

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

February 2007 - Issue No. 130

## Oklahoma City Memorial Marathon

# Why We Run

APRIL 19, 1995, a great wrong was done in Oklahoma City. However, on this day in April the forces of fear and hate were beaten by love and compassion.

The Oklahoma Memorial Marathon is a race that is not about running--it is about life.

168 banners line the marathon course, one for each victim. These banners serve to remind us as we run that we have been given the gift of life and that it is too precious to waste.

That is what the Memorial Marathon is about: realizing the preciousness of time, valuing one another, taking life as it comes and making something magic from it. **CELEBRATING LIFE.**

You don't have to be a runner to participate in the Memorial Marathon. All you have to do is change the world you live in one moment, one opportunity, one person at a time. It's not about running--it's about living.

### A RUN TO REMEMBER

As a tribute to the 168 victims, family members and survivors of the bombing, Oklahoma City will host the 7th Annual Oklahoma City Memorial Marathon on April 29, 2007.

We run to give to the Memorial. We run

to involve the community, the nation and perhaps the world in the continuing process of coping with tragedy of the past. We run as a step toward a better future.

The idea to organize a marathon as a memorial to the bombing victims and survivors, and as a fundraiser for the Okla-



homa City National Memorial, came to two running partners early one morning on a training run. Those well known local runners are Thomas Hill and Chet Collier. Since then each year has brought growth and challenge. Those two runners say they credit God for getting the Memorial Marathon this far, and trust in Him to take us on.

For the marathon to truly honor the memories of the lost and serve to inspire

the living to greater accomplishment, no effort is spared in making this marathon the premier running event in the nation. Whether this will be your first marathon or one of many, whether you are a beginner or an elite athlete, this will be the best marathon you have ever experienced.

Oklahoma City IS a marathon city. The Memorial Marathon is a wonderful analogy of the character of our people, the history of our trials and difficulties, and the way in which we have overcome and persevered. The Memorial Marathon provides an appropriate way for us to honor the victims and survivors while at the same time celebrating the miracle of life.

It is our hope that you will join people from all over Oklahoma, the nation and the world in giving this gift to the victims' families, the survivors, the National Memorial and our community.

### THIS IS WHY WE RUN.

*(From www.okcmarathon.com, the web-pages of the Memorial Marathon)*

# Spring Includes Boston Great Bill Rogers

As I write we are just about thawed out after a couple of weeks of snow, sleet and ice. I'm anxious to get back on my normal running schedule. The Run for Your Life 8K on New Year's Day was chilly, but dry and sunny. We were not so fortunate for the January 20th Chili Day Run. About 150 runners braved freezing temperatures, snow, ice, and sleet to complete the 5k and 10K events. Many were heard to comment that they had no choice, they had to get out of the house and run, "cabin fever" was driving them crazy. We appreciate the YMCA for going ahead with the event and Leadership Square for hosting it indoors.

Chet Collier with the OKC Memorial Marathon was the guest speaker for our January meeting at Ingrid's and updated us on the plans for the April event and supplied door prizes.

Let's hope the weather stays clear and warmer as we have the Sooner State Trail run on February 3rd and the Edmond Running Club Frigid Five at Mitch Park on the 10th. Be sure and come by our table at the Frigid Five, we will be serving hot oatmeal with brown sugar. Our February meeting will be back at Ingrid's on the 19th and will feature the presentation of the 2006 Series awards. If you qualified for an award by running at least 8 Series races you don't want to miss this. This year's awards will be monogrammed fleece vests from Ron's Sports World.

As was highlighted in last month's newsletter, March will bring us the Triple Crown of March Racing. The Triple Crown races will be the Creek Classic, March 3rd, the Panera Beacon on the Bay, March 10th, and the St. Paddy's Day Great Race of

the Great Plains on March 17th. Special Triple Crown awards will be presented to the winners in each age group.

Don Garrett of DG Productions will be the speaker at the March meeting and will bring us up to date on the latest in timing and putting on race events.

April brings us two of the largest events of the year, the Redbud Classic and the OKC Memorial Marathon. In conjunction with his annual participation in the OKC Memorial Marathon, we are pleased to announce that "Boston Bill" Rogers will be our special guest at the April club meeting. As you are probably aware, Bill was a member of the 1976 Olympic team, a 4 time winner of the Boston Marathon and the New York Marathon, and was the #1 ranked marathoner in the world for several years in the late 1970's. To accommodate Bill's schedule our April meeting will be moved to Thursday, April 26th. We are still working on the exact time and location, but mark this important date on your schedule now.

If you want to get more involved in club activities just drop me an email, [bsnipes@rcins.com](mailto:bsnipes@rcins.com). We have a number of volunteer opportunities this spring, including preparing for and conducting the Panera Beacon on the Bay and the OKC Memorial Marathon. We would love to have your participation.

Good running to all,

*Bill Snipes*  
President

## Upcoming Landrunners Meetings/Socials

<u>Date</u>	<u>Meeting / Social</u>	<u>Location</u>	<u>Time</u>
February 19	Club Meeting	Ingrid's, located at NW 36th and Youngs	6:30 pm
March 19	Club meeting	Ingrid's, located at NW 36th and Youngs	6:30 pm

Final race of the March "Triple Crown"

"Triple Crown" rules: [www.stpaddysrace.com](http://www.stpaddysrace.com)



# St. Paddy's Day Great Race of the Great Plains - 8k

PLUS Youth Races

March 3rd - Deer Creek Classic - 5k & 10k

Course designed by Kevin Schwab - USATF Certified

March 10th - Beacon on the Bay - 5k & 25k

## Saturday, March 17<sup>TH</sup>, 2007

**8k Race: 10:00am (USATF Certified)**  
**Special Youth Races: 11:00am**  
**Lake Hefner - East Wharf**

### Entry Fees:

- \$15.00 for pre-registered runners / \$20.00 day of the race
- \$5.00 for pre-registered high school & younger / \$10.00 day of race
- Kindergarten and younger - race **FREE!**

**Pre-register by March 16<sup>TH</sup> @ 5:00pm**

### For Information Call:

**Kathi Matney at the Lynn Institute**  
**44-STUDY (447-8839)**

**Register by mail or in person at the Lynn Institute**

**5300 N. Independence, Suite 130**  
**Oklahoma City, Oklahoma 73112**  
**- OR -**

**On-line at: [www.stpaddysrace.com](http://www.stpaddysrace.com)**

**Proceeds benefit youth sports programs sponsored by Youth ENDURO Sports, Inc.**  
**[www.enduro.us](http://www.enduro.us)**

### • SPECIAL (YOUTH) RACES

Youth runners may enter 8K and/or shorter races.

#### "TODDLER'S TROT" - 40 / 50 METERS

Pre-kindergarten (Pre-K) (4 & Under)  
Kindergarten (K) (5 year olds)

#### "RACE TO SCHOOL" - 100 / 200 METERS

1<sup>ST</sup> grade race - 100 meters  
2<sup>ND</sup> grade race - 200 meters

#### "RACE FROM SCHOOL" - 300 / 400M

3<sup>RD</sup> grade race - 300 meters  
4<sup>TH</sup> grade race - 400 meters

#### "RACE FOR YOUR SCHOOL" (Team)

5<sup>TH</sup> Grade (Team) Race - 500 meters\*  
6<sup>TH</sup> Grade (Team) Race - 600 meters\*

To see "Race For Your School (Team)" rules, go to: [www.stpaddysrace.com](http://www.stpaddysrace.com)

\*(Runners may enter as "unattached".)



### 8K Awards

3 deep - standard age groups  
- plus -  
10 & under; 11 - 13;  
14 - 15; & 16 - 18

### FREE Medical Screening

- BMI calculation
- Blood pressure
- Blood sugar



### 2007

#### Race Sponsors:

Lynn Institute  
LION Research  
Foundation Surgery Affiliates  
Target  
The Athlete's Foot  
Red Rock Canyon Grill  
Louie's on the Lake  
Pearl's Lakeside  
Bahama Breeze  
Hard Edge Design  
Creative Video Works  
East Wharf Development, LLC  
Panera Bread  
Little Caesars Pizza  
Central State Massage Academy

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be a possibility of traffic on the course. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including, but not limited to falls, contact with other participants, the effects of the weather and the conditions of the roads, all such risks being known and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. I am also fully aware that baby strollers and wheels of any kind (except competitive wheelchairs), animals and head phones are strictly prohibited and I agree not to have them on the course. Furthermore, I agree not to go back onto the course after finishing. I am fully aware that it is a fraudulent act to switch race numbers with anyone or allow anyone other than myself to wear my race number and I agree not to do this. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrator or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge any and all race sponsors, race officials, volunteers, local and state police including any and all of their agents, employees, assigns or anyone acting for or on their behalf from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants permission to sponsors and or agents authorized by them to use any photos, video tapes, motion pictures, or any other record of this event for any purpose. **Minors accepted only with a parent or guardian's signature.**

Name (Print VERY Clearly)

Mailing Address

City, State, Zip Code

Phone

▶ Which Race Are You Entering? (check one) ▶  8k -OR-  Shorter (Youth) Race ▶ Adult T-shirt Size (circle one) ◀

S M L XL (8K participants only)

Sex AGE On Race Day If Running 8K

GRADE On Race Day If Running Shorter Races

Print The Name Of Your SCHOOL Here If Running Shorter Races (50m to 800m)

OFFICE USE ONLY

X

Signature

Date

Signature of parent or guardian if under 18 years of age.

Date

# THE JANUARY 27 EDMOND HILLS RUN

*From Landrunners website Discussion Pages*

For those of you who were unable to be at the Edmond Hills run yesterday, you missed a beautiful run. I was very surprised when I arrived to a full parking lot. There were about 80 runners, ready to run in 40 degree weather.

We headed north into a cold, strong head wind, with a slight drizzle. Slowly the drizzle turned into sleet. The 5 mile turn around point brought a welcome relief from the wind. By the time we got to mile 6, a light snow was falling. I couldn't help but think, "What a great day for a hill run!" Looking around at the snow falling into the wooded sections of Sooner Road, and on the open landscape, was a great distraction from the hill work

A big THANK YOU to:

RICK SWYDEN who stood out in the weather filling cups for the runners.  
BRENT GADDIS, and THE RUNNER for the water stops.

DANA CAMPBELL-STERNLOF, JOANNE JACKSON, CAROLE CALL AND THE EDMOND RUNNING CLUB provided Gatorade, bananas, a half dozen kinds of home made cookies, and other goodies. Last but certainly not least (!) JANE PACE brought her awesome Pumpkin Bread. (You can't eat just one piece...)

See you next week....Bill Goodier

*Photos by Rick Swyden*



*It was cold , rainy and snowy for the Landrunners January*

*27 Edmond Hills Run, but 80 hardy runners were there*

APRIL 29, 2007

THE SEVENTH ANNUAL  
OKLAHOMA CITY  
MEMORIAL MARATHON

REGISTER ONLINE AT [OKCMARATHON.COM](http://OKCMARATHON.COM)

WE COME HERE TO REMEMBER  
THOSE WHO WERE KILLED, THOSE WHO SURVIVED AND THOSE CHANGED FOREVER.  
MAY ALL WHO LEAVE HERE KNOW THE IMPACT OF VIOLENCE.  
MAY THIS MEMORIAL OFFER COMFORT, STRENGTH, PEACE, HOPE AND SERENITY.



A RUN TO REMEMBER



# Marathon Training: What Runners Are Saying

I would love to get any information regarding your weekly runs in preparation for the Oklahoma City Memorial Marathon. I used to live in Oklahoma City and I have connections to my favorite city through this marathon. I ran the inaugural run and the next two. My cousin was a drug enforcement agent killed in the bombing so I run in his memory. This will be my 9th marathon and the first in my new age group as I turn 60 in February. I wish I could meet you at Lake Hefner! But I will join you in my mind.

*Claire Phillips,  
Topeka, Kansas*

No - we aren't too far away - Bixby, OK. But far enough away we wouldn't be able to come each weekend. We have three kids, 4, 3 and 1 year olds, otherwise we could try to come each weekend. But we will consider coming to one of the 20 mile runs. Thanks! Looking forward to training along side you all. This will be my first marathon - my husband's second. My sister and her husband will be with us as well, so we will all be following Landrunners training schedule.

*Adam & Heather  
McPherson*

Our names are Linton (but goes by Roberto) and Gracieann Acosta. I started training for the marathon in December '04, but due to pregnancy I had to stop training in March '05. We enjoyed running the long runs on Saturdays with the group. So far this year we have been faithfully running our 20 miles a week base. I really appreciate Landrunners motivation in accomplishing the marathon goal we have set for ourselves. Later this month we will become members of the club. I think The Runner is awesome too. I always buy my running shoes there and refer a lot of my fellow colleagues there.

*Linton & Gracieann  
Acosta*

## 1st Jewel in the Triple Crown of March Racing

# CREEK



***Running for Excellence in Education***

***New This Year: Chip Timing!***

**9 a.m., Saturday  
March 3, 2007**

**10km, 5km  
1-Mi. Fun Run**

Deer Creek Middle School  
21175 N. MacArthur Blvd.  
Edmond, OK 73003

Individual Entry Fee: \$20.00 for race,  
T-shirt and Breakfast. \$25.00 on race day.

Half price entry fee of \$10.00 for  
active military personnel.

Please Visit  
[www.DeerCreekClassic.com](http://www.DeerCreekClassic.com)  
for complete information and  
online registration!

Sponsored by: Kirkpatrick Bank & US Army

I am wondering if Landrunners Club is going to have a marathon training group again this year? My e-mail address is different than last year, so I was not sure. Please let me know. If so, I'm very interested and look forward to running with your WONDERFUL group again!!!

*Gabriele Woods*

I am glad to see some of you made it out. I had high hopes of joining you, but upon leaving my house and seeing the rain, realized I was ill equipped to run in the rain, no gear. So spent the better part of the morning looking for rain gear. Hope to see you guys out next weekend for the run.

*Donna Mares*

Lee Kissenger of the Edmond Running Club gave me your contact information. I would like to be put on your e-mail list. My goal right now is to run the half at the Memorial in April and then run a full in the fall, probably White Rock. Anyway, Lee suggested that I get on your list and that you have a good time with a lot of fellow runners.

*Randy Nance*

You said to put the 16 weeks training schedule on my refrigerator as a constant reminder. I have printed four copies. One for my car, my desk at work, and the fridge and treadmill at home.

*Laura Philbin*

I think I will hold off until the mileage gets higher. I am actually not a novice runner. I ran in college and have been doing it for 16 years. There have been years when I averaged 80 miles per week. Currently I range from 50-70, but am trying to get it up again. Anyhow, I am looking for a group to do longer runs with and Landrunners seems like a good fit.

*Mike Machiorlatti*

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*(Below): Allison and Susan Swyden chat with Benny and Angela Meier before the January 27 training run.*

*The Meiers have completed all six*

*Memorial Marathons.*



# RUNNING FOR BELLA

By Jill Abbey

Running For Bella is a race to benefit a little girl in Norman with a rare neurological disorder called Lissencephaly. All proceeds will benefit the Isabella Ruth Stringer Fund and also Lissencephaly genetic research performed by Dr. Dobyys, MD at the University Of Chicago Hospital.

The race will be March 24, 2007. We will have a 5k, 1 mile fun run/walk and kids races. The 1 mile run is at 7:40 a.m. and the 5k at 8 a.m. Kids races are at the conclusion of the 5k. The 5k is certified and sanctioned

and timed using timing chips. Race fee is \$20 for the 5k and 1 mile run, and kids races free. The race is at the Norman Regional Hospital Healthplex, I-35 and Tecumseh.

Run For Bella web site is [www.runningforbella.org](http://www.runningforbella.org). For more information on Lissencephaly the website is [www.lissencephaly.org](http://www.lissencephaly.org). We really appreciate Landrunners help in making this a successful race.

For more information phone Allison Doonkeen, 570-0579.

Isabella is a beautiful little girl who deserved a beautiful life. Fate intervened, and now Isabella won't have the opportunities we all take for granted. Lissencephaly is a rare disorder that

do what she will never be able to... Run. Just run. We can make a difference!

can be helped. Children like Bella need our help. Show your support for Bella and families like hers and

more info and registration at:  
[runningforbella.org](http://runningforbella.org)



**March 24, 2007 • Norman, OK**

5k Race	1 Mile Fun Run/Walk	Kids' Races
8:00am	7:40am	following 5k

sponsored by  **net.orange**  
healthcare. simplified.

Norman Regional HealthPlex  
I-35 and Tecumseh  
Awards and Door Prizes

# ***Buckle of the Wheat Belt Classic***

**Saturday, March 17, 2007**

**Downtown Kingfisher, Oklahoma**

**5km - 8:30 a.m.**

**1 mile Fun Run – 9:00 a.m.**

**1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Overall – Male and Female**

**Standard Age Division Awards**

**USATF Sanctioned Event**

**Certified Course**

**Entry Fee**

**\$15.00**

**T-Shirts Limited to 1<sup>st</sup> 100 Entrants**

**Pre-register by mail:** Kingfisher Rotary Club, %Jeff Hyatt, 1119 South 7<sup>th</sup> St., Kingfisher, OK 73750

**Register Race day:** 7:00 a.m. to 8:15 a.m. at Rose Rock Bank, 320 North Main St.(in alley behind bank),  
Kingfisher, OK.

**Make checks payable to:** Kingfisher Rotary Club

**For more information call:** (405) 375-4301

-----**Clip & Return**-----

**“Buckle of the Wheat Belt Classic”**

**Name** \_\_\_\_\_ **Age on Race Day** \_\_\_\_\_ **DOB** \_\_\_/\_\_\_/\_\_\_ **Sex** \_\_\_M\_\_\_F

**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **St** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone** \_\_\_\_\_ **I would like to enter** \_\_\_\_\_ **1 mile** \_\_\_\_\_ **5km**

**E-mail address** \_\_\_\_\_

THIS IS A RELEASE: In consideration of acceptance of this entry, I hereby waive any and all claims for myself and my heirs against the Kingfisher Rotary Club and each of its agents, volunteers, servants, officers and members for injury or illness which may directly or indirectly result from my participation and I further agree to \_\_\_\_\_, or damage to persons or property which may arise by virtue of the undersigned engaging in the “Buckle of the Wheat Belt Classic” run. I further state that I am of proper physical condition to participate in this event. I  concerning my participation in this  exist. I further agree that the startin  provided, there will be a possibility of traffic on the course. I assume the risk of running in traffic. I agree to yield to all emergency vehicles. I also understand that the course is considered closed after one (1) hour, and that I may be asked to leave the course after that time. IF THIS RELEASE IS NOT SIGNED YOUR ENTRY WILL NOT BE PROCESSED. NO REFUNDS

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

**(Parents or guardian must sign if entrant is under 18)**

T-Shirt Size    M                    L                    XL

**For Official Use Only :**    **Paid Cash/Check**            **Date Paid** \_\_\_\_\_ **Race #** \_\_\_\_\_

# RUNNING BACKWARDS

by Paul Lekawski

## Remember that Valentine's Day about 10 Years Ago?

### 10 YEARS AGO

• The new club officers: Jim RO-BLYER, President; Sam LOY, Vice President; Suzie BOSTICK, Secretary and Tom BRIGGS, Treasurer welcomed Dr. Mike Knight, Chairman of the Psychology Department of UCO to speak on Compulsive – Obsessive Behavior. You know, sorta what runners seem to do when it gets freezing rainy outside!

• There was a Midpack Marathon-er's Lament written by the late Michael Carpenter. It read (in a rap style at a 9 min/mile pace on 2nd lap around Lake Hefner in afternoon after working all night and no sleep, cramming for the Tulsa Marathon)-

Why am I not home in bed?  
 What was that my mama said?  
 "If you try, you'll die – I'll cry – Marathoners end up dead."  
 Why is it that I can't quit?  
 Am I finally getting fit?  
 Then why am I too tired to spit?  
 Someone please call out my splits.  
 Why is it that I can't stop?  
 Call a motorcycle cop.  
 Let me ride on the side  
 To the nearest doughnut shop.  
 Tell me when we're having fun.  
 Why is it that I must run?  
 Is this torture almost done  
 Or is the rerun just begun?  
 When I die and go to heaven  
 With all my splits sub-six & seven,  
 I'll run forever and never get tired,  
 Behind Jack and Fish and Janet Myers

Unfortunately, Mike passed away on December 3, 2006 after a brief illness. He served on the Club's Board of Directors in 2003 & 2004. We'll miss him and

we all hope to run with him again.

• The OCRC Bulldog Awards were announced and the winners were:

### MINI BULLDOG

Olga S. Smith – 71.1 Race Miles

### 100 BULLDOG

Jim Roblyer – 100 Race Miles  
 Kathy Moffitt – 123 Race Miles  
 Sam Loy – 136 Race Miles  
 Dan Towns – 140 Race Miles  
 Jim Campbell – 141 Race Miles  
 Leo Wade – 142 Race Miles  
 Mary Sands – 144 Race Miles  
 Rachel Alfaro – 149 Race Miles  
 Michael Browder – 155 Race Miles  
 Curt Ransom – 175 Race Miles  
 Fisher Lewis – 304 Race Miles  
 Janet Myers – 355 Race Miles

### 200 BULLDOG

Suzie Bostick – 205 Race Miles  
 Joanne Contreras – 284 Race Miles  
 Michael K. Carpenter – 326 Race Miles  
 Jim Smith – 395 Race Miles  
 Rex Friend – 711.1 Race Miles

### 5 YEARS AGO

• We welcomed the new Club Officers: President, Nels BENTSON, Steve JOHNSON, Vice President; Marie BRESHEARS & Suzie BOSTICK, Co-Secretaries and the always reliable Tom BRIGGS, Treasurer. Joining these officers were new members to the Board of Directors: Mark BRAVO; Kim BRICKER; Jennifer GILES; Amos HARJO; Dot HENSLEY; Jennifer HOPPER; Kevin JACKSON; Jo Ann PATTERSON and Chris ROBINETT.

• The Oklahoma City Memorial Marathon was in the throes of it's second

annual event and a once again a training group was being formed by Jack and Sherri RECTOR. Their training schedule hit the newsletter again and eventually they assembled more than 40 runners for the training runs.

• Paul LEE (former OCRC member and now a resident of Texas) contributed an article on how bad February was for running. But he still remembered his first run with the OKC Running Club. He had begun running on his 40th birthday in October of 1978 and entered a club race at the fairgrounds. There were about 25 that showed up on a horrible Saturday morning in the ice and thinking that he should finish near the top, he finished last in the whole group and vowed to leave immediately and never compete again. However, his car was blocked in and he had to wait until after the awards ceremony to get out. Sure enough, he had won a trophy and was hooked after that. Now that's some of the pleasure of becoming a runner and joining the Club.

• Paul LEKAWSKI contributed an article on the delight of traveling to Las Vegas to run a half-marathon on a very rare occasion as the tragedy of 9/11 rescheduled the Super Bowl for the same weekend as the race. Seemed to have left an ice storm behind in Oklahoma City, only to have most of his money "iced" in Vegas! Oh yeah, the run was great!

So RUNNING FORWARD in February should bring the normal "cooler" runs and perhaps Cupid will bring a "love" to your running and training program!

*Got some thoughts or reminiscents? Submit them to the newsletter editor and let's read some history.*



**Come celebrate 20 years with us!**

15 % off all winter apparel

The New Spring Shoes Are In

Nike Structure Triax 10

Mizuno Creation 8

Brooks Beast

Fila Sanctuary 3

Asics 2120

New Balance 1061

Saucony Omni 6

Adidas Supernova 9

Nike Zoom Plus

M-Sat 10:00 to 6:00 Thursday 10:00 to 7:00

*The Original Since 1987*

# ICE STORM 2007

## Maintaining Conditioning

*A number of Landrunners were asked what they were doing to maintain conditioning during the 2007 Ice Storm. Below are replies we received:*

My response is that I had not run outside for 10 days and I was going to the YMCA and alternating between stationary bike, weights, swimming and minimal time on the treadmill while repeating the mantra “ boring, boring, boring”

*Don Smith*

### ENERGETIC DAYS

Make a hazardous journey out of the neighborhood at 5:15 a.m. (nobody out on the road) and drive to Mercy Hospital Health Fitness Center (about 1.5 miles) and hit the weights and treadmill for anywhere between 30 minutes & 1 hour.

### NON ENERGETIC DAYS

Pull the blanket over my head and catch some more z’s. Get up and make some hot chocolate and get exercise by watching ESPN Sportscenter! Good Times! Unfortunately for me, my “naggy” wife makes me go to Mercy about 6 days a week!

*Paul Lekawski*

Run on the treadmill at your local health club or YMCA. Pull out the old track spikes, (or golf shoes), bundle up, and go anyway. Travel to Houston and run a marathon thus earning a recovery week!

*John Oseland*

I have been doing a lot of “spinning” and weight work at the gym. In addition I am trying to eat less!

*Nels Bentson*

I am putting a lot of time in on the elliptical trainer at the gym. I am also keeping my cardio up with aerobics, supersetting my weight training, and a little bit of kickboxing. Be careful out there Runners! See you soon!

*Tracey Rose*

I put on my golf shoes and run outside. Try it!

*Sam Loy*

I’ve done my speed and tempo sessions (using Furman First to the Finish marathon training) indoors on the treadmill at the Base gym. Tomorrow, I’ll see if I can manage an easy 4 mile run outdoors. Looks like it is a definite for snow during daylight hours Saturday. Love to run Chili, but not sure I could make it to race site safely. Running in falling snow is a blast! Maybe I’ll run 20 on Saturday in my local area.

*Doug Cunningham*

Hi, Don: I have been reading about the training schedules of the elite marathoners and have noticed a common aspect of their training - occasional periods of rest. Although certainly not an elite runner I decided to follow their example and reconcile myself to the fact that trying to run outside in this weather and on these surfaces is sheer (pun intended) madness. I have a treadmill, stair machine and stationary bike - all bore me to death even if watching recorded entertainment, so I am doing about a half an hour every other day on this combination. I feel like I have lost all endurance fitness and I'm going mad not being able to run outside. Best regards.

*Bill Robinson*

What do you mean you can't run outside now? I have run outside Saturday, Monday, Tuesday, Wednesday, and Thursday morning of this week. I ran in what would normally be grass, but is covered in sleet. It was much less slippery than the actual road.

*Jane Pace*

I was in Dubai running the marathon there, and missed it all! Now I'm enjoying a post-marathon rest, so inactivity doesn't bother me at all! Soon, though, I'll need to get moving again, but another storm is on the way! Maybe I'll use the indoor track at the Y, but I HATE that. Still, it's better than falling and breaking a bone.

*Tom*

I thought these were interesting and insightful comments. Sam put on his golf shoes with spikes to run. I guess we runners should take up golf as an added activity so that we will have a pair of those shoes available when the next storm comes along. Tracey has incorporated kickboxing into her routine. Be warned. Do not cause her to become angry with you. It showed great foresight for John and Tom to schedule those marathons at such a time that they would be in recovery mode when the storm hit. Jane just went out and "did it"--weather be damned. Thanks to all who shared their info.

*Don Smith*

## ***New Landrunners 12/26/06-1/26/07***

Jerry Anderson	Angela Jones	Kenny Warden	Dana DuRoy
Rhonda Goodwin	Megan Harton	Karin Davis	Sherry Davis
Katie Condor	Brian Pever	Karen Greer	Debbie Wells
Jonathon Condor	Lindsey Pever	Carrol Wright	Laurence Burnsed
Debbie Sinard	Aaron Hamby	Larry Windsor	Priscilla Crawford
Mark Bruning	Julie Costilla	Donna Windsor	Joey Blanco
Angela Bruning	Patrick Mulqueen	Eric Gates	Anitra Blanco

**Join the Team...**  
**Join the FUN!!!**



## Join the Oklahoma City Running Club!

Check Out Our Website  
[www.okcrunning.org](http://www.okcrunning.org)

For information on...

- Calendar of Events
- Local Fun Runs
- Marathon Training
- Beginning Runners Clinic
- Fun Social Events
- Informative Monthly Meetings
- Regular Training Runs
- Special Running Events

Join the team for  
**\$20**  
*only*  
(individual or family)

We'd like you to be a part of our winning team...

**MONTHLY MEETINGS:** The Running club meets on the 3rd Monday of each month at a centrally located restaurant which will be identified in the monthly newsletter. Meetings start at 6:30 PM and will include: a guest speaker, race information and anecdotes from recent running trips and events involving club members.

**MONTHLY NEWSLETTER:** Announces upcoming events, programs at the monthly meeting and local and national running news.

**SERIES RACES:** You gain points for competing in local races and become eligible for qualification of a nice award at the Annual Series Races Award Meeting.

**KPF:** Kids Participate Free program in which children are allowed to run any distance race free, with the accompanying adult entry.

**THE SPORTS SOURCE:** A complimentary subscription to the monthly local sports participation newspaper.

**Join the team and you will receive a one year membership in the Oklahoma City Running Club and all of the above benefits.**

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### Oklahoma City Running Club Application

(If more than one name, please list on back)

Name: \_\_\_\_\_ Sex:  M  F Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (day) \_\_\_\_\_ (evening) \_\_\_\_\_

Email: (1) \_\_\_\_\_ (2) \_\_\_\_\_

- New Member  Renewal  
 I would be interested in helping with club activities

Make Check payable and mail to:  
Oklahoma City Running Club  
P.O. Box 18113  
Oklahoma City, Oklahoma 73154

# Landrunners Running Club Race Series - 2007 Participating Events

Run For Your Life - OKC	8K	1-Jan	St. Gregory's	5K	14-Jul
Run For Your Life - Tulsa	8K	1-Jan	Code 3	5K	21-Jul
Chili Day Run	10K	20-Jan	Run With The Bulls	5K	18-Aug
Sooner State Games Trail Run	12K	3-Feb	Brookhaven Run	5K	1-Sep
Frigid Five	5M	10-Feb	Makin' Tracks	5K	8-Sep
Creek Classic	5K	3-Mar	GEICO Race For Freedom	10K	15-Sep
Panera Beacon on the Bay	25K	10-Mar	Renaissance Run	5K	22-Sep
St. Paddy's Day Race / Great Plains	8K	17-Mar	Eskimos Joe's Juke Joint Jog	5K	22-Sep
Red Bud Classic	10K	15-Apr	Watonga Great Rat Race	10K	13-Oct
OKC Memorial Marathon	26.2M	29-Apr	Trolley Track Run	10K	20-Oct
OKC Memorial Half Marathon	13.1M	29-Apr	Toys For Tots	3K	27-Oct
El Reno Bun Run	10K	5-May	Rainbow Run	12K	3-Nov
Gusher Gallop	5K	19-May	Run With The Stars	5K	3-Nov
Bricktown Blaze	5K	19-May	Run For Air	5K	10-Nov
Andy Payne	10K	26-May	Turkey Trot, OKC	8K	22-Nov
Red Earth Run	5K	2-Jun	Downtown In December	5K	11-Dec
Old Glory Run	5K	9-Jun	Jingle Bell Run	5K	18-Dec
Quizno's Super Summer 8	8K	23-Jun			
Bethany Freedom Run	8K	4-Jul			

\* all dates are subject to change

# Oklahoma City Running Club Race Series

## 2007 Series Standings - Top 10 in Each Age Group ( as of Chili Day Run, held January 20 )

Name	Score	# of Races	Name	Score	# of Races	Name	Score	# of Races	Name	Score	# of Races
<b>FEMALE AGE GROUPS</b>			Mary Hammer	7	1	<b>35-39</b>			Bill Snipes	6	1
<b>9-12</b>			Julie Costilla	5	1	Matt Johnson	10	1	Ric Williams	5	1
Cara Romannose	10	1	Frances Williams	4	1	<b>40-44</b>			Kevin Lynes	4	1
<b>25-29</b>			Susan Swyden	3	1	David Lanning	19	2	Chris Carr	3	1
Tiffany Cone	20	2	<b>50-54</b>			David Manguno	15	2	<b>55-59</b>		
Heather Patterson	9	1	Debra Chronister	20	2	Michael Chionopoulos	11	2	Bill London	10	1
Cara Jackson	9	1	Marie Breshears	9	1	John Oseland	10	1	Kim Becker	9	1
Allison Henley	8	1	Jerianne Davis	8	1	Bill Goodier	9	1	Bob Loving	8	1
<b>30-34</b>			Dani Conovar	7	1	Eddie Tidwell	8	1	<b>60-64</b>		
Katrina Lacher	10	1	Anne Wright	6	1	John Machamer	6	1	Nels Bentson	17	2
Adrianne McCasland	9	1	<b>55-59</b>			Ralph Breckenridge	5	1	Benny Meier	14	2
<b>35-39</b>			Rhodora Bray	19	2	Joe Pellow	3	1	Ron Kuykendall	10	1
Belynda Tidwell	10	1	Sandy Pace	10	1	<b>45-49</b>			John Hargrove	9	1
Dana Campbell	10	1	<b>60-64</b>			Chuck Mikkelson	19	2	Richard Tate	9	1
Angela Jones	9	1	Evelyn Rowland	10	1	Mike Gibson	10	1	Jon Hulsey	8	1
Kresta Logan	8	1	Suzanne Wilson	9	1	Jack Maguire	9	1	William Morris	5	1
<b>40-44</b>			<b>65-69</b>			Scott Wagner	8	1	<b>65-69</b>		
Karrie Beardsley	20	2	Kathy Moffitt	20	2	Richard Wallen	7	1	Jim Tabor	20	2
Karen Davis	9	1	Betty Bell	9	1	Ray Meier	6	1	Jim Roblyer	18	2
Cara Rogers	8	1	<b>MALE AGE GROUPS</b>			David McCreary	5	1	Buddy Jones	13	2
Rebecca Johnson	7	1	<b>25-29</b>			Ken Kastelic	4	1	Kent Frates	9	1
Karin Romannose	6	1	Jason Partee	20	2	<b>50-54</b>			Bill Robinson	9	1
<b>45-49</b>			Robert Cassidy	9	1	Douglas Cunningham	20	2	Adrian Wolford	8	1
Mary Mikkelson	19	2	<b>30-34</b>			Maurice Lee III	17	2	Bob Bish	7	1
Sharon Haley	17	2	Aaron Hamby	20	2	James Butler	9	1	<b>70-74</b>		
Jamie Pivniska	14	2				Ben Cherry	8	1	Don Smith	19	2
Jane Pace	10	1				Pat Burns	7	1	Tom Briggs	10	1
						Vaden Dean	7	1			
						Terry Bass	6	1			



**P.O. Box 18113, OKC, OK 73154**

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## **Check Your Mailing Label!**

If your mailing label reads 02/07, it is time to renew your subscription. To Renew Your Subscription:

1. Write a check for \$20 to OKC Running Club
2. Mail Check with your mailing label (above) to:

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

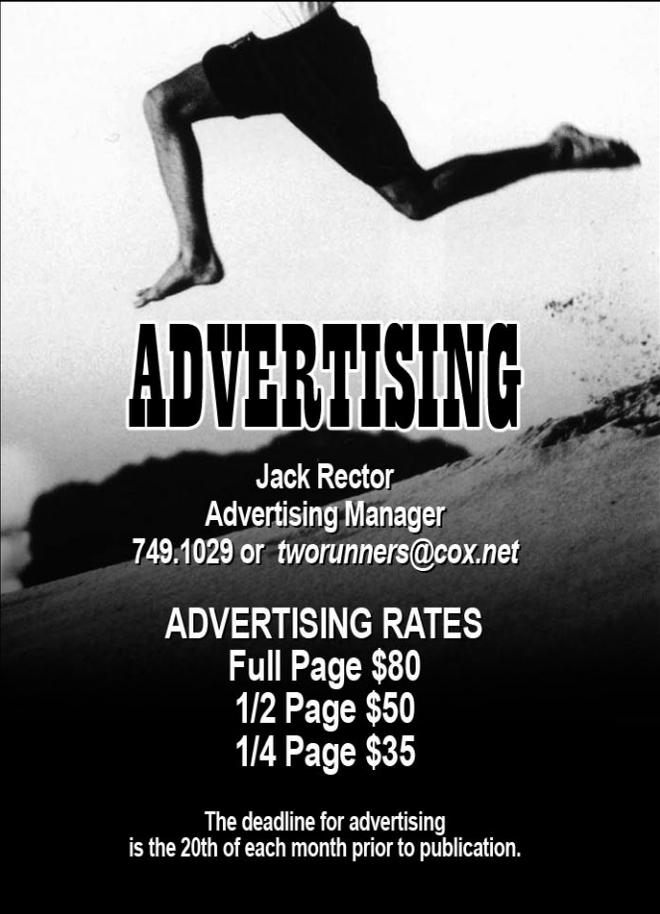
## **Has your address changed?**

Please send us your new address!

**Visit The Landrunners Running Club 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.



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Advertising Manager  
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