

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

April 2018 | Issue No. 264

## Do You Know Beacon On The Bay History?

By Gaile Loving

“It’s very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants you to quit.” Dr. George Sheehan, running author.

**Congratulations to all runners who participated in the 2018 Panera Beacon Run. You are winners as you beat the voice. Your entry into this race continues to support the Landrunner Club and its mission. Without runners, would there be a race?**

Take this Beacon history quiz and see how many questions you can answer correctly about the history of the race.

**1. Every great race has a beginning. Who had the initial idea for the race and made the idea come together?**

Don Garrett (DG Productions) shared that he was first contacted about doing a 25K by Joe McDaniel from Tulsa. Joe was (and still is) the USATF record keeper and was wanting Don to start a 25K race that would be the Oklahoma State Championship. Don agreed to do so and he believes that was probably 2001, the first race in 2002. It included a 5K from the beginning. Thank you, Joe McDaniel for the idea and Don Garrett for saying “yes” and doing the ground work to make the idea of a 25k race become a reality.

**2. Has the 25k Beacon on the Bay always been an OKC Landrunner sponsored run?**

If you read the answer to question 1 closely you know the answer is “NO”. The race was originally Don Garrett’s (DG Productions) event. Don approached Bill Snipes (President of the Landrunners in 2006 and 2007) about taking over the race. The agreement was Don would give it to the club with the provision that Bill would be the Race Director. Bill had never been a race director before but thought the race would be a good fit for the club and running. No worries as Don taught him the ins and outs of a well-directed race. The race transferred hands to become the Landrunners. Thank you, Bill Snipes and the Club board of directors for taking on the challenge of running a State Championship race.

**3. The start/finish line of the race has been held at three different locations. Name those locations.**

According to available online records, the race was at Lake Hefner starting at Stars and Stripes Park from 2002 – 2007. Due to construction on the Hefner dam, the race was moved to Lake Stanley Draper in 2008. In 2009, it returned to Stars and Stripes Park at Lake Hefner until this year when the race was moved to the East Wharf at Lake Hefner and Louie’s became the start/finish area.

See **Beacon**, on page 6

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# President's Message

*By Dana Sue Campbell, Landrunner President*

Happy marathon month to all! For many runners and walkers, achieving our goals will give us a great deal of satisfaction at the Oklahoma City Memorial Marathon.

Jacob Austin, one of my students, wrote out this quote, "Running can be healthy for you and running towards your goals takes dedication so don't STOP or you will never meet your goals."

Setting a goal, training, practicing, and running a race to meet that goal can be a lot of pressure both mentally and physically. I always wonder how many of us growing up as a child set out to run a marathon. I clearly remember the day in January 1987 that I wanted to run a marathon.

I can still recall the local running club in Lawton training for marathons. I remember runners telling me their marathon stories and I wanted to be a marathoner. I rushed home after a running club meeting and told my mom that I wanted to be a marathoner. My mom smiled and chuckled at me. I was already active in college: dance team, communications club, journalism and marketing classes, and taking dance and ballet while working at Baskins Robbins.

Mom told me to start at a local 5k race at Ft. Sill and see how it went. Shortly afterwards, I ran my first 5k called the Diamond Brigade run and I will always remember that race.

The Diamond Brigade run is always held in summer which means it's typically run on a very hot day in Southwest Oklahoma. I approached the starting line feeling super nervous. I was surrounded by many athletic looking military service men and woman. I recall feeling defeated and felt like quitting before I started. I had on an old pair of converse shoes, yellow shorts and a black t-shirt. I think it read "Rocky", one of my favorite movies.

The cannon went off and it was so cool to hear an actual cannon start a race. I ran through the beautiful streets of Ft. Sill that included the Ft. Sill's officer club, golf course, the quadrangle and the officer's homes. I even recall some of the homes were named after many Native American tribes of Oklahoma. (I'm Pawnee/Wichita) I saw the Wichita House and I began to run stronger and I felt a goal and my dream come true. I raced with over 2,000 men and woman and to my surprise, I was first overall female.

I still have the 18 x 20 award. It was a print of the Field Artillery men by a cannon and it was framed and signed by the artist. The coolest thing is that it was presented by the General of Ft. Sill. I was hooked! I couldn't wait to rush home to tell my mom. The feeling wasn't about winning the 5k race that day. It was about overcoming obstacles. My mom was ill at the time and she passed away the next year. I continue to honor my mom because running was natural. I never had any expert training. While growing up as a

military brat, I always wanted to be on a track team. When it finally came to fruition in 1977, I ran my first track meet in Lawton at Lawton High School. However, my track and field dream came to an end because my dad was stationed overseas in Germany.

These days in Oklahoma City you find running groups and many running races all over the state of Oklahoma. You will find that on any given Saturday morning you can lace up your shoes and go run. You can set a goal and many goals will come true because the running community has flourished since the 90's. We're offered training groups by our Landrunner Club and our wonderful running stores like Red Coyote, OK Runner, Higher Ground, and Elite Feet. I feel like if you are engaged in the running community, it will help you immensely. It truly has helped me tremendously.

I can say that I'm a marathoner because of the Oklahoma City running community. I have continued to stay involved with the Landrunners because of the camaraderie and fellowship. It doesn't matter how old or young you are, you will find a friend who will help you start strong and finish strong. You will find many friends that support you and help you cross the finish line.

On Sunday, April 29, 2018, many local and out of state runners will find themselves at the starting line at the 18th Oklahoma City Memorial Marathon. I wish you the best run and no matter the ability, I know that you will have the determination to finish.

Engage yourself with your run, experience the race course, stroll through the beautiful streets of Heritage Hills, the water stations, the hundreds of volunteers, and Gorilla Hill. Ha!

Make sure that you try to give a small child a high five or a thank you. It will make that little child's day.

Embrace the alluring smells of Classen and enjoy the enticing fans and spectators of Mesta Park. It's up to you if you want take a Fireball shot at 9:00 am in the morning.

Exhale as you approach the bricks of Bricktown and hear Mark Bravo shout out your name as you approach the finish line. Tell yourself these five words: "Start Strong and FINISH STRONG!"

Welcome to Oklahoma City to our out of state and out of country runners! Relish and have a pleasant time in Oklahoma City.

Good luck to the runners. See you at the starting line.

Happy Marathon running,

Dana Sue Campbell

Dana@DanaSue.info

2018 Landrunners President



Landrunners Training Run



Landrunners Training Run



OKC Memorial Marathon



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in Sparrow Park!**

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# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
04/07	Choose Your K*	OC, Edmond @ 7:30am
04/08	Redbud 5K* / 10K*\$	Nichols Hills @ 2:00pm
04/14	Landrunner Lake Hefner Trail Sweep	Lake Hefner's East Wharf @ 8:00am
04/16	Club Meeting	Kimray, 8 NW 42nd @ 6:30pm
04/21	Spero Sprint 5K	Wheeler Plaza @ 9:00am
04/29	OKC Memorial Marathon*	OKC @ 6:30am
05/05	Positive Steps 5K*\$	OKC Zoo @ 7:30am
05/05	Autism Oklahoma Piecewalk 5K*\$	Bricktown Ballpark @ 8:00am
05/06	Parkinson Rally Walk & 5K*	Wheeler Park @ 2:00pm
05/19	SGT Bret D. Isenhower Memorial 5K*	Seminole, OK @ 8:00am
05/21	Club Meeting	Kimray, 8 NW 42nd @ 6:30pm
06/03	Scorcher Half Marathon* & 5K*\$	Stillwater, OK @ 6:30am

\* Denotes Series Races

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

## Landrunners In Action

<u>2/11 FORT SMITH HALF MARATHON, AR</u>		
DONNA KIPER		3:17:25
<u>2/24 PHOENIX MARATHON, AZ</u>		
DAVID BALL		3:02:09
<u>2/25 COWTOWN MARATHON, TX</u>		
BONNIE BRANSON		3:24:25
DEBRA CARLSON		1:35:27 - HALF
DONNA KIPER		3:12:05 - HALF

Click the link on [www.okcrunning.org/newsletter](http://www.okcrunning.org/newsletter) page to submit out of state results. Send photos and stories to [news@okcrunning.org](mailto:news@okcrunning.org)

# CHOOSE YOUR K



**REGISTER  
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A photograph of a grey t-shirt with the 'CHOOSE YOUR K' logo and the date '04.02.18' printed on it.

# 04.07.18

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# OC.EDU/ CHOOSE YOUR K

# OKLAHOMA CHRISTIAN UNIVERSITY



**Beacon, continued****4. What year did Panera Bread become the main race sponsor?**

Panera was recruited as a sponsor after the club took over the race in 2006. Panera became the title sponsor for providing monetary support in addition to bagels and coffee at the race. Panera has been a great partner with the Landrunners supporting this race. They assist with everything from packet-pickup to race day activities. One interesting side note is that Aubrey Iasiello, Panera's Marketing Rep, has been working with the Landrunners and the race for a long time... Way to go PANERA and Aubrey!!!

**5. As runners, we sometimes shorten race names to fit easily into a sentence, SO TRY THIS QUESTION...What was the original name of the race and how did it originate?**

The original name of the race was the "Beacon on the Bay". Jim Smith (the young one) had been helping Don with timing races. One day Jim heard an Elton John song and the lyrics included the words "the beacon on the bay". Jim gave Don a call and told him he had a name for Don's new race. So the inspiration for the original name came from an Elton John song.

**6. Can you name the Elton John song? The first line of the song is, "There was a time I was everything and nothing all in one".**

The song is "Something About the Way You Look Tonight".

**7. List the names this race has been run under, year of change, and what prompted the change?**

Original name - "Beacon on The Bay 25K".

First name change, 2006 - "Panera Bread Beacon on the Bay" when Panera became primary sponsor.

Second name change, 2009 - "Panera Bread Jack Rector Beacon on the Bay Run". If you do not know who Jack Rector was, check out this newsletter dedicated to his legacy and learn why the Landrunners chose to honor him. <http://www.okcrunning.org/resources/newsletter/2009/200901january.pdf>

Third name change, 2014 brought the race to its current, "Panera Beacon Run". The second name change was only supposed to be one year but the

name was kept for a couple more years. Just think about the challenge to put "Panera Bread Jack Rector Beacon on the Bay Run" on a website calendar listing, shirts, hats, etc.

**8. Which brings up another bit of trivia -- how did Panera get involved?**

Panera had been sponsoring the "Panera Super Summer Eight" race. The Club was also involved with that race. One year there were some problems with the race and the Club decided to distance itself from the event. We went to Panera and asked them to switch their sponsorship to the Beacon and they agreed to do so.

**9. The Race Director, along with committee members, carry the responsibility of making race day happen. Since 2006, the race has had several race directors. Can you name them?**

Race directors have been Don Garrett, Bill Snipes, Cara Nance, Chuck Mikkelson, Bill Goodier, Adi McCasland and Matthew Wilcoxon. From obtaining city permits, organizing volunteers, marking the course, handling registration, ordering porta potties, setting up and cleaning up, and many other duties, these individuals get a shout out of thanks for giving unselfishly their time and effort to runners.

**10. A variety of "swag" have been provided with race registration, including T-shirts, hats, silipints, beanies, headband and gloves. What year was silipints the registration giveaway?**

2013 was the last year shirts were given away. Hats were given out in 2014, 2016 and 2017. In 2018, gloves and either a headband or beanie were the swag so 2015 was the year of the silipints.

**11. Panera Beacon has been the 25k State Championship race. Do you know what year the 25k race switched from being a USATF State Championship to a Road Runners Club of America (RRCA) State Championship?**

From its origin in 2002 until 2014, the Beacon was the United States Track and Field (USATF) State Championship. However, the Club did not receive

See **Beacon**, on page 8



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**Beacon, continued**

any support from the USATF for hosting the event. In 2015 the Club applied for and the Panera Beacon 25k was selected to be the RRCA State Championship event. The selection included a Gatorade sponsorship, RRCA bibs and RRCA State Championship medals for Overall, Masters 40+, Grand Masters 50+, and Senior Grand Masters 60+.

**12. Everyone knows the important role that volunteers play in putting on a running event. Can you guess how many volunteers it takes to make the race happen?**

At least 50 and that does not include the timing company, Panera’s help at the finish line, the massage folks, the merchandise slingers, etc. Now you know why volunteers make the race.

**13. We generally have had either a medical tent or medical support of some kind at the finish line. Do you know which year the medical director needed medical help?**

For the answer, check out the story in the 2017 April newsletter. <http://www.okcrunning.org/resources/NewsLetter/2017/201704April.pdf>

The race historically has been held either the end of February or the first weekend in March. Timing of the race makes it perfect for cool temperatures, a strong wind, and good running. Chuck Mikkelson has kept stats on the race, including number of finishers, temps and wind speed since he became associated with the race in 2009. Additional data was provided through search of various running databases and Underground Weather.

Year	Location	25K	15K	5K	Totals	Temps	Winds
3/9/2002	Stars & Stripes	165		45	210	23	N@ 26
3/8/2003	Stars & Stripes	230		74	304	46	NNE@ 9
3/13/2004	Stars & Stripes	153		117	270	45	SSE@ 7
3/12/2005	Stars & Stripes	210		137	347	25	N@ 25
3/11/2006	Stars & Stripes	238		190	428	45	SE@6
3/10/2007	Stars & Stripes	255		245	500	35	S@5
3/8/2008	Draper Lake	154		117	271	17	SSE@3
2/28/2009	Stars & Stripes	203		210	413	30	NW @ 25
2/27/2010	Stars & Stripes	260		230	490	42	N @ 10
3/12/2011	Stars & Stripes	364		269	633	60	E @ 5
3/10/2012	Stars & Stripes	333		191	524	50	S @ 15
3/2/2013	Stars & Stripes	287	181	136	604	30	NW @ 7
3/1/2014	Stars & Stripes	242	242	77	561	42	NE @ 9
3/7/2015	Stars & Stripes	255	279	87	621	45	SSW@12
2/27/2016	Stars & Stripes	230	307	105	642	40	S @ 8
3/4/2017	Stars & Stripes	214	279	59	552	52	S@25
3/3/2018	East Wharf	163	212	57	432	50	S@20

**14. Which year was the 15k race added to the list of events?**

In 2013 the Club added the 15k distance primarily geared towards those training for the OKC Memorial half marathon.

**15. For the last two years the Panera Beacon Run occurred the first weekend of March. However, there are two consecutive years in which the race was held in February. Identify those two years and what reason prompted the race date change.**

The years were 2009 and 2010. Frank Willis, a long time Landrunner, had an idea to link participation of three local races together creating a series called the “Triple Crown”. The end result was collaboration between Deer Creek, the Landrunners, and Race of the Great Plains. Bill Snipes and Cara Nance coordinated events with the race directors to adjust the Beacon race date to fit not only the marathon training schedule, but to allow the races to replace training runs.

**16. What year was the start/finish line not at Stars and Stripes Park and the coldest race day?**

In 2008 the race moved to Lake Stanley Draper due to construction on Hefner Dam. Additionally, the temperature dropped to 17 degrees at race time. Water was freezing in the coolers. The 2008 race had the second lowest participation since inception in 2002. On a side note, I lived seven miles from Draper Lake and had been looking forward to running a race close to home. Unfortunately, Friday night the heater in my house stopped working. I did not have to go out to the lake to experience the cold as there was little difference between the inside and outside temperatures at my house.

**17. Can you identify which two years had the best running conditions, along with the fastest runners, to produce the current 25k course records for males and females?**

Hint: Clay Mayes III holds the record for males, 1:23:02. The female record is held by Amanda Goetschius, 1:40:39. For record setting years, look at the table of winners below.

See **Beacon**, on page 10

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**Beacon, continued**

Which brings us to the last question.

**18. The distance and weather challenges give runners an opportunity to check out their progress toward preparation for the OKC Memorial Marathon. Try to guess which Beacon 25k winners went on to win or were runners-up at the OKC Memorial Marathon. According to published records, names in bold print have won the Panera Beacon 25k at least twice. Those highlighted in yellow are the current record holders on the Stars and Stripes start/finish course.**

	Male	Female
2002	Jason Brown - 1:35:05	Sarah Harvey - 1:55:01
2003	Pete Orban - 1:30:28	<b>Tracy Evans - 1:51:05</b>
2004	<b>Silverus Kimeli - 1:26:47</b>	<b>Tracy Evans - 1:51:04</b>
2005	<b>Silverus Kimeli - 1:27:54</b>	Michelle Davis - 1:55:57
2006	<b>Jerry Faulkner - 1:29:34</b>	Lisa Butler - 1:45:59
2007	Matthew Colbert - 1:33:03	Jessica Tranchine - 1:43:41
2008	Joe Gray - 1:25:45	Heather Brown - 1:44:05
2009	David Wray - 1:46:13	<b>Jenny Graef - 1:49:02</b>
2010	<b>Clay Mayes III - 1:23:02</b>	<b>Katie Kramer-Ochoa - 1:49:20</b>
2011	<b>Jerry Faulkner - 1:24:26</b>	<b>Jenny Graef - 1:44:36</b>
2012	Jason Butler - 1:26:40	<b>Jenny Graef - 1:43:49</b>
2013	<b>Russell Ingram - 1:29: 25</b>	<b>Katie Kramer-Ochoa - 1:48:09</b>
2014	<b>Russell Ingram - 1:32:08</b>	<b>Katie Kramer-Ochoa - 1:44:30</b>
2015	Zachary Allen - 1:37:27	<b>Katie Kramer-Ochoa - 1:52:45</b>
2016	<b>Aaron Sherf - 1:27:51</b>	<b>Amanda Goetschius - 1:40:39</b>
2017	<b>Aaron Sherf - 1:26:13</b>	<b>Kristen Radcliff - 1:44:20</b>
2018	Nathan Chamer - 1:28:03	<b>Kristen Radcliff - 1:45:53</b>

ANSWER: Panera Beacon winners who either went on to win the OKCMM or finished second.

2003, 2004: Tracy Evans (won 2004 marathon)  
 2006, 2011: Jerry Faulkner (won 2006 marathon)  
 2012: Jason Butler (finished second in OKCMM in 2016 and 2017)  
 2009, 2011 and 2012: Jenny Graef (finished second in photo finish to now four-time winner Cat Lisle)  
 2013, 2014, 2015: Katie Kramer-Ochoa (LANDRUNNER has finished runner-up at marathon twice)  
 2016: Amanda Goetschius (won half marathon 2017)  
 2017, 2018: Kristen Radcliff: (runner-up 2017; early favorite to win 2018 marathon)  
 Many thanks to the following who contributed to this article: Mark Bravo, Don Garrett, Chuck Mikkelson, Cara Nance, Bill Snipes, and Matt Wilcoxon.  
 These websites were researched for race results, weather data and other information.  
 OKC Landrunners: <http://www.okcrunning.org/Newsletter>  
 DG Productions <http://www.dgroadracing.com/results-ckpj>  
 On Line Race Results <http://onlineraceresults.com/>  
 Active.com <http://results.active.com/events/beacon-on-the-bay--8/25k>  
 Weather Underground  
<https://www.wunderground.com/history/airport/KOKC/2013/05/31/DailyHistory.html>

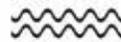
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# PARKINSON'S RALLY WALK AND 5K

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Come join the fun in Stillwater on Sunday, June 3, 2018, at the **Scorcher Half-Marathon and 5K!** This one-of-a-kind course skims through several unique pieces of beautiful Stillwater. Starting at the high school stadium (Pioneer Stadium) at 6:30AM, runners will first experience the sites of winding neighborhood roads that lead to OSU campus. After the journey on streets near the college campus and passing magnificent Gallagher-Iba Arena, participants will head back toward Pioneer Stadium and finish the race with a lap around Boomer Park. For all race details and to see the official race map, visit [www.thescorcherrun.com](http://www.thescorcherrun.com). It is sure to be a great morning filled with fun for the whole family including music and extras at the finish line! So bring everyone and come join us for the **Scorcher Half-Marathon and 5K** presented by JSL of Stillwater.

# Competitiveness

By Matthew Wilcoxon

I don't remember how the conversation started but long (long!) ago my high school wrestling coach said that wrestling was the most individual sport. I suppose we were discussing why I didn't do much other than running even though my small school could barely field a full cross-country team and he was comparing wrestling to the other popular sports like football and baseball. My school was so small that most coaches looked to get as many kids as possible into their sport just to have full teams. They didn't care if you could actually do the sport, they just wanted the numbers.

I remember him saying that wrestling was just you and an adversary alone on the mat. No team, no teamwork, just you and your strength and wit against another person and their strength and wit. This logic made sense to my teenage mind and, although I never did join the wrestling team, I was drawn to the simplicity of the individual spirit of which he spoke. It all sounded so romantic in an "Emerson Self Reliance" sort of way (I was, and am, a big Ralph Waldo fan). His description, while eloquent enough to stick in my brain for 30 years, wasn't enough to pull me away from my love of running.

Recently this memory somehow flashed across my alcohol damaged brain and I found myself contemplating the logic again, but through well aged eyes this time. I now see a major flaw in this logic and it may explain why I never quite bought the story he sold.

While wrestling is individual in the way he expressed it, it is not a truly individual sport and it's now obvious to me why. There's an external opponent required and that's where I now see why it never captured my heart the way running could. Requiring an opponent removes that individual spirit, tainting the sport with a required external competitiveness. This competitiveness requirement means you may never get to fully realize the benefits of your hard work because a worthy opponent is sometimes hard to find, and your only measure of success is against others. The proper measure of your improvement depends on the skill of your opponent and thus may never be fully measured.

There's nothing wrong with a competitive spirit. Some would argue that in today's world the competitive spirit is required to survive. I disagree. In my experience, the externally driven competitiveness will never sustain personal growth. Pushing yourself only to beat another person enslaves you to that person. There's no soul in that kind of desire, no deep drive, just superficial pride.

This is why running has always appealed to me more than the other "popular" sports. In running, time is your arbitrary, unbiased judge. Time is really your only opponent and is fully qualified to measure you each time you desire to determine how well you are doing. Competing with yourself and defeating your internal opponents is a much more noble pursuit than chasing the false confidence that comes from defeating others. Focus your competitiveness inward instead of outward and you'll find a lasting and meaningful pride in accomplishment.

Sorry coach, it took me 30 years to figure it out but you're wrong. Running is a true individual sport and one that can provide more than just superficial, temporary pride. Running gives you a true, unbiased, measure of yourself any time you care to check and that's where a true self-reliant soul can take root and grow.

## SGT BRET D. ISENHOWER

### Memorial 5k

When: Saturday, May 19, 2018

8:00 AM

Where: Veterans Park

401 N Main St.

Seminole, OK 74868

Pre-Registration thru May 17<sup>th</sup>

\$30

\*Register by May 5<sup>th</sup> to guarantee you receive a race t-shirt!!

Race Day Registration

\$35

Online Registration:

[www.signmeup.com/124352](http://www.signmeup.com/124352)

Facebook Page: [www.facebook.com/BretIsen5K](http://www.facebook.com/BretIsen5K)

For more information email:

[krysten\\_isenhower@yahoo.com](mailto:krysten_isenhower@yahoo.com)

\*\*\*\*\*

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May 5, 2018

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7:00am 5K Check-In/Register  
7:30am 5K Shotgun Start (timed)  
8:15am Raffle Prizes/Walk Warm-up  
8:30am 1 Mile FUN Walk Start  
8:45am Have FUN at the OKC Zoo

Register Online:

5K (USATF Certified Course OK17030DG)

\$35 Advance | \$40 Event Day

1 Mile

\$25 Advance | \$30 Event Day

\$25 Ghost Runner (Donate, get cool t-shirt, sleep late)

Kids 5 & under Free (T-shirt can be purchased online)

Registration includes t-shirt, race day snack, fun at kid booths,  
and zoo entrance for the day.

Register before April 12 to guarantee a t-shirt.

Proceeds benefit the McBride Foundation and Preserve Program that keeps youth athletes  
playing safe by providing sports and first aid equipment to Oklahoma schools.

Public 501(c)(3) nonprofit organization - Tax ID 20-2144771

# Sue Me?

By Tom Coniglione, MD

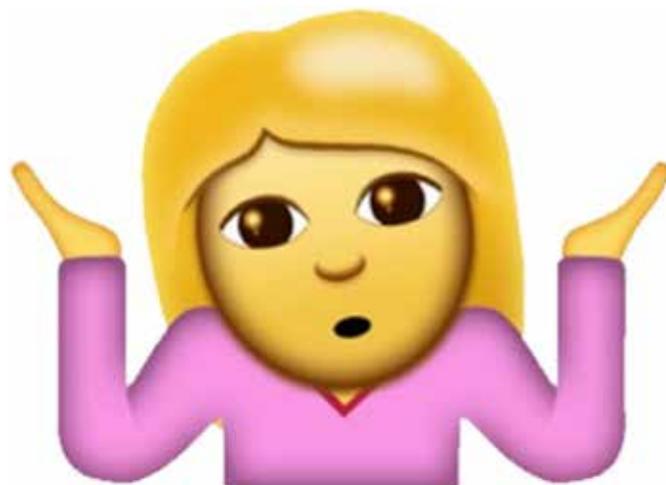
Anyone who has run a race in another city knows the scenario. Airplane tickets were purchased for the runner, her husband and children. Hotel reservations were made months ago. Training had been going well for this, her first marathon. First-marathon excitement and anticipation were enormous.

She showed up in the office ten days before the marathon. As happens rarely at this point of preparation, but too often, she had a stress fracture. The fracture was in a metatarsal bone. She limped into the office meaning she could not put weight on the fractured foot: bad sign.

She completed the marathon and was as happy as you have guessed she would be. Over the next few weeks, the fracture healed.

A few weeks after the marathon, she was at a neighborhood backyard barbeque. A friend inquired about her marathon. She reiterated the story of the stress fracture and completing the marathon.

As she told the story, an orthopedic surgeon standing nearby overheard. Without being invited to join the conversation, he (gruffly) added: “A doctor let you run a marathon on a stress fracture? You should sue him. It’s malpractice to allow you to run on a stress fracture.”



“Oh dear, what do I do now?”

“Let’s make the best out of a difficult situation”. A metatarsal pad was constructed to offload the pressure from the fractured bone. The pain was markedly reduced. She was able to walk with less of a limp.

Over the next couple of days, she did not run. She lived in her running shoes with the pad in place. Ice was liberally applied to the swollen/fractured bone.

As she told the story, she raised her arms: “Why would I sue him? I wanted to run the marathon and he helped me.”

Mr. Orthopedic surgeon: “It is unwise to trivialize that which we do not understand” (Spock).

Several times a year there are runners who complete endurance athletic events with stress fractures.

Some fractures can be “outsmarted.” Most cannot be outsmarted. Metatarsal fractures involving the second, third or fourth metatarsal bone, such as this runner had, can sometimes be outsmarted. Don’t count on running an endurance event with a stress fracture.

TWENTY YEARS FROM NOW YOU WILL BE MORE DISAPPOINTED BY THE THINGS YOU DID NOT DO THAN BE THE THINGS YOU DID (Mark Twain).



*Will Roger Trail Ribbon Cutting – Landrunners Directors Jim Roblyer (L) and Susan Green (R) with Ward 1 Councilman John Greiner – March 2, 2018*



*Lake Draper Trail Ground Breaking – (L-R) Tony Carfang, LR Director Chuck Mikkelsen, Noureddine (Dean) Mediouni, LR Director Steve Wells - March 7, 2018*



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



### Club Meeting

April 16 @ 6:30pm  
Kimray 8 NW 42<sup>nd</sup> ST

### Landrunner Trail Sweep

April 14 @ 8:00am  
Lake Hefner's East Wharf

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