

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

May 2006 - Issue No. 121

JOHN SHELTON: ON THE ROAD TO KONA

by Jack Rector

Charging in at the Broadway and NW 5 finish of the Sunday, March 19, 20 mile Memorial Marathon training run came a handsome hulk of a man with one leg. On the other, below the knee, was what looked to be a spring off of a vehicle, but was actually a high tech prosthetic. While the rest of the finishers were puffing and panting, John Shelton appeared to stand 10 feet tall and was all one big grin and telling us how great the 20 mile run was.

When John was quiered about his athletic background he said, "Nothing spectacular. I've played a little sandlot baseball and that's it. I never ran much until I became a marine." John was in the marines five years and served all over the world, "far east, europe, and beyond," he says. John is an Oklahoma City runner and has done the Oklahoma City Memorial Marathon four times. April 30, 2006 was his fifth Memorial Marathon. He works at the VA Hospital in the Medical Supply section.

September 17, 1985, John Shelton's

life changed. John was approaching an intersection on his motorcycle and in his peripheral vision he could see a car running the red light. He was struck by the car.

Three months in the hospital and 13 surgeries later bone infection had set in on his mangled leg and his doctors suggest amputation. "I fought it," he said. "The next Saturday while in the hospital, the Hawaii Ironman Triathlon was on TV. I had never heard of the Ironman, and one of the competitors being interviewed was a below the knee amputee. I began crying and must have cried the next two days," he added. John said that words could not explain how that Ironman amputee gave him hope and courage to make the choice of 'limb over life'. He accepted the thought of becoming an amputee and the following Monday agreed with the doctors.

"Recovery was difficult with a lot of setbacks. Running and biking was very

hard on my residual limb and it took much time to toughen it. Swimming is something I could do with no chance of injury. I kept pounding and training when my

(See *Shelton*, page 3)



John Shelton: His quest? The Kona, Hawaii Ironman Triathlon.

The car came to a stop with John and the bike pinned underneath. The car backed up dragging John and the bike. Then the car broke away and fled the scene. "The accident perpetrator never was caught," he

Busy Spring Brings More Running Achievements!

Wow, it's already May. The past month has been a flurry of activity with the Red Bud and preparation for the OKC Memorial Marathon. As well as the bicycle rides and runs, this years Red Bud featured the extremes of Oklahoma weather at its best. Saturday morning the half marathoners got off to a delightfully chilly start while the bike rider braved temperatures in the forties with 30 mph north winds. By Sunday afternoon the 5K and 10K runners were overheating in 70+ temperatures with the lack of water again being an issue. Tracey Rose did a great job of organizing the volunteers who worked our booth at the Red Bud Expo on Sunday.

April brought the end of marathon season with Suzie Bostick organizing the volunteer force from our club in preparation for the OKC Memorial. Jack and Sherri Rector will have conducted the last raining run and their participants will have completed the 26.2 mile course by the time this newsletter hits your mailbox..

Back on April 17th we were well represented in Boston

with several of our club members competing in the Boston Marathon.

Also in April, we were fortunate to have another great program at our club meeting planned by Marie Breshears. Amanda Stevens, a 2004 Triathlon World Champion and 2008 Olympic hopeful, spoke to the club members and guests about making goals, visualizing their achievement, and positive self talk. I think most everyone there took home something useful that they could use in their training.

Coming up on May 22nd we have a joint meeting with the Edmond and Norman running clubs. Edmond is hosting the potluck gathering at the Coffee Creek Community Center. Included below is a map to the event. I hope to see everyone there!

Good running to all,

Bill Snipes

President

Upcoming Landrunners Meetings/Socials

May 22nd Coffee Creek Club House Joint meeting with Edmond Running Club & Norman Running Club.
Hosted by Edmond Running Club, bring a covered dish or dessert
5:30 Board Meeting
6:30 Joint Membership Meeting

Coffee Creek Club House
Located on Covell, east of Kelly and West of Broadway (and the railroad tracks).
Go north on Shortgrass; Rec Center is on left opposite the Villas II sign (third right).



June 24th June Social

6:00 pm at the home of Steve & Deb Johnson (see map below).
The Johnson's will supply burgers, bring a covered dish or dessert.

Steve and Deb Johnson
5600 NW 103rd Pl
Oklahoma City, OK 73162-6987

Home Phone: 722-8560



(Shelton, continued from page 1)

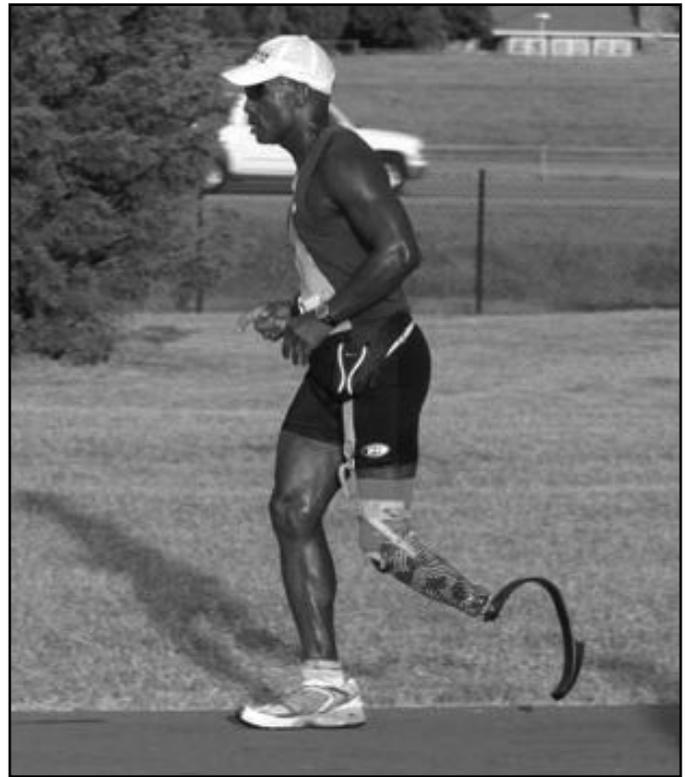
the VA hospital took an interest in me and started making prosthetics.” With much effort and some setbacks John began distance training and in 2002 completed his first marathon, the Oklahoma City Memorial Marthon.

He also a triathlete. “My first triathlons were sprints in 1995. I’ve completed three half-iron distance triathlons and multiple sprints and Olympic distance trials.”

September 24, 2005, John finished his first full distance triathlon, the Redman Iron Distance Triathlon in Oklahoma City at Lake Hefner. “Multisports and marathons have shown me humility and have helped me to become a humble man. With all this, through faith and prayer I’ve learned ‘perseverance ...the ability to take the desire to quit and change it to the desire to finish.’”

When John passes Classen and NW 31 on the Memorial Marathon course it gives him food for thought. That is where the accident happened. “The first two years it bothered me to run by that intersection, but now I try not to dwell on it,” he thoughtfully said.

John’s next goal is to complete the Ironman Championship Triathlon, October 9, at Kona, Hawaii. If you have ever met John, you know it is something he will do.



John Shelton has completed five OKC Memorial Marathons and the 2005 Redman Iron Distance Triathlon at Oklahoma City Lake Hefner (Both photos courtesy Parker Photo).

GRAND OPENING

May 19th & 20th

OKRunner is celebrating the opening of its 2nd store with these specials: (with shoe purchase)

| | |
|--|---|
| <p>Adidas: Free Sandals \$25 value</p> <p>ASICS: Free Tech Tee \$25 value</p> <p>Mizuno: Free Shorts, Tech Tee, Jacket, Vest up to \$90 value</p> | <p>Brooks: Free Tech Tee \$25 value</p> <p>Saucony: 25% off</p> <p>Pearl Izumi: Free Shorts</p> <p>New Balance: Free Tech Tee</p> |
|--|---|

Now 2 Locations!

Edmond 3209 S. Broadway #107
285-1455

Norman 3720 W. Robinson 116
447-8445

Goodies For All Who Stop By!

WINTER APPAREL 50%-75% OFF!

Monday - Friday 10am-7pm Saturday 10am-6pm



TULSA WORLD **ROUTE 66 MARATHON**

Tulsa, Oklahoma - November 19, 2006

EARLY BIRD SPECIAL

Be one of the first 250 to register online and you get to keep your bib# for life!

Full Marathon • Half Marathon • Marathon Relay

Make Our First Marathon YOUR First Marathon

The Inaugural Tulsa World Route 66 Marathon will start and finish in beautiful downtown Tulsa. Runners will travel on Historic Route 66, along the Arkansas River, through Main Street Jenks America, past the Oklahoma Aquarium and through the classic sidewalk cafes of Brookside.

From the Classic Car Parade which will travel the marathon course 30 minutes ahead of the runners to the vintage aircraft flyover at the start, the day will be filled with excitement and entertainment. Get involved in this historic event. Sign up to run or volunteer at www.route66marathon.com

Sunday, November 19, 2006 - Tulsa, Oklahoma
REGISTER ONLINE @ www.Route66Marathon.com

TULSA WORLD

Dollar Thrifty
Automotive Group, Inc.
DOLLAR Thrifty

Saint Francis Health System

RunnersWorld
TULSA

News Talk
740 KRMG
www.krmg.com
Tulsa's #1 News, Weather & Traffic Station

Benefiting the Tulsa Area
United Way

PISTOL PETE FUN RUN

JUNE 10

1 MILE 5K



OFFICIAL ENTRY BLANK
2006 PISTOL PETE 5K & 1-MI. FUN RUN
JUNE 10, 2006 PERKINS OK
 Register: 7am Start Time: 8am

RACE ENTERING:
 5K _____ 1 mi. _____
 Filly/Clydesdale weight _____

NAME _____
 PHONE (Day) _____ (Night) _____
 ADDRESS _____
 City _____ State _____ Zip _____

ADULT T-SHIRT SIZES (circle): S M L XL XXL 3XL
 AGE as of 06/10/06 _____ SEX (circle) M F
 ENTRY FEE: THRU 06/2/06 = \$15 (includes T-shirt)
 AFTER 06/2/06 = \$18 (T-shirt not guaranteed)

Make checks payable to:
Perkins Community Chamber of Commerce
PO Box 502 - Perkins OK 74059
Phone: 405-747-6809

WAIVER: In consideration of my entry acceptance in the Pistol Pete 5K or 1 mi. Fun Run on Saturday June 10, 2006, I do hereby waive and release all rights and claims for liability of any kind, including but not limited to, loss or claims arising from personal injury, death, property damage, and release and discharge the Perkins Community Chamber of Commerce, employees, affiliates and all sponsors and directors or race officials whatsoever in any manner arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in the event and I am physically fit and sufficiently trained to participate in this event. **NO REFUNDS**

Signed _____ Date _____

PAWS WITH A CAUSE®

DOG DASH



8K Run & 3K Dog Dash

at the Oklahoma River Trails
Memorial Day - Monday, May 29, 2006

WHO CAN I CONTACT?

Shelia Ford at 405-844-6410
 DogDashforIndependence@yahoo.com

FOR MORE INFORMATION:
www.pawswithacauseOK.org

Our Thanks and Appreciation To These Sponsors:



Add Some Excitement To Your Running

Multisport Events presented by TRI-OKC

May 14th - LAZY E F-1 DUATHLON

2M Run/10M Bike/2M Run/10M Bike/2 M Run Lazy E, Guthrie, OK
2006 USAT Grand Prix Series - Qualifier for Short Course Duathlon Worlds

June 4th - ROUTE 66 TRIATHLON

1.5K Swim/40K Bike/10K Run El Reno, OK
2006 USAT Oklahoma State Championship
State Qualifier for Best of the US National Championship Triathlon
For complete details: www.bestoftheustriathletes.com

July 9th - DRAPER LAKE DUATHLON

3K Run/24K Bike/3K Run Lake Stanley Draper, OKC

September 23rd - REDMAN TRIATHLON

FULL & HALF IRON DISTANCE + AQUABIKE Lake Hefner, OKC
For complete details: www.redmantriathlon.com

October 15th - FALL CLASSIC DUATHLON

2M Run/14M Bike/2M Run Lake Overholser, OKC
2006 USAT Oklahoma State Championship

For Information: www.triokc.org

“No Fee” On-line registration: www.signmeupsports.com
(Except for Redman Events)

Contact: Steve Bussjaeger (405) 235-4298, steveb@hispaint.com
You can enter these events as an individual or form you own relay team!



it's a summertime thing.

Friday, June 2nd
Friday, July 7th
Friday, August 4th

Earlywine Park, Oklahoma City

7:00pm Start!

<http://www.summersunsetrun.com>

“For every runner who tours the world running marathons, there are thousands who run to hear the leaves and listen to rain and look to the day when it all is suddenly as easy as a bird in flight. For them, sport is not a test but therapy, not a trial but a reward, not a question but an answer.”

-- Joe Henderson --

13th Annual Chickasha Rotary Lobster Day Run



Saturday, May 20, 2006
Shanoan Springs Park 9 a.m.

USATF/State Championship Series 5km

Pick Up Packets/Register @ 8 a.m.

USATF Certified Course ~ USATF Sanctioned Race

\$15 with T-shirt ~ \$12 with no T-shirt

**Awards in USATF age groups 12 & under
through 75 & over, 65 & over female**

Cash prizes M&F 1st to 3rd: \$100, \$75, \$50

Over \$600 in Merchant Door Prizes

**Use generic race entry card in center of magazine
and mail by May 6, 2004 to:**

**Chickasha Rotary Club, P.O. Box 115
Chickasha, OK 73023-0115**

Coordinated by Glen's Racing Service

Call: Jim Allen (405) 224-2000



Old Glory Run



June 10, 2006
5K - Norman Ok

www.oldgloryrun.org

Saturday, June 10 at 0800

Location: Corner of Wylie & Lindsey, Norman, OK
Course: 5K USATF Sanctioned/Certified-Standard USATF, 3-Deep
Awards: Unique Military Prizes-Goody Bags

Entry Fee: \$15 with shirt ~ \$10 without
Add \$5 for Race-Day Registration

Registration: Race-Day Registration 6:15~7:45
Register Online or Mail Registration Form to:
Old Glory Run, 1507 West Lindsey
Norman, OK 73069

Contact For more information call: 405-360-5337, ext. 238
virginiatodd@oldgloryrun.org

Board Member Profile: Amos Harjo



Amos Harjo is an OCRC board of directors member. He has belonged to the club since 1980, one of the very early years. He grew up in Muskogee, OK and started racing in the 3rd grade. He ran track in high school from 200 yds to 1 mile, which was the longest distance available. He also ran the 1 mile at Northeastern State University in Tahlequah, where he graduated with a degree in education. He also has a masters degree from Univ. of Central Ok. Amos taught school 3 years in Illinois at a small school where he was also coach in multiple sports disciplines including football and track. His favorite races have been Red Bud and Tulsa Run 15km where he broke 1 hour when he was 48. He has done many OKC area races and 15 marathons including Chicago and Dallas White Rock, 6 times. He has done all five of the OKC Memorial Marathons and in 2004 he qualified for Boston. Amos is a dependable volunteer for the club.

Châtenay Square 5K

Benefiting INTEGRIS
Jim Thorpe Rehabilitation Hospital
May 6, 2006

To register: www.signmeupsports.com
7 am registration, 9 am start
SW 104th & Penn

5K run, 1-mile family fun run/walk,
Wheelchair Division & Kiddie Dash

\$20 entry fee - Champion Chip timing
Kids 15 & under free w/ paid adult

Call Susan @ 405-644-5376 for more info



Society of Petroleum Engineers
8th Annual

NEW LOCATION
Lake Hefner
on Britton Road,
near restaurants



5 km Road Race and 1 mile fun run

Saturday, May 20, 2006 8 a.m.

ChampionChip Timing

Entry Fee: \$17 • \$20 day of race

Sanctioned by USATF

Featuring

Corporate Team Categories

Don Garrett, Race Director, (405) 231-1829
register online at www.signmeup.com



**The
Runner**

**New Summer Running Gear
Cool Shoes, Tops, and Shorts**

**Look For Our 19th Anniversary
Sale This Month**

9644 N. May Ave

The Collonade

405/755-8888

M – S 10 to 6 & Th 10 to 7

Your Local Landrunner Supporter!



**38th Annual
Fireball Classic**

Tuesday July 4, 2006
7:30 a.m.
Where: Wintersmith Lodge
Ada, Oklahoma

Timing by
Precision Timing

Fireball collector T-shirts guaranteed to pre-registered participants. Race day entrants will receive T-shirts on a first come basis

\$100 Prize Money
for new 10K Course Record

USAT & F Sanctioned Event
USAT & F Certified Course

Open Men - 32:237
Masters Men - 36:45
Open Women - 41:11
Masters Women - 42:21

For more information call or write,
Susie Overturf
P.O. Box 601
Ada, OK 74820
(580) 310-4727

Make Checks payable to
Ada Sunrise Rotary

Early Registration deadline
June 28, 2006

Check-in deadline 7:15 am

Registration
Pre-Registration - \$15.00
Race Day registration - \$20.00
Pre-registered pick up - 6:45 - 7:15

24th Annual Bell Cow Run 2nd Annual Bell Cow Corporate Cup

Saturday June 17 2006
Chandler Oklahoma
Tilghman Park

- 7:30 am start time
- 10K and 2 mile
- USATF sanctioned course
- \$100 prize to top male and female runner in 10K
- Trophy to top male and female runner in 2 mile
- Medals to top 3 finishers in each age category
 - \$12 entry fee \$8 for t shirt or tank
- Corporate cup will consist of a 4 person relay ran on the 2 mile course.

Entry fee is \$100 per team and includes a t shirt for each participant.

Winning team receives the Bell Cow Corporate Cup which is a large traveling trophy to be displayed for the upcoming year.

QUIZNOS SUPER SUMMER 8

8K Run June 24 8 a.m.
Stars & Stripes Park

Benefits FCCLS

ChampionChip Timed

Info: Cristy Cook, 405.326.4472

**FREE TICKET
TO REDHAWKS GAME
FOLLOWING RUN!**



**5K RUN ENDS
ON HOME PLATE OF
AT&T BRICKTOWN BALLPARK**

For more information on how to register go to www.limbsforlife.org or call 405-843-5174.
We're not asking for much...just an arm and a leg.



P.O. Box 18113, OKC, OK 73154

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2. Mail Check with your mailing label (above) to:

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PO Box 18113
Oklahoma City, OK 73154

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Please send us your new address!

Running Club Hotline: 405.494.8586

www.okcrunning.org

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ADVERTISING

Jack Rector
Advertising Manager
749.1029 or tworunners@cox.net

ADVERTISING RATES

Full Page \$80
3/4 Page \$50
1/2 Page \$35

The deadline for advertising is the 20th of each month prior to publication.