

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

March 2018 | Issue No. 263

Tiny Tigers From Soldier Creek Elementary Roar Into Kids Marathon

By Jenni Carlson

Sheri Admire had simple goals when she started a group to prepare students at her school for the kids marathon at the Oklahoma City Memorial Marathon.

Get kids active.

Get families involved.

Teach the lessons that grew out of the bombing at the Alfred P. Murrah Federal Building.

“Children must be taught about those events and what hate looks like when we don’t address those feelings with words,” said Admire, a longtime special education teacher at Soldier Creek Elementary in the Mid-Del School District.

What has happened at the school in the four years since has thrilled Admire. The Tiny Tigers Marathon Runners, which received a Landrunners grant during its first year of existence, has grown from a couple dozen kids to over a hundred. Soldier Creek even had the largest participation of any school in the kids marathon last year.

It’s a testament to the power of running – and the change that we can affect in our children.

Q: How has Tiny Tigers grown over the past few years?

A: We began this program four years ago after our new building opened. Our first year, we began with 30 kiddos running after school. We took 25 to run the event. Second year, we grew to 80 kiddos to run the event, and last year, we took 103 kiddos. Not only do we have a large attendance with kiddos, but also parents make up a large

part of this group. I believe our group’s growth is due to the fact we not only run with the kids but we go through the facts of (the bombing), how to express our feelings and visit with speakers (including survivors and first responders). I believe our parents are seeking involvement with their child. That and word of mouth as to what this program is about holds a high interest for folks.

Has the structure of the group changed as it has grown?

Our program is designed to include: facts about the bombing and site, the people affected and the first responders addressing the site; talking about our feelings of sadness and anger; and how to “be friends with those about us, as well as learning to respectfully disagree with one’s ideas.” I have included more guest speakers to address healthy lifestyles, timing race events, and sharing experiences of the bombing. We have also begun to incorporate the OCMM Kids Marathon curriculum that has been recently developed for our kids in the state. This curriculum is easily understood for any teacher to present to their runners as it was developed by those of us who have been coaching our runners.

What is your favorite part of Tiny Tigers?

I would have to say the entire training run times are my favorite -- watching kiddos and their families run for the first time and return weekly to run their one mile. Our parents seem to enjoy the time as much as their child does.

See *Tigers*, on page 6

Hills, Chills, Love, And Thrills!

By Dana Sue Campbell, Landrunner President

Happy St. Patrick's Day and Happy Running to all!

I hope that you are enjoying the Oklahoma City Memorial Marathon training runs. I'm so ready for the spring temperatures to arrive. To date our Club has had an amazing turnout for every OKCMM training run. Past President, Willie Wilcoxon, organizes these strategic runs every weekend and even hosted a training run on Sunday, Feb 11 in the FRIGID temps. We could not ask for a better leader and team of volunteers for the water stops at the training runs because each run seems to thrive every week! It was thrilling to see the smiles during the challenging hills at Remington Park.

Thank you to the Landrunner volunteers at the Frigid Five mile race this year. Many runners enjoyed your chilly ice cold water and your support and cheers!

The Southern Nazarene University football field was another grueling run but well worth the training. It was great to see so many smiling faces along the course. Thanks to the Allegiance Credit Union for the water aid station! A HUGE shout out goes out to the Landrunner Merchandise slingers: Gaile Loving, Jessica Hukill, Steve Wells, and team! Thanks for organizing and selling the merchandise. I love the new 2018 apparel and I believe that every runner needs to get your gear by the time spring arrives. We have a great selection of new and fun running gear! I've enjoyed wearing my new running gear.

Oh What a Banquet! Feel the love?

February is known to be the love month and it showed at the Landrunners awards ceremony and banquet. I hope that you all enjoyed this year's ceremony. Congratulations to every runner who earned a series award. You all worked very hard for it. I truly thought everyone felt the love in the room when we found out that Karl and Amy Krokstrom, from Karl's Plaques, went the extra mile and made one of the awards very special by putting the words in braille for our esteemed blind runner, Bennie Meier! Many thanks to share with the banquet

committee members. Shout out to Susan Green for providing the music, Bill Goodier and Sheila Miller for organizing the wonderful awards, Lindie Slater and her fiancé, Brice Dancer, both greeted at the door. Kevin and Shirley Lynes stepped up to help everywhere. Thanks to Mary and Chuck Mikkelson and Suzie Bostick for keeping the bar OPEN and running so smoothly. Thank you to Barb Wells for sitting by me and Gena Barnhill helping me out with a few things. Most of all thank you to Jim Roblyer and Willie Wilcoxon for hosting the ceremony and helping out a TON! Thanks to anyone else that I may have missed. I truly have so much love for our club.

I want every runner to be involved big or small. I was recently asked a question about what could I do as the new president to involve younger members? My simple answer: I will get you involved. Join an existing committee, trash pick-up, write an article for the newsletter, volunteer at a club event and help at a water station. The list could go on and I can help you get involved. I will see you at the next meeting on March 19. Please feel free to email me or contact me directly.

In closing, I would like to leave you a few memorable member's quotes to help motivate you during your training runs.

"Success stories are when people realize it's not about what anyone else does or where you were ten years ago. It's about your potential." -Mark Bravo

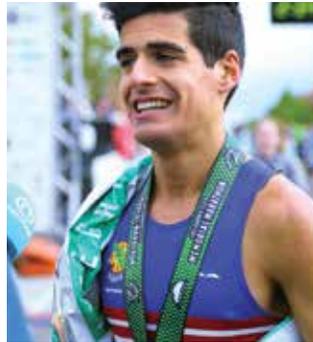
"Don't stop when you are tired. Stop when you are done!" Matt McBee favorite quote from Landrunner Randy Thurman's book.

"Don't overthink it - you will finish!" Debbie McBee's favorite quote.

Let's run Happy and share the love of running in 2018 together!

Happy runner,
Dana S. Campbell
Landrunners 2018 President
Dana@DanaSue.info

OKLAHOMA CITY MEMORIAL MARATHON



MARATHON HALF MARATHON RELAY 5K KIDS MARATHON

APRIL 29, 2018

REGISTER NOW!

okcMarathon.com



Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
03/03	Panera Beacon Run*\$ 5K/15K/25K	Lake Hefner East Wharf @ 7:30am
03/10	O’Connell’s St Pat’s 8K	Norman @ 9:00am
03/11	Run Lucky 5K*\$	Fassler Hall, OKC @ 1:30pm
03/19	Club Meeting, M. Bravo & C. Thompson	Kimray, 8 NW 42nd @ 6:30pm
03/24	Go Girl Run*\$	Bricktown Ballpark @ 7:00am
03/25	A2A Races*\$ & Bus Trip	Ardmore, OK @ 7:30am
03/31	Sooner Strong 5K	Norman, OK @ 9:00am
03/31	OUCHA Health Dash 5K & 10K \$	1106 N Stonewall Ave, OKC @ 9:00am
03/31	Easter Run 5K & 10K \$	903 NW 30th Bethany @ 9:00am
04/08	Redbud 5K / 10K\$	Nichols Hills @ 2:00pm
04/16	Club Meeting	Kimray, 8 NW 42nd @ 6:30pm
04/29	OKC Memorial Marathon	Downtown OKC @ 6:30am

* Denotes Series Races

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

Landrunners In Action

<u>1/14 LOUISIANA MARATHON, LA</u>	
JUSTIN KRACHT	3:16:52
<u>1/14 HOUSTON MARATHON, TX</u>	
CHINNI POKALA	3:56:48
JULIA REZA	2:19:54 – HALF
<u>1/27 MISSISSIPPI BLUES MARATHON, MS</u>	
JEFFERY WAGNER	3:30:11
<u>1/28 BIG BEACH MARATHON, AL</u>	
JEFFERY WAGNER	3:39:29

<u>1/28 WACO MIRACLE MATCH ULTRA, TX</u>	
RANDY WARD	7:32:20 – 50K
<u>2/3 BEST DAMN RACE – SAFETY HARBOR, FL</u>	
BETSY HILBURN	2:04:40 – HALF
KELLY HILBURN	2:20:49 – HALF

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 Easter Run

Benefitting the House of Healing



USATF Sanctioned
5K, 10K & Fun Run

*Team discounts for 4 or
more runners.*

March 31 @ 9am
The Cube
7903 NW 30th
Bethany, OK

Followed by
Easter Egg hunts,
inflatables and
food trucks at
10:00 am!

Register at: www.house-of-healing.org

Landrunner Discount - \$5 off

Tigers, continued

My other part would have to be the final training run with our first responders of this area. The last run is a celebration of our yearlong training and remembering the events of April 19, 1995. We invite first responders, survivors and others to speak with our children about the importance of remembering what took place that day and to never forget nor ever repeat. I believe the visitors tend to learn a great deal from our kiddos as they visit about their training laps and what this means to the kids.

Do you have a favorite memory from these past few years?

To watch kiddos come in first day, struggling to make the mile to watching them make their one mile in 10 minutes or less as we complete the training period in April. But my most favorite is watching all the kids and their family members line up the day of the event, waiting to take off on their 1.2 mile run. I don't know who is more excited, the kids or their parents, as they sound the gun for the run. Then as the kids cross the finish, they get their bling put around their neck. The smiles are priceless.

What impact do you think the Tiny Tigers group has made on Soldier Creek at large?

I believe the students involved with this program have shown an increase in caring for others. Wanting to be kind. Kids are doing better in their PE classes, too, as reported by our PE teacher.

What would you say to someone who might be thinking about starting a training group at a school in their neighborhood or where their kids attend?

Be ready for a great time!

Involve your parents of the school. Ask for parent volunteers to assist with training run course marshal and assist with crowd control. Include all grade levels; we have pre-K to fifth.

Provide a meeting that goes through the history of the bombing, first-responder activities, other runners in the community and how they train for a marathon, health/nutrition people to discuss healthy life styles. Know your kiddos and what they will be able to understand. Do not be afraid of trying new things, asking for speakers, etc. Know that there is a huge resource community out here to help one get going with this program.

I treat this as a journey towards our day of celebrating our runners and their training while remembering those that were lost in the bombing and learning to take care of each other in this day and age.



Over the past eight years, the Run Lucky 5k and Mission Mile Fun Run has grown into a must-attend charity event for all ages. From the bagpipe players at the start line to the green beer at the finish line, Run Lucky is the ultimate way to experience St. Patrick's Day in Oklahoma City, while fundraising with the Friends of Leukemia and Lymphoma Society.

REGISTER TODAY!
www.runlucky.com

All proceeds from Run Lucky benefit [The Leukemia and Lymphoma Society](#).

A2A

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MARATHON // 20.6 JUST4KICKS // HALF MARATHON
5K // KID'S FUN RUN

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www.a2amarathon.com

Heel Drop: What Is It? Why Do We Care?

By Tom Coniglione, MD

Someone at the shoe store talks about the “heel drop” of your shoe. Do you know what “heel drop means? Do you care about heel drop?

WHAT IS HEEL DROP? When you stand flat footed, your heel and forefoot are the same distance from the ground; there is no difference in the height of the heel vs. the forefoot.

In your running shoe, the heel is (usually) higher than the forefoot. The difference in height of the heel vs. the forefoot is the “heel drop.”

HOW DO I KNOW THE HEEL DROP OF MY SHOE? You cannot look at your shoe and know the extent of the heel drop. You can look up the heel drop. You can also ask whoever sold you the shoe about the heel drop.

DOES THE HEEL DROP OF YOUR SHOE MATTER?

It has been said that lower heel drop shoes are related to fewer knee injuries. The implication is that higher heel drop shoes, by encouraging rear foot striking, cause knee injuries. **There is no evidence to back up this statement.**

There are research studies showing the heel drop of the shoe is not related to injuries. Before we try to apply the results of the research, we have to analyze the details of the studies.

In the study, an “injury” was defined as “leg or back pain causing the runner to miss one day of running.” The assumption was that the “injury” was related to the shoes.

[I know of no runner who would miss one day of running because of pain and consider that as an injury. Missing one day of running may be totally unrelated to the shoes or to an injury.]

[If heel drop were related to an injury, it would be an injury of the foot or lower leg, not an injury of the “leg” or back.]

[When we examine this research, we are not told who (financially) sponsored the study/experiment. We have to know if the study was sponsored by some commercial interest. If the study was financially sponsored by a company, it is highly likely the results would favor the interests of the sponsor. To



What is the heel drop of this shoe?

understand how the role of the sponsor can influence the results of the study, check out the Vibram 5-fingers fiasco.]

Just taking the study at face value, the heel drop should not be related to injuries. Although the study found no overall difference in injury rate by heel drop, there’s an important caveat: **Among more frequent runners in the study, those in the low-drop shoes (0 - 6 millimeters) had a higher injury rate than the frequent runners in the shoes with a higher (10-millimeter) drop.**

Several years ago, we were involved in research study with scientists from San Diego and San Antonio. Our study was designed to analyze injuries related to minimalist shoes. We did not look at the heel drop of the shoes of the runners we studied. We found minimalist shoes conferred a risk for the development injuries.

Many, if not most, minimalist shoes are low heel drop shoes. However, because we did not prospectively study the heel drop in relation to injuries, we cannot retrospectively come to any conclusions.

The various research studies make some important concluding statements.

(1) If you have a shoe that works well for you, use it.

(2) The best shoe for your foot is the one that is the most comfortable.

(3) If you are switching to a lower heel drop shoe, make the transition gradually.

Have you seen those three recommendations in the past? If you have followed the medical pages of this Newsletter, you have seen all three recommendations before.

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Absence of Confidence

By Joe Jacobi

Recently, I took a short walk to a speaker's podium. As in, a few seconds walk from my chair to the microphone. The crowd was friendly and I felt their sense of anticipation for their full day ahead of a Leadership Training program.

I quickly settled into what would become my surroundings for the next 45 minutes.

Like clockwork, my confidence decided it would act like an incoming ocean wave and meet me right there at the front of the stage. I would have preferred it had joined me at the back of the room before I was to speak.

What's that about?

Why does confidence sometimes leave us waiting?

Isn't it up to us to demand that confidence arrive at the hour we appoint?

"Really? Showing up late today?"

Confidence can be fickle. Sometimes it wimps out at the last moment and forgets to let you know. Never arriving. Forcing you to fill its empty slot.

There's no better slot-filler than... Courage!

When confidence is a no-show, its vacancy exposes the obstacles of fear, doubt, and uncertainty.

Every obstacle has a path around it. Look hard. It's there.

But when you are wracked with nerves and your mind is racing, how can you take a steady step onto that path, or even see it at all?

Take a deep breath. Close your eyes. Take another. Then invite courage to fill the vacancy. Open your eyes.

Courage will materialize and provide you with the strength and momentum needed to step up to your life's podium.

What about the audience? Are they with me? Did I lose them?

The audience is still there. That moment you took for yourself is intriguing. Courage intrigues an audience.

Next step... lean into the basics. Just like a concert violinist on stage at the biggest performance in their career, start with what you know and have practiced over and over.

When I'm in a pressure situation with a big speech, I go with what I know.

Here is how I lay it out for myself:

Tell a story that highlights a technique;

Examine how the technique supports a process;

Illustrate the steps of the process that changed my life;

Diagram the steps so those in the room can visualize them clearly;

Offer a first step that they can apply to their own life vision.

Confidence is a wave. A wave rises and falls and sometimes doesn't even roll in.

Courage is a muscle. It is there waiting to be used. All it needs is a simple invitation.

Whether it's the stage, field, water, or corner office, the moment of performance rarely finishes the way it begins. Should confidence ditch you at the start... invite courage to be the slot-filler.

With gratitude,

Joe

Joe Jacobi is a Performance Coach and Executive Trainer. Along with canoe partner, Scott Strausbaugh, he won America's first ever Olympic Gold Medal in Whitewater Canoe Slalom at the Whitewater Canoeing Center in La Seu d'Urgell, Spain. After living and working in Oklahoma City for five years, Joe and his family moved to Spain adjacent to the 1992 Olympic Whitewater Park where he hosts clients and guests for active lifestyle retreats and coaching programs. Connect with Joe at JoeJacobi.com



9th Annual Health Dash

When: Saturday, March 31st, 2018. 1 mile 9:00 AM, 5k and 10k
9:30 AM

Where: OU Health Sciences Center, David L. Boren Student
Union 1106 N.
Stonewall Ave. Oklahoma City, OK

Race Options: One mile fun run, 5k, 10k, and 10k relay

All Proceeds go to Good Shepherd Community Clinic

Register on Signmeup:

<https://www.signmeup.com/site/online-event-registration/123230>



Landrunner Discount 5%, 10% or 20%

iPhone: Open camera and hover over QR Code
Android: Use QR Code app

Landrunners Celebrate With Banquet

Approximately 120 Landrunners, friends and guests celebrated the 2018 running season and the 2017 Series Awards with a banquet at the Will Rogers Garden Center February 3. YES, it was “LIVE FROM OKLAHOMA CITY”... as it was Saturday night.

The OKC Landrunner Board of Directors hosted a short program recognizing: the past presidents since 1973, the current board of directors, individuals who had run marathons in seven continents and those who had run marathons in all 50 states. Tom Briggs was recognized for running marathons in 50 states and seven continents. Special recognition

was given to Kathy Moffitt who had been inducted into the 2015 USATF Oklahoma Long Distance Runner Wall of Fame. Awards were also given to past presidents Bill Goodier and Matt “Willie” Wilcoxon. Willie introduced Dana Campbell as the current 2018 Landrunner President. Series Award were presented to all runners who qualified and a fabulous dinner was provided by Kam’s Kookery! Door prizes were also given, vendors were present and A GOOD TIME WAS HAD BY ALL!!

More photos of the evening are posted on the club’s Facebook page.



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2018

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April 7 & 8th

5K/10K Runs

10/33/45-Mile Bike Tours

2-Mile Walk and Baby Stroller Derby

5K Wheel Chair Event

1-Mile Kids' Fun Run

REDBUD BASH

BENEFICIARY

Whiz Kids Oklahoma

Registration info & course map

REDBUD.ORG

Ride and Run with the



*All runners, walkers, and friends
are invited to travel with us to the*



A2A Race for Mercy

When: Sunday, March 25, 2018

What: Same day, RT to the A2A Races
26.2 / 20.6 / 13.1 / 5K

**Bus Cost: \$22.00 per person,
nonrefundable but transferrable.**

**We take care of the details – you
take care of the running!**

Visit www.okcrunning.org for more details.

Oatmeal Chocolate Chip Cookies

The following is the recipe for the cookies that Greg Johnson brings to the training runs most every weekend. Make some yourself and enjoy!

- 1 cup shortening
- 1 cup sugar
- 1 cup firmly packed light brown sugar
- 2 eggs
- 2 Tbsp. milk
- 1.5 tsp. pure vanilla extract
- 1.5 cups all-purpose flour
- ½ tsp. salt
- 1 tsp. baking soda
- 4 cups 100% whole grain oats
- 1 cup (8oz.) semi –sweet chocolate chips

Heat oven to 375F.

In large bowl, blend shortening with sugars, adding sugar gradually.

Add eggs, milk and vanilla; beat well.

Add flour, salt and soda; beat well.

Stir in oats and chocolate chips.

Drop by rounded tablespoon 2 inches apart onto ungreased cookie sheets.

Bake for 13-15 minutes or until golden brown. Remove from oven and let stand for 5 minutes. Place cookies on a wire rack to finish cooling.

Yield: 42 cookies



SATURDAY, MARCH 31st

SOONER STRONG 5K

RUN/WALK

**START AT 09:30am
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\$30

SINGLE REGISTRATION

\$110

TEAM REGISTRATION



ARMY ROTC

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5K - 8AM

WALK - 9AM

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



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Club Meeting

Mark Bravo & Craig Thompson

from OK Runner

March 19 @ 6:30pm

A2A Bus Trip

March 25, 2018

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