

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

December 2007 - Issue No. 140

Landrunners Party In Style!

by Kresta Logan

A chill in the air couldn't keep more than 80 Oklahoma City Landrunners from the Round Barn in Arcadia for the 2007 Fall Banquet!

This year's banquet was chock full of great food, fantastic entertainment, heartwarming speeches, cool door prizes, a community-driven donation drive, and lots and lots of big screen photos!

Kam's Kookery & Guilford Gardens provided the catered meal of awesome appetizers, mouth-watering main course morsels, and delectable desserts (yes, I love alliteration).

Country and western music sensation Macy Wainwright provided the toe-tapping tunes (there goes that

alliteration again) that kept the good times movin' throughout the night, while the handiwork of Bill Goodier provided the backdrop of Landrunners photos from past years races, parties, and training group runs.

The Runner's Brent Gaddis, Elite Feet's James Drain, Ron's Sports World's Ron Kuykendall and DG Productions' Don Garrett each furnished lucky Landrunners with various door prizes from race entries, race gloves, and my own personal fave ... a new timing chip of my very own!

The inaugural Heart & Sole T-shirt and donation drive took place at the banquet ... watch for a full recap and photos in the January newsletter!

And finally, who could forget two-year Landrunners President Bill Snipes' touching words of thanks as he stepped down from a job well done. What a guy!

"I couldn't have succeeded at the position of president without help from a long list of people,"

See Fall Party, page 11

For Landrunners, Thanksgiving Continues

As I write my final letter for the newsletter with Thanksgiving weekend winding down, I still find much to be grateful for. The list of people who have made the past two years successful seems endless . . . as it should be and that's what makes our club great. In exceptional ways Bill Goodier and Marie Breshears have stepped forward to help the club and were recognized at the Fall Party as recipients of the Club Service Award and the President's Award.

"There is usually something that each of us can do very well, perhaps better than anyone else." That is a line from my first letter for the newsletter. So many of you have responded and given your "something" to this club, the response has truly been overwhelming. It is very gratifying to have the exceptional support so many of you have given. The

dedication and support I see shown to each other as runners and to this organization are remarkable.

January 1st, there is going to be a new sheriff in town. Bill Robinson has been elected by the board of directors as President for 2008. Others elected to serve in 2008 are Chuck Mikkelson, Vice President; Tom Briggs, Treasurer; and Bob Loving, Secretary. I'm very excited about Bill agreeing to serve as President in 2008 and the slate of officers elected to assist him. Let's continue to give the club and Bill the same level of support that I was afforded in the past two years. I am confident they will do a great job.

As always . . . good running to all,

Bill Snipes

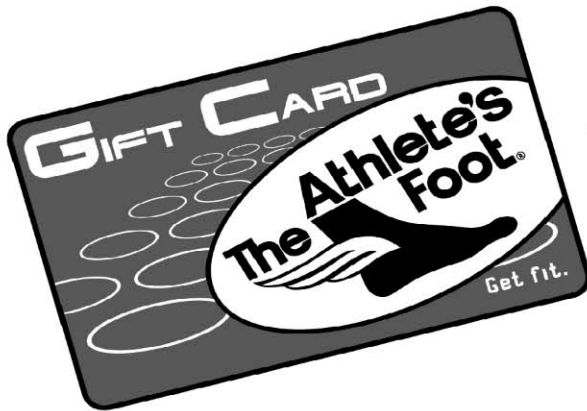
Upcoming Landrunners Meetings/Socials

<u>Date</u>	<u>Meeting / Social</u>	<u>Location / Time</u>	<u>Speaker</u>
Dec 17	Christmas Social	Home of Nels and Donna Bentson 2601 Warwick Drive, 6:00 p.m. visit www.okcrunning.org for more details	TBA
January	Meeting	TBA	TBA

Landrunners Online: www.okcrunning.org



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Repair Projects at Lake Hefner

The Oklahoma City Water Utilities Trust soon will begin two repair projects at Lake Hefner. On Nov. 14, citizens walking or biking at the south end of the lake will encounter a short detour off the trail west of the remote control Airplane Park field. The project will repair the erosion caused by last summer's excessive rain and will take about 4 months as it will require extensive repair of the retaining wall.

The second project at Lake Hefner is expected to begin in December or early 2008. At that time, the Hefner dam road and trail will be closed between Britton Road and Old Lakeshore Drive. Estimated time of the project is six to nine months, depending on construction and weather conditions.

The road across the dam is primarily used for recreational purposes, and construction will not cause traffic detours outside the lake property. However, hundreds of citizens a day use the walking/biking trail or fish off the road.

"We realize the road closing will inconvenience the citizens who enjoy walking, biking or fishing on the north side of Lake Hefner, and we truly apologize for that," said Debbie Ragan, public information officer for the Utilities Department. "We looked for ways to avoid closing the trail during the project, but the road is too narrow to safely allow construction and recreational activity."

The erosion along the bank and under the road occurred over a number of years, but the damage and leaning guardrails worsened with the excessive rain last summer. This shift in soil also caused the dam face to begin sloughing off.

The project consists of these repairs:

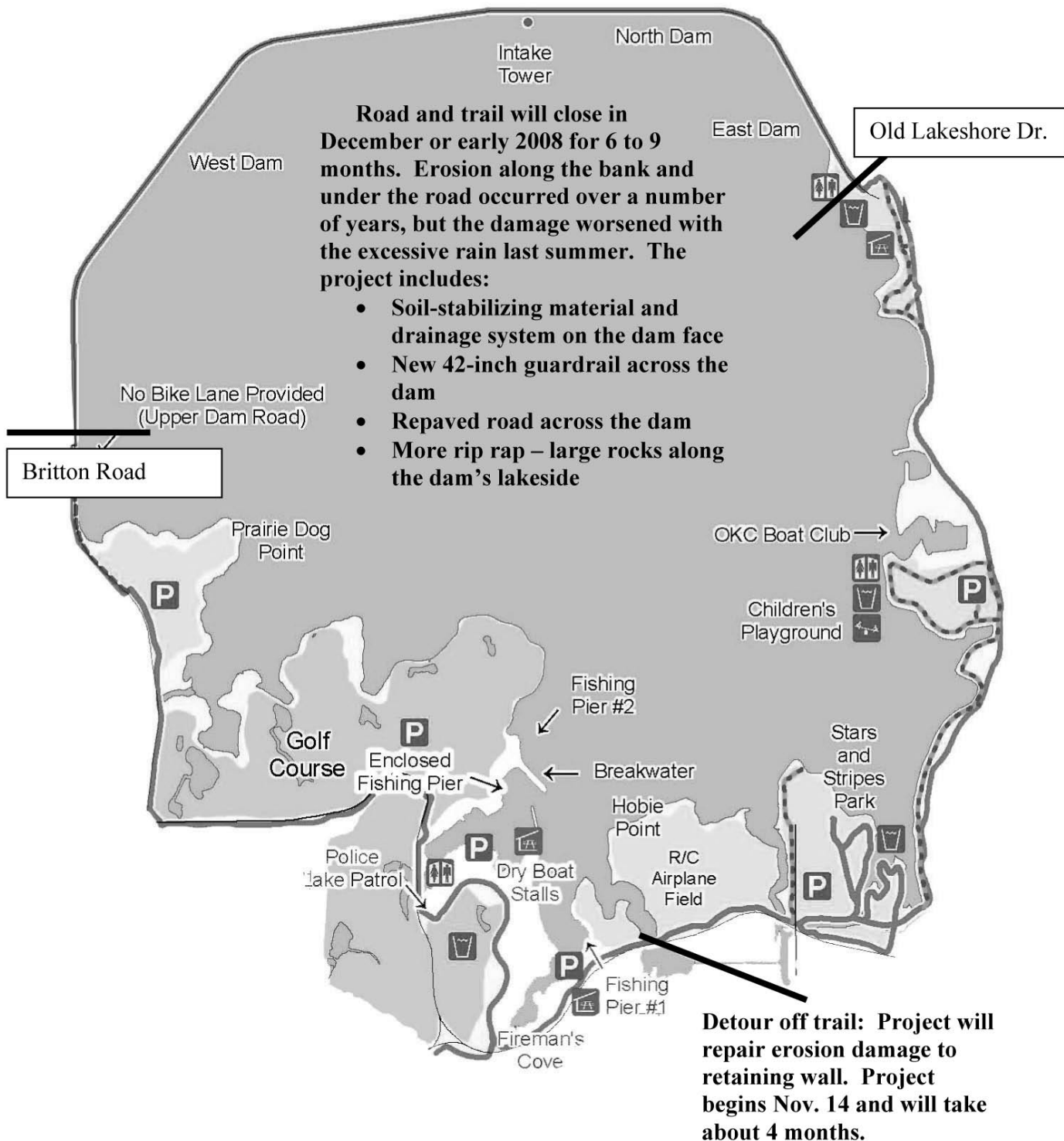
- Additional rip rap, dropping large rocks about every 50 feet along the lake banks to stop erosion on the lakeside of the dam
- Geo Web soil-stabilization material, re-vegetation and drainage system on the dam face, preventing future soil erosion and sloughing
- New 42-inch high cable guardrail across the dam, meeting current safety standards
- Repaving of the road across the dam

Until construction begins, citizens are welcome to enjoy the trail and road. The dam is in no danger, but these maintenance repairs will ensure the integrity of the dam and prevent further deterioration.

"The project time is great opportunity for citizens to explore the City's other lakes and trails," Ragan said. "When the project is completed and reopened, they will return to Lake Hefner and enjoy an even better and safer place to walk, bike or fish."

Lake Hefner Repair Projects:

1. Detour off the trail west of Remote Control Airplane Park.
2. Road and trail to close between Britton Rd. and Old Lakeshore Dr.



THANK YOU!

I would like to extend a sincere "thank you" to each person who has volunteered their time and energy for the Landrunners Running Club in 2006-2007.

- Bill Snipes

2006-2007 Volunteers

Adi McCasland	Jamie Pivniska	Maurice Lee
Amos Harjo	Jane Pace	Melanie Harding
Angela Meier	Jim Campbell	Mike Haeger
Annette Wilson	Jim Roblyer	Nels Bentson
Arnie Angelici	Jo Ann Patterson	Paul Lekawski
Benny Meier	Joanne Jackson	Paul Oseland
Bill Goodier	Jodie Spielman	Randy Ramirez
Bill Robinson	Joel McCarty	Ric Williams
Bill Weeks	John Callaway	Richard Tate
Bob Loving	John Hargrove	Rick Swyden
Brent Gaddis	John Oseland	Ron Kuykendall
Bret Sholar	Joy Parduhn	Sam Loy
Cara Rogers	Kamala Gamble	Sharon Haley
Christy Whiddon	Karen Davis	Sherri Rector
Chuck Mikkelson	Karrie Beardsley	Steve Johnson
Dana Campbell-Sternloff	Kathy Moffit	Steve Spielman
David Lanning	Katie Oseland	Steve Sternloff
Deb Johnson	Katrina Wilson	Susan Swyden
Don Garrett	Kent Frates	Suzie Bostick
Don Smith	Kevin Lynes	Taylor Miles
Donna Banks	Kresta Logan	Terry Bass
Donna Bentson	Kristin Ferrier	Thomas Hill
Doug Cunningham	Kristina Davis	Tiffany Cone
Emilie Rogers	Lance Cornman	Toby Rogers
Evelyn Rowland	Linda Lekawski	Tom Briggs
Frances Williams	Makenzee Highfill	Tom Coniglione
Frank Willis	Marie Breshears	Tracey Rose
Gaile Loving	Marion Ramirez	Trey Cone
Gary Yargrough	Mark Bravo	Troy Banks
Jack Rector	Mark Bravo	Warren Jones
	Mary Hammer	
	Mary Mikkelson	

FALL PARTY Sponsors

A special Thank You to the sponsors of our Fall Party. Thank you for making the event a fun and rewarding time!

The Runner (Brent Gaddis)

DG Productions (Don Garrett)

Ron's Sports World (Ron Kuykendall)

Elite Feet (James Drain)

OK Runner (Gus Thompson)

Beau's Wine Bin

Marathon To Athens:
**THE ORIGINAL
MARATHON**

by Emily Rosenberg

On November 4, 2007, while Paula Radcliffe was busy winning the women's side of the New York Marathon in 2:23. I did something she was not able to do. I ran the Athens Classic Marathon from the ancient city of Marathon to Panathinaikon Stadium, the original Olympic Stadium in Athens. And I did it faster, my daughter informs me, than Katie Holmes' 5:29, who also did the New York Marathon.



Photos: Above - In preparation for the marathon, Emily runs up the 598 steps of Santorini.

Opposite Page - Emily celebrates the marathon finish at famous Panathinaikon Stadium in Athens.



The Athens Marathon began at dawn, as approximately 5,000 runners from many different countries boarded shuttle buses at the original Olympic Stadium in Athens. From there it was to the start line at the Battle Of Marathon. 26.2 miles away. Once there we warmed up on the track surrounding the battlefield, listened to the marching band and watched the Greek folk dancers who came to see us off.

The field where we started is also the permanent home of the Olympic Torch. I was able to get my picture taken with the Official Torch before the start of the race. Promptly at 9 a.m. we let go of the balloons we had been given and the Marathon to Athens race was on! Supposedly it followed the original course of the messenger Phiddipides from Marathon to Athens where he announced the victory of the vastly outnumbered Athenians over the Persian Army, and then he died. Several of us wondered, however, why this man would have taken a course that doubled back

on itself in some of the small towns we ran through. We also speculated that a marathon would be easier today if, say, Marathon to Athens had been only 10K, instead of 42K.

Along the marathon route, which was paved, hilly, and ran through small towns, we saw several exquisite sculptures. The route was lined with many local families and bands who came out to cheer us on. The weather was cool, about 50 degrees, and sometimes rainy which made it harder to run up the slippery asphalt. But we made it! My time of 5:21 is considerably slower than my 4:52 in the Oklahoma City Memorial Marathon, but I have two excuses. One, I stopped several times along the way so I could take pictures and two, my training regimen the previous two weeks consisted of folk dancing and baklava.

All in all, the trip was an unforgettable experience of Greek running and Greek dancing!

How Much Fast Running Should I Be Doing?

By Warren Jones

Many runners run only for the numerous beneficial outcomes. That is, they run not to win races, or even to improve their race times, but just to achieve the many health benefits that arise from running.

Many runners run, though, TO win races or TO improve race times. For those of you who fall (minimally) into the "I want to run faster" category, the natural question arises as to at what intensity levels should you be training to see some results.

A recent study published in *The Journal of Strength and Conditioning Research* gives us some guidance on how the "day to day training intensity should be distributed." The results may surprise you. They surprised me.

In the study, the investigators (from universities in Spain, Norway, and Wisconsin) divided training intensities into three zones. Zone 1, low intensity exercise below the first ventilatory threshold (VT); Zone 2, moderately high intensity exercise in an intensity range between VT and the respiratory compensation point (RCT); and Zone 3, high intensity aerobic exercise above RCT.

VT and RCT are physiological metabolic markers, so for our

purposes, I'll translate where those markers fell relative to percent of Heart Rate Max. While the VT heart rate and the RCT heart rate may not exactly equate to yours, I believe for training purposes, they'll be close enough.

Zone 1 will elicit heart rates at or LESS THAN 78% of max. Zone 2 will elicit heart rates between 78% and 92% (the midrange of which I'd categorize as a tempo run). Zone 3 would be at very high heart rates....above 92%.

The investigators trained one group in a higher amount of Zone 1 training, and less in Zone 2. The second training group trained with less training in Zone 1, and more in Zone 2. So, the second group's training was more intense than the first group's. Interestingly, the volume of training, distances covered (to be distinguished from intensity) was identical between the two groups. Likewise, both groups trained essentially identical volume in Zone 3, the highest intensity. Both groups training volume in Zone 3 was only approximately 8%.

The outcome being measured was race performance. To my surprise, the training group which trained the higher amounts

in Zone 1, the slowest of the three zones, achieved the best results. Of course, the Zone 2 training group improved, but not as much as the Zone 1 group.

Here's a concluding remark by the investigators: "...only a comparatively small amount of training needs to be performed at moderate to high intensities (zones 2 and 3) in order to achieve top performance and prevent overtraining."

The distribution among the three zones? Group 1: 80% in Zone 1, 12% in Zone 2, and 8% in Zone 3. Group 2: 67% in Zone 1, 25% in Zone 2, and 8% in Zone 3. Gosh, for a forty mile a week runner, the "winning" approach would require 32 miles at a comfy pace, just less than 5 miles at a tempo pace, and 3 miles at very high intensity. That's all good.

Warren E. Jones, a Personal Trainer, is an American College of Sports Medicine (ACSM) Health Fitness Instructor, a National Strength and Conditioning Association Certified Strength and Conditioning Specialist, and a holder of an ACSM Certificate of Enhanced Qualification. He can be reached at wej@cox.net.

Fall Party, continued from page 1

says Snipes. "I wish new president Bill Robinson the best of luck as he takes the reins, and I'll be happy to help in any way I can."

Snipes presented the President's award to Marie Breshears for her countless hours of organizing the 2006 and 2007 fall banquets, Beacon on the Bay registration for 2006 and 2007, and for generally picking up the slack in any way she could.

"Marie really was my right hand during the last two years," says Snipes. "She gladly stepped up to the plate any time I asked for her help."

Bill Goodier received the Club Service award for his tireless efforts

in acting as Landrunners web master and for creating a Web site for the club that is informative, interesting and fun.

"We really needed a Web site that kept club members informed on all levels, from races and training runs to medical, social and interactive information," says Snipes. "Bill Goodier not only made that possible,

"I couldn't have succeeded at the position of president without help from a long list of people"

-Bill Snipes, President

but made the site a valuable resource to runners locally and regionally."

For those who missed the festivities, fear not. There's always next year's shindig in which to look forward. But until then, visit the Landrunners Web site and take a gander at all of the tremendous photos that Bill Goodier has posted to commemorate the evening.

Then, if you still can't get the partying out of your system, please be sure to join the fun at the Benton's Christmas party on Dec. 17. They'll provide the minestrone (which, by the way, is fantastic) and good cheer, you provide a salad or dessert. For more information, visit the Landrunners Web site for the scoop!

ATTENTION LANDRUNNERS!

Oklahoma City will hold a Bond election on Dec 11.

Among the items listed to be voted upon is one for

Parks and Recreation. In it is included future funding

for the OKC Trails. You are urged to vote!



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www.okcrunning.org

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

A black and white photograph of a runner in mid-air, jumping over a sand dune. The runner is wearing dark shorts and is barefoot. The background shows a clear sky and the silhouette of trees in the distance.

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