hormones, the body rapidly accumulates calcium.

Between 18 -21 years of age, the female body has accumulated all the calcium it will have for the remainder of adult life.

After menopause, with the loss of hormones, the body loses calcium faster.

Studies show that in women who run 10-20 miles a week, only 10-15 percent have AMC. When the mileage is increased to 60 miles a week, 20-30 percent of the athletes suffer AMC.

There are more chapters to this story. One chapter would be about adequate vitamin D and calcium during adolescence. Another chapter would be about communication. All female, from adolescence to collegians, need to talk about their cycles; talk to the coach or their mothers. Please help me encourage these to include AMC as a topic of conversation. It will help them in the long run.



REMINDERS

Every female should have normal menstrual cycles by 16.

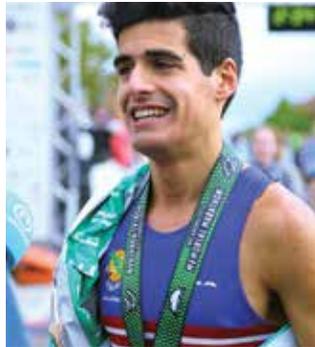
If a running woman develops abnormal cycles, she needs medical attention.

GROWTH AND DEVELOPMENT:

LEGEND:

Bone Ca – the amount of calcium in the bone; more is better

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Fall Training

Final Session - 11/11/2017

Spring Training

**OKC Memorial Marathon
starts 1/6/2018**

Landrunner Banquet

TBA - January 2018?

Check the club's website or Facebook page for club events.