

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

May 2018 | Issue No. 265

## My First Boston

By Matthew C. Wilcoxon

Don't worry, eventually I will stop talking about Boston. But not quite yet.

I'd always suspected that qualifying for Boston would be so much more exhilarating than actually running Boston. The feelings and emotions I felt on that day I qualified in December 2016 rank just below the birth of my boys. I assumed that actually running in the Boston marathon would pale in comparison. On a rainy Patriot's Day in Boston last month, I learned that I was completely wrong.

There is nothing like the Boston marathon. It's still too soon for me to put my finger on exactly why that is, but my Boston experience was unlike my experience at any other marathon. My current reasoning is that it's because the entire Boston area embraces the marathon. Embrace may not be a strong enough word to describe it. It's safe to say that the Boston area ENJOYS the marathon and all the events leading up to it. In some cities, marathons simply take place, and is just another event the city hosts. In Boston it seems the marathon is the event of the year and everyone around town is involved or at least knows it's happening. Everywhere I went people asked if I was in town for the marathon and were genuinely excited to talk about it and/or give me information about Boston. Knowing I was part of a massive invasion of out-of-towners, I never felt like I was a problem to the residents. I genuinely felt embraced by Boston and that is unique in marathons.

On race morning I was a bit overwhelmed with the fact that I was actually participating in the race. It was like I was walking in a haze on the way to the buses. My mind was awash in thoughts of what I wanted to see and do. I had watched the Boston marathon so many times over the years, and listened to many friends talk about it, that I was familiar with all the locations and terms related to it. Boylston street, Hopkinton, Wellesley, Newton, Heartbreak



Matthew Wilcoxon finishing the 122nd Boston Marathon

See **Boston**, on page 6

# President's Message

*By Dana Sue Campbell, Landrunner President*

The 2018 Oklahoma City Memorial Marathon is behind us. Now is the time to Recover, Refuel, Reflect, Rehydrate and REST!

Our very own and dedicated Landrunner, Dr. Tom Coniglione said it the best!

“REFLECT: Look at your medal and reflect how hard you worked for it and reflect on how important it was for you to show respect for those whose lives ended or changed.”

Congratulations to the walkers, runners, and volunteers on a race well done. Thank you to Matthew “Willie” Wilcoxon for his expertise and coordinating the Landrunners OKCMM spring training. We appreciate all of the volunteers’ time.

Willie and his wonderful team of volunteers put on a great Panera Beacon Run as well! Many thanks go out to Willie and the Panera Beacon volunteers and all the sponsors. The 2018 Panera Beacon Run was awesome! Great course, great awards, and great runners!

A HUGE thank you to the many volunteers that supported our training runs, including SAG wagon, merchandise, and water stops! We would like to thank Heather Warren for the beautiful photo that you took of the Landrunner spring

training group at the OKC National Memorial on April 8, 2018. We love the photo!

It is now time to reflect, share, and embrace your completed run! Stay tuned to the OKC Landrunners website and Facebook page for all of our exciting upcoming events including summer socials and upcoming meetings. Also, see the new series race rules provided by long time Landrunners, Nels and Donna Bentson and their team.

May I ask you to share your running stories with us? I know that you want to share your success or maybe tell us all about your recent marathons.

Congratulations to the Boston Marathon runners. What a representation of Oklahoma and Landrunners in Boston this year!

Lastly, my condolences to the family of Tom Briggs. He was such a legend and an inspirational runner. He will be greatly missed in our running community.

Happy May running,  
Dana Sue Campbell  
Dana@DanaSue.info  
2018 Landrunners President

#REMEMBERBENNETT

run  
like  
crazy

INAUGURAL 5K RUN & 1M MEMORIAL RUN

Benefiting the  
love like crazy  
FOUNDATION

Save the date: June 9, 2018

[runlikecrazy.org](http://runlikecrazy.org)



**Stars and Stripes Park  
3701 S Lake Hefner Dr  
Oklahoma City, OK 73116**

**SATURDAY  
MAY 19th**

**9:00 AM  
5K Start**

***\$25 ENTRY. INCLUDES T-SHIRT, MEDAL, AND GOODIE BAG***

**FOR QUESTIONS OR SPONSORSHIP OPPORTUNITIES PLEASE CONTACT:**

**Caleb Padilla—(405)474-5000, [cpadilla@reservoirdata.com](mailto:cpadilla@reservoirdata.com)**

**Whittney Metcalf—(620)952-1672, [wkmgyf@gmail.com](mailto:wkmgyf@gmail.com)**

# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
05/05	Positive Steps 5K*	OKC Zoo @ 7:30am
05/05	Autism Oklahoma Piecwalk 5K*\$	Bricktown Ballpark @ 8:00am
05/06	Parkinson Rally Walk & 5K*	Wheeler Park @ 2:00pm
05/12	Red Day Run 5K	Edmond @ 9:00am
05/12	Oaklake Trail 5K Nude Run	Depew, OK @ 2:00pm
05/12	The See Spot Run 5K & 10K\$	Guthrie @ 5:00pm
05/19	SGT Bret D. Isenhower Memorial 5K*	Seminole, OK @ 8:00am
05/19	Gusher Gallop 5K	Stars & Stripes Park @ 8:30am
05/19	Get Your Rear in Gear 5K	Norman @ 10:30am
05/21	Club Meeting	Kimray, 8 NW 42nd @ 6:30pm
06/03	Scorcher Half Marathon* & 5K*\$	Stillwater, OK @ 6:30am
06/09	Run Like Crazy 5K	Stars & Stripes Park @ 7:30am
06/22	Sizzlin' Summer Hot 5K	Wheeler Park @ 8:00pm

\* Denotes Series Races

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

## Landrunners In Action

### 3/10 MONTGOMERY HALF MARATHON, AL

RICK BUSCHELMAN	1:48:47
LIZ BUSCHELMAN	2:40:45

### 3/18 LOS ANGELES MARATHON, CA

KOK-CHENG SEE	4:17:55
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### 3/18 TOBACCO ROAD HALF MARATHON, NC

RANDY BRINKLEY	3:01:51
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### 3/24 HIGHLINE RUN FOR SCOUTING, MO

DONNA KIPER	3:14:00 - HALF
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### 3/25 BATAAN MEMORIAL DEATH MARCH, NM

RANDY BRINKLEY	9:12:59
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### 4/16 BOSTON MARATHON, MA

DEBRA CARLSON	3:33:40
GARY GREGG	3:39:08
BONNIE CHRISMAN-BRANSON	3:39:11
MARK BALLARD	3:40:13
MATTHEW WILCOXEN	3:43:22

BRENT STOVALL	3:47:14
CHRISTIE THOMAS	3:49:21
JOSEPH WARFIELD	3:53:44
MARY MIKKELSON	3:54:15
SARA COOK	4:00:27
JULIE DILBECK	4:06:20
JENNIFER STONG	4:06:49
ANGELA MORRIS	4:07:52
PAUL FRIESE	4:08:01
JOAN CURRAN	4:10:48
ROBIN GARRETSON	4:14:35
CHARLES MCFARLAND	4:14:59
JOLYNN BELLINGER	4:25:15
CHASTITY TEETER	5:18:13
MARY HAMMER	5:29:04

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

# 4th Annual Keller Williams Central Oklahoma RED Day Run



**Saturday, May 12, 2018**

**Race Starts at  
9:00am**

**10 E. Campbell  
Edmond**

**Race Benefits: Caleb's Cause, Folds of Honor,  
Make A Wish Oklahoma, Project 66, WINGS**

**Running for a Cause,**

**Running for Our Community**

**Register at [www.centralokredday.com](http://www.centralokredday.com)**



Gail & Richard Muncrief

Jim Denton

Susan & Johnny Miller

Penny & Jim Tully

Keller Williams Region



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***Boston, continued***

Hill, I was excited to actually put my eyes on all these things I'd heard so much about. It was on the bus ride to Hopkinton that the weather took over these romantic images I had and reality set in. I think it was the snow that we saw along the side of the road that snapped me back. Or maybe it was the bus driver having trouble keeping his windshield clear of rain that made me finally realize I was about to run in a cold monsoon which, to my beach-loving spirit, is the ninth level of hell.

Athletes village in Hopkinton was a wet, cold, muddy mess. In my dreams of this place I had pictured setting out in a field with my blanket and relaxing in the sun before my race. In my reality, I found myself fighting to find a square foot of available ground under the massive tents they had erected in the mud. Squeezed in a tent with thousands of other anxious runners, watching the rain pour into the open sides, while trying to stay warm, was not in the brochure my mind had put together of this place. It was uncomfortable to say the least, but the runners were all good spirited and we took on a group mentality of "we're all in this together", and I was able to keep my spirits up.

I had prepared well for this weather though, so I had everything I needed to get through the adversity including plenty of throw away clothes, extra socks, plastic bags, and a towel. One item I threw in at the last minute is worth noting. I read that bringing extra shoes was a good idea since it was going to be muddy and wet. I have plenty of old running shoes that I could have brought with me and thrown away without a thought. The night before leaving OKC, however, a thought stuck in my brain. Why not take the shoes I had worn in my qualifying race? They had gotten me to Boston after all and I had saved them in my closet not knowing exactly what I would do with them. So I decided to take those shoes to Boston and leave them in Hopkinton. What better place for them to retire? It was an emotional moment when I left those shoes along the road in Hopkinton. Maybe I'm too sentimental but I was a bit overcome and looked back more than once as I walked away from them. I hope they find a happy home up there.

My timing was luckily excellent, and I arrived in my corral with only a few minutes to spare until the start, so I didn't have to stand in the cold rain very long. I took one, 360 degree look around at the mass of runners and we were off. The pack was huge and I had no choice but to run as fast as the pack or risk being trampled and washed down the road by the rain. Luckily it was a comfortable pace and I was running along easily. I had thought I would start shedding my extra clothes and plastic bags soon after starting but the rain was brutal, and I wasn't ready to part with my extra layers any time soon, so I just decided to keep them all on.

I wish I could tell you about the course and the scenery but once I got moving I realized that looking up or around caused the rain to get in my eyes, so I pulled my hat down tight and kept my eyes down. I heard the crowds around us though and was pleasantly surprised that those wonderful people had braved the weather to come out and cheer anyway. I actually felt sorry for them because I knew they weren't able to move to keep warm like we were and they must be freezing. I knew the first miles were mostly downhill so I was safe to let myself run with the pack although I knew the hills would start around mile 16 so I couldn't go crazy. I took this time to talk to a couple runners next to me. I met a girl from Poland and a group from Denmark. It turned out I was the only English speaking runner in the vicinity. This made me smile. This marathon really is unlike any other and I was again taken aback with how lucky I was to be a part of it.

Wellesley College is located near the half way point. I had heard that you could hear the girls screaming from miles away and that's completely true even in a rainstorm. There's a tradition when running through Wellesley and I, not wanting to defy tradition, took part. Along with a shot of Gu, the girls of Wellesley gave me a boost of energy that lasted right up until the Newton Hills.

I'll admit that I was intimidated by the Newton Hills having heard so much about them for so many years. I had no idea what to expect and I let my mind go to the worst thoughts I could imagine. Once on them, however, I realized that they weren't the Himalayan peaks I had feared and, while hard, were runnable. I made a vow to not walk any of them and I smiled a little as I topped Heartbreak Hill at mile 20.5 knowing I had kept that vow. I was at the top of the most famous hill in running, the hill I had heard Bill Rodgers talk about when I was a kid. This iconic place was now no longer a mystery to me, I knew what it felt like to run up it and over it. This was an emotional moment for me and I tried so hard to take it in while keeping my legs moving. I found it is very hard to sob while panting but I would get the chance to master the art a few miles down the road.

Coming into Boston from Newton I started to feel the fatigue from the early fast miles and the hills I had just gone over. Luckily, the crowds were still out and were getting bigger with every mile so I used their energy to keep going. The rain had picked up and I was getting extremely cold. There wasn't much I could do about this and I knew that if I let myself get completely exhausted where I had to walk, I would only get colder, so I slowed my pace and concentrated on just moving forward. I was

*See Boston, on page 8*



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.

**THE SEE SPOT RUN**

THE STATE CAPITAL

**the see spot run**  
In memory of  
CHRIS COWDEN

Benefitting FREE TO LIVE

**May 12, 2018**

**Kid's Fun Run 5:00pm**

**5K 10K 5:30pm**

Register Online [www.signmeup.com](http://www.signmeup.com)

**Boston, continued**

having trouble controlling my shaking, but I could always stop the shaking and shallow breathing with some deep, yoga-style, breaths so I knew I wasn't in real trouble yet.

Somewhere around mile 24 I realized I still had on all my plastic bags and extra clothes. I wanted to cross the finish line with my bib and Landrunner shirt showing so I threw caution to the wind and took off the plastic and extra clothes. I was extremely cold but figured I could make it a couple miles to the finish without serious problems. Just as I took off my outer layers I heard a familiar voice behind me. Mark Ballard had been running near me for awhile but didn't recognize me until he saw the Landrunner shirt. In this massive marathon with thousands of runners, two Okies found each other through sheer luck. It's a small world after all.

Seeing Mark gave me a new spirit and I forgot how cold I was and picked up the pace. Shortly after that, I noticed my wonderful friend, who had traveled with me to Boston, standing beside Chuck Mikkelson cheering me on. They looked miserable but gave me another boost of badly needed encouragement. That's when I noticed I was nearing the turn on Hereford street. I had seen this turn a hundred times on TV. I knew it. I almost felt it coming. This turn, and the one that follows it, held so much magic for me. This was my red carpet; my golden road on high, which I never thought I would actually see in person and here I was running it. The crowds were huge and loud. The rain picked up. I was running strong. For that right turn and the short run down Hereford, I didn't notice the rain or the cold, all I noticed was a dream coming true and it might as well have been sunny and 75 for all I cared. I was here, in Boston, finally.

The rain and wind let loose when I turned on Boylston. I wondered if it was trying to push me away from the finish as if to say I didn't belong here. But I quickly realized that it was only capping off this run with a perfect salute to the epic adventure of time, effort, sacrifice, loss, and ultimately achievement that it took to get me to the finish. My life is significantly different at the finish of this race than it was when I started training to qualify for it. I made a lot of mistakes along the way and lost and found some wonderful things. But through this I pushed on and kept my focus on the goal because that's all I knew how to do. I never knew I had that kind of strength in me so, although I regret the mistakes, I'm better for having gone through it. After all, we don't run marathons because they're easy. We run them, like we face difficult things in our life, because we know that only through adversity do we grow and improve. The horrible weather for my first Boston marathon brought this achievement in my running life to a consummate end and I couldn't have asked for a more poetic end.



**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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All funds go to  
SGT Bret D. Isenhower Memorial Fund, Inc.  
at Seminole High School

# Rest. Recover. Repeat.

## Tips for Your Post-OKC Memorial Marathon Recovery

By Jenni Carlson

So, you just ran the Oklahoma City Memorial Marathon.

Congratulations!

Now, how are you feeling? How are those legs? How about your hips? Your feet?

Chances are good something is still hurting a few days after Marathon Day. According to the experts, what hurts this time around may not be what has hurt in the past after you've done a race. Every recovery is a little different because, hey, every race is different.

But there are things that you can do that will help you feel like yourself again.

Borrowing from the fine folks at *Runners World*, here are some of their top tips for recovery:

- You need to get the inflammation down in your legs, and there are a couple ways to help that process. Soaking in a cold bath for 10 minutes or so is a good start. Wearing compression socks or tights can help, too. Lowering that inflammation will speed up the rate of healing.

- You can steal a couple poses from the yoga world that will help encourage circulation and gently stretch your legs. "Legs Up on the Wall" or something like it for 10 minutes or so is a solid investment. A YouTube search might turn up other good options, too.

- If you haven't had a massage, what are you waiting for?
- Stretch and use the foam roller. Your body will thank you.
- You can wait a few days – or more – before you run again. In the week after the race, walking and stretching will be better for your body than getting back out and pounding the pavement.
- If rest just isn't your thing, consider cross-training in the first week after the race. Low impact and short duration is best because it will increase blood flow and warm your muscles, both of which will help you along the road to recovery.
- You can continue rest and light cross-training if you're still hurting in the second week of recovery, or if you're feeling better, resume running. Take it easy and run for no more than 30 to 60 minutes, but you can run as often as you were before your race.
- You can ease back into longer, faster runs in the third week unless you have a setback and start feeling like you did in those days right after the race. If that happens, dial it back again. Give your body a chance to rest, heal and recover. You put it through a lot on race day. It's OK to give it time to get back to normal.

# Sizzlin' Summer Series 2018



June 22, 2018  
Wheeler Park



July 13, 2018  
Wiley Post Park



August 10, 2018  
Stars & Stripes Park

Register at [www.sizzlinsummerseries.com](http://www.sizzlinsummerseries.com)

# Santa Fe Thunder

By Joseph and Carolyn Karnes and Abraham Kosgei



It was the end of March and following a fruitless google search for April half marathons in Texas whose expo we could attend, I realized that by then it is hot in Texas. Then I stumbled on the Oklahoma City Memorial Marathon and another search later, was happily surprised to find OKC is only eight hours from Santa Fe!

Abraham and I participated in the 2015 Expo with our best sales tool – a banner with “Santa Fe” in big letters and a course profile showing the gradual 1,000 foot descent. We shared with new friends all weekend the encouragement that “Yes, Santa Fe is almost a mile and a half high, but the downhill course will sure help!” We also brought some of our handmade age group awards, which were also a big hit.

It wasn’t long before we met Mark Bravo, who promptly introduced us to his pal Bill Rodgers. We have been tremendous friends with Mark (and Bill) ever since and were happy to return the famous fast friends favor by bringing Olympic Steeplechase Silver Medalist and former Steeplechase World Record Holder Peter Koech to the 2016 Expo. Mark has announced the last two runnings of “The Race Different” and we are excited that Mark will join us again this year!

Randy Brinkley will tell you the story of how we met. Randy is our Official United States Race Ambassador (not just Oklahoma, Randy!) At last year’s Cowtown Expo (after waking up late and realizing the expo started early), we approached our booth to spot a gaggle of people and found Randy regaling the crowd about his experiences in Santa Fe. Spotting us, Randy worked us into his story and told us he figured we’d be along and that he’d lend a hand till then. We look forward to seeing Randy and Monkey on September 16!

Last year, we were sad to learn that our timing company would be closing due to relocation. Mark suggested we contact Don Garrett with DG productions. Don, Jason and the crew were tremendous and we are glad they will be returning this year.

Little did we know a decade ago, when planning the first Santa Fe Thunder and creating Global Running Culture the amazing journey ahead for us. We have made friends all over the country and world and thanks to the race, we are building a school in Abraham’s village in Kenya, run an agricultural business with our tractor “Big Blue”, trailer, a plow and a disc harrow and are helping the Rarámuri Tribe of Copper Canyon, Mexico.

Each Santa Fe Thunder participant helps our 100% volunteer organization brighten the lives of children around the world. Thank you for learning about our story and we hope to see you on September 16. We are happy to provide a special discount for all Landrunner members and friends. Use code LANDRUNNERSFT to receive 15% off the early entry discount price until June 15! To enter, go to [www.santafethunder.com](http://www.santafethunder.com)

Smooth Running!

Joseph and Carolyn Karnes and Abraham Kosgei  
Global Running Culture



# Taking Risks and Finding Yourself: Jesse Itzler Visits Oklahoma City for a “Night of Inspiration”

By Melissa Brevetti, Ph.D.

“George Foreman gave me great advice. When I told him my husband ran 100 miles nonstop, he said, ‘Sara, don’t try to understand a man like that. Just love him.’”

--Sara Blakely, founder of Spanx, and Jesse’s wife

On Wednesday, March 7, Jesse Itzler came and spoke at the Oklahoma City National Memorial & Museum. Unfortunately, I was teaching a night class, but my dad went and got me Itzler’s The New York Times best-selling book called *Living with a Seal: 31 Days Training with the Toughest Man on the Planet*. One of the premises of the book is that Itzler feels like he is in a rut due to his same ol’ routine and lack of improvement. Successful businessman Itzler embraces unorthodox approaches and thus invites retired Navy SEAL, David Goggins, to live with him for a month after watching his unmatched mental tenacity. Goggins, comically known only as SEAL, demonstrates a simple concept: often the only limitations are the ones that you give yourself.

Words cannot describe how funny this story is about trying new things in order to grow, mentally and physically, as well as my heart warmed when I reflect upon the closing thoughts. SEAL lives by his own code, which at times seems quite foreign. However, if I had run in his shoes, I would be worried about “a breach of security” for everything and concerned about having bulletproof glass and emergency rafts for safety. Some of the comedy revolves around SEAL’s perception contrasting with Jesse’s perception since they come from two different worlds—secret missions and warfare versus limo drivers and multiple homes in country club communities. SEAL makes the point of demonstrating, “I don’t do sh\*t for applause. I don’t do sh\*t for fanfare. I do sh\*t for me.” Grit and honor.

Itzler puts together an exciting and crazy story about being comfortable with the uncomfortable so that we can improve in our lives, not just athletically—as human beings. And that time of struggle is how we truly find ourselves.

## TRAILS ARE CLEAN!!... AGAIN!!!!



Twelve (12) OKC Landrunners cleaned Lake Hefner and Bluff Creek Trails of litter on Saturday morning April 14, 2018... Despite STRONG..... STRONG WINDS and LOW... LOW TEMPERATURES... LANDRUNNERS SUCCEED AGAIN!!!!... CLEAN TRAILS!!!!!! (Assisted by OKC Beautiful)...jfr

GET YOUR REAR IN GEAR<sup>®</sup> OKLAHOMA CITY

COLON CANCER AWARENESS

**5K RUN/WALK**

Saturday, May 19, 2018  
Journey Church

**1 IN 23**  
**DEVELOPS COLON CANCER**

ColonCancerCoalition.org/OklahomaCity 



P.O. Box 18113, OKC, OK 73154

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May 2018

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Oklahoma City Running Club  
PO Box 18113  
Oklahoma City, OK 73154

Visit The Landrunners Online:

**[www.okcrunning.org](http://www.okcrunning.org)**

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



**Club Meeting**  
**May 21<sup>st</sup> @ 6:30pm**  
**Kimray 8 NW 42<sup>nd</sup> ST**

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