

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

April 2008 - Issue No. 144

So Long, Joanne!

by Jamie Pivniska and Bill Snipes

Saturday evening, March 8, more than 50 Landrunners gathered at the home of Bill Snipes to give Joanne Jackson a wonderful send off to her new home in Colorado. As with most of our gatherings, the evening was filled with great food and drink, warm camaraderie, and a couple of surprises. Joanne has been a longstanding member of our club and has logged countless miles with scores of our members. She is now a veteran of 60 marathons and has helped to train virtually everyone who attended the

party. Joanne represents the running spirit, joy with each mile she logs, and finds a running path at every destination.

A group picture was taken at the party, and then placed in a matted frame that was signed by everyone present. Thank you to Terry Bass for organizing this, as the huge gathering made for a great representation of her "family." Joanne was presented the framed picture toward the end of the party along with a monogrammed

Landrunners jacket supplied by Ron Kuykendall. Joanne's longtime friend and running partner, Sandra Hanson, made the presentations and gave a touching tribute to Joanne's dedication to running and her friends.

Though Joanne will be greatly missed, she has invited us all to join her in June 2009 for a marathon in Estes Park, CO, apparently one of the highest marathons in the country. I'm sure we'll organize a road trip about this time next year.

Joanne touched so many of us in so many ways. Her charge to us: "Run with Abandon." We are privileged to do so. We will miss you Joanne.

Below: Oklahoma City Landrunners wish Joanne Jackson a fond farewell



Upcoming Landrunners Meetings / Socials

<u>Date</u>	<u>Meeting / Social</u>	<u>Location / Time</u>	<u>Speaker</u>
April 21	Club Meeting	Location TBA / 6:30 pm	TBA
May 19	Club Meeting	Ingrid's Kitchen / 6:30 pm 3701 North Youngs Oklahoma City	TBA

Introducing... the New DG Mobile!

by Kresta Logan

Have you noticed the shiny new red trailer lately that has graced us with its presence at the recent races? If you haven't take a gander! It's the new DG Productions mobile!

Don Garrett and his crew at DG Productions are up extra early on race weekends to make our running experiences the best they can be. From ChampionChip timing to lightning quick race results postings, we can count on DG. And it's always nice to hear Don on his megaphone welcoming Landrunners to the proverbial finish line!

Don and the DG staff are always looking for race volunteers as well. So, if you're injured and can't race, or just want to join the fun from the other side of the start line, give Don a call! He'll be happy to put you to work!

Thanks for all you do, DG Productions!



The new DG Mobile

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1 MILE RUN/WALK 5K RUN - KIDS RUN SATURDAY, JUNE 7, 2008

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7:30AM 1 MILE WALK/RUN - 8:00AM 5K RUN - KIDS RUN AFTER 5K

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Distance Running: Salt, Water, Hydration and Overhydration

by Tom Coniglione, M.D.

We have heard it many times; start drinking water three days before the marathon. We have been reminded of the importance of drinking during the marathon or, for that matter, during any long run. All of this is true. Well, almost true.

Each year during or after a marathon, some runner(s) dies from hyponatremia – too small an amount of sodium in the blood. In 2002, there were deaths in the Houston and Boston marathons. In an effort to warn all runners of the potential danger of hyponatremia, these deaths were widely publicized. There is no need for hyponatremia to happen to anyone.

We sweat during and after runs. The hotter it is the more we sweat. The longer we run the more we sweat. The more humid, the more we sweat. Sweating is good because it cools the body and prevents heat injury. However, on a long run in a warm environment, we can sweat a lot.

It has been said runners sweat one to two pints per hour. Yet we have runners in Oklahoma who sweat six to eight pints per hour. Remember, a pint of water is a pound.

You can lose several pounds an hour when running – all fluids that you must get back into your body. The first point to remember is that each runner sweats at his/her own rate. How much you sweat is something you should figure out.

Calculating how much you sweat takes very little work. First, weigh yourself stripped before running. Then run some amount of time (to make the calculation easier, run for an hour. The weight you lost from before running until after you finish sweating is the amount of sweat you made. Remember, in the warm, humid summer, you can sweat for half an hour after you finish running.

WAIT! But you drank some fluids during and after the run. The fluids count as one pound per pint you drank. That amount gets added to the difference in the weight you lost during the run.

Example:

Weight before running (150) – weight after you finish sweating (147) = sweat lost (3 pounds). Now if you drank 2 pints of fluid, you add that to the amount you lost; $3+2 = 5$ pounds (pints) of weight lost. If you ran for an hour, you lose 5 pounds of sweat per hour – in that same environment.

You should know how much you sweat under different conditions. The most important condition you have to be

concerned about is those summer mornings when it is 80° and 80% humidity.

You should also try to experiment in conditions similar to the marathon you will be running.

On the opposite extreme, we know dehydration can lead to heat injuries. The loss of as little of 2-3% of body weight can cause heat injuries. Heat injuries are heat exhaustion, heat cramps and heat stroke. In Oklahoma, we have seen all of these heat injuries. Drinking adequate volumes of fluid with the proper balance of water and sodium (salt) will avert these heat illnesses to a large extent.

Thus, during the marathon you have to avoid getting too dehydrated, but avoid getting overly hydrated. This is where your rate of sweat loss calculation becomes important. You know your sweating rate. Replace at about the same rate you are sweating, or a little less. A rule of thumb is to replace 75% of what you lose each hour you run.

During the marathon there is no need to replace all the fluid you are losing. Many runners finish a marathon a little dehydrated. Dehydration is easy to correct.

After the marathon, there is no need to hurry to replace the fluid. Once you stop running, you will be catching up on lost fluid. Weighing yourself is a good idea to let you know how much you need to drink.

One way to know you have replaced your fluid is to look at the color of your urine. In general, if the urine is dark yellow, you are behind on fluids. If you urine is light colored, you are adequately rehydrated. You do not want the urine to look like straw or water – this means you are overly hydrated. By the end of the day you run long or run a marathon your urine should be reasonably light colored.

During the marathon there are two things we do not want to do. First, to drink water at every water stop, and, second, to gain weight during the marathon. Either of these is unnecessary and either could lead to the problem of hyponatremia.

The second point of this article is to warn of the dangers of hyponatremia in runners. Hyponatremia was responsible for the publicized deaths in 2002. Certainly, hyponatremia will happen to some runner again. There is no reason for anyone to get hyponatremia.

We use the words “salt” and “sodium” interchangeably. When we sweat we lose salt and water. Hyponatremia

See *Hydration*, page 8

ELITE FEET

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Oklahoma's Only Specialty Running Shoe store with
a College accredited and National Board Certified
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Our highly trained staff will help fit your shoes properly and pick out the correct shoe for your foot type. Our on staff Pedorthist can do a foot examination, tri-plane foot range of motion test, and even a computer gait analysis upon request. We also offer gait training and running plans for any type of runner, and can make external and internal modifications to the shoes to better aid in your optimal gait.

Our custom orthotics start at only \$89⁹⁵ - we have fit thousands of individuals from professional athletes to casual runners. We have the most knowledgeable and educated staff to better assist you.

Elite Feet has more shoes lines to choose from than any other running shoe store in the Oklahoma City metro area. If we do not have what you are looking for in running or casual shoes, we can order from one of the hundreds of styles we have access to.

Come see why we are the best!

Let us know you are an OKC Running Club member for 15%
OFF your entire purchase and 10% OFF Custom Orthotics!

Ask Adi...

By Adrienne McCasland

At the March Landrunner's meeting, Kresta, David Ball, and I were talking about the newsletter articles and I mentioned that I'm still on a search for a dish for the recipe makeover column. Like most of us, David has a few family favorites but as soon as he said 'Taco Lasagna' our eyes lit up and mouths started to water! With just a few tweaks, I was able to reduce the saturated fat and give it a little nutrient boost.

David Ball's Taco Lasagna

2 lbs. lean ground beef (lean ground turkey or soy crumbles work well, too)
2 pkgs. (1.25 oz. each) taco seasoning
4 cloves garlic, minced
½ tsp. cayenne pepper
1 ½ cups water

4 cups fresh spinach leaves, washed
1 Tbs. cornmeal
18 whole grain corn tortillas
3 cups salsa
1 cup green onions, sliced
1 pint light sour cream
1 Tbs. chili powder
2 cups Monterey Jack cheese, shredded
2 cups sharp cheddar cheese, shredded
optional garnishments:
½ cup diced tomatoes
4 oz. can sliced black olives

- 1) Brown beef in large sauce pan and drain well.
- 2) Add taco seasoning, garlic, cayenne pepper, and water and simmer uncovered 8 minutes.
- 3) Add spinach leaves and continue cooking an additional 2 minutes (until

wilted). Set aside.

- 4) Sprinkle cornmeal on the bottom of a 9x13 inch baking dish and cover the bottom of the dish with 6 tortillas.
- 5) Layer in the following order: 1 cup salsa, 2 cups meat mixture, ½ cup green onions, 1 cup sour cream mixture, ¾ cup Jack cheese, ¾ cup cheddar cheese, and 6 tortillas. Repeat. Top with remaining salsa.
- 6) Bake 40 minutes at 375*. Remove and sprinkle with remaining cheese and bake an additional 10 minutes until cheese is melted.
- 7) Sprinkle with optional garnishments if desired and enjoy!

I don't know about you, but this sounds like the perfect recovery dinner after a long run!

guess who??

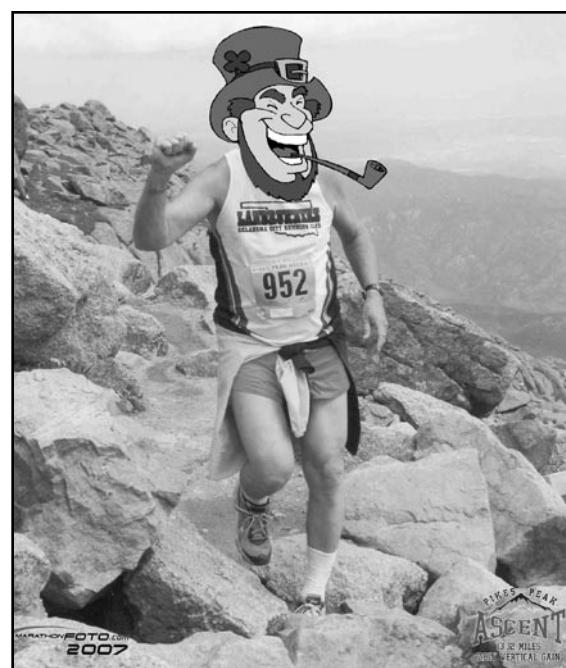
This Leprechaun not only enjoys a good race, but it looks as though he's ready to tackle any mountain that gets in his way! We love a runner who is not afraid to traverse boulders like these, all while wearing his Landrunners tee and spreading the word about our club! Care to take a guess?

The first Landrunner to e-mail the CORRECT answer will win a \$10 gift certificate to The Runner! E-mail your guess to okclandrunnersnews@yahoo.com and you could be the winner!

Right: Who is this fella, and where is his pot o'gold?



Landrunner Doug Cunningham came through with the first and correct answer for the March Guess Who ... Tom Briggs! Tom – we look forward to visiting you and your feline friends again at the fall club social!



5Km

Sat May 3, 2008

Kiddie Dash

Run
Walk

1 Mile

The 4th Annual **INTEGRIS JIM THORPE COURAGE**

Run

REGISTRATION

1. <http://www.signmeupsports.com>
2. <http://integrisjimthorpe.com>

DATE, TIME & LOCATION

May 3, 2008 @9am

Chatenay Square
SW 104th & Penn Ave

ENTERTAINMENT FOOD & REFRESHMENTS

Food and refreshments
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BOARD MEMBER PROFILE: BOB LOVING

by Don Smith

Bob is entering his third year on the Oklahoma City Land-runners board as club secretary.

He started running in 2003 at the Austin Turkey Trot, which is one of his favorite races (along with the Oklahoma City Memorial Marathon). He has run a number of half marathons including San Antonio, Austin, Red Bud, White Rock and marathons in Wichita and Oklahoma City twice.

His wife Gaile, also an active runner, and he have a son in Irving, TX, who works for Fidelity Financial, and a daughter who travels for the Walt Disney Company.

Bob, an engineer with Boeing, was putting out water stops for a training run close to Lake Draper in the near aftermath of the 9/11 attacks, when a policeman stopped him for questioning. Later, some neighborhood residents also asked him what he was doing. Bob doesn't fit the terrorist profile, but people were evidently a little jumpy during that time period.

He also learned a good lesson about overheating during the last half of the Memorial Marathon (many of us can identify with lessons learned from marathoning). I remember Bob at a previous Run for Your Life race on New Year's Day a few years ago (not the one with the dust storm, but the race before that). It was a cold day. Cold! Runners wore tights, wind breakers, gloves, and hats. Bob ran without a shirt. I thought he might be in training for one of those "Polar Bear Club" activities (you

know ... the one where a bunch of guys chop a hole in the ice and then jump in). Maybe he just didn't want to repeat that overheating experience from the marathon.



Hydration, continued from page 4

happens when we sweat and replace what we lose with water, or fluids that do not contain enough salt. In other words, we "dilute" the sodium remaining in the body. This leads to hyponatremia, which leads to brain swelling and all the complications that follow – even seizures and death.

Remember, the first paragraph of this article – start drinking water three days before the marathon. Well, start drinking, but don't drink water exclusively. The fluids you drink should contain some salt. Thus, drink the sports "ades." Preferably, drink whatever fluid the marathon will distribute on the course. Get used to that particular "ade."

Not all ades are the same. Runners report some ades have too much salt and others have too many carbohydrates. Some ades make runners nauseated. If the ade is too salty, drink some water with the ade.

Other than making your stomach a little queasy, there is no harm in having a little extra salt in the fluids. The extra salt will make you thirsty. Thirst will cause you to drink a little more.

A little extra salt will cause no harm and possibly help prevent hyponatremia. At the Oklahoma City Memorial Marathon pretzels will be provided on the course and at the finish line. In the medical tent, our routine will be to give pretzels to all runners who need medical assistance.

We have two things to remember. The first is to have an idea of how much you sweat under various environmental conditions. Second, drink salt-containing fluids proportional to the rate at which you sweat. Replace some during the marathon and the rest once you are finished.

Happy marathoning!

Katie At Cowtown

by Katie Kramer

I can't even believe that I have made it to nineteen! No, that is not how old I am and it is not the number of years I have been a runner..... it is the number of marathons I completed as I crossed the finish line of the 30th annual Cowtown Marathon in Ft. Worth, TX. I wanted this year's Oklahoma City Memorial Marathon to be my 20th so I had to find a marathon to run before that. Ft. Worth is only three hours from OKC, so it seemed like a good choice. As it turns out, it was an excellent choice!

The Expo was great with a plethora of vendors, handing out free goodies, free food, and free beer (which I reluctantly turned down). Runners even received two t-shirts -- one when you picked up your packet and another when you checked your chip!

The race began at Sundance Square in downtown Ft. Worth. I have never seen that many birds in one place! They were everywhere! The weather was great with a starting temp of about 35 degrees. Some people were in full gear, others in shorts and tank tops. I opted for shorts, a long sleeve, and gloves, which turned out to be perfect.

The course was full of twists and turns, which made for a very interesting run. If you were bored, all you had to do was run another hundred yards or so and you would turn into new surroundings. It was full of moderate rolling hills, but again, if you didn't like the hill, you just had to make it a little bit further and it was behind you. While hills aren't necessarily my favorite, they really weren't bad.

I crossed the finish line in 3 hours and 24 minutes, which was good enough for eighth overall and second in my age group. The finish line was your average post run party with plenty of food, a massage tent, and, yes, more free beer. Of course I didn't turn it down this time! All finishers received a silver medal with blue ribbon and an awesome black and white long sleeved tech shirt! The material is heavier than your typical tech shirt, but that will come in handy for some cold morning runs.

Was this a good marathon to run? Most definitely! Would I run it again? It is already on my list for next year and I hope to see everyone there!

THE LIMBS FOR LIFE FOUNDATION PRESENTS

2008 BRICKTOWN BLAZE



5th Annual 5k Run and Fun Walk - May 10, 2008

Run so amputees can walk!

- Race-day registration begins at 3:30 p.m. with the race at 5:30
- Registration is \$20 in advance, \$25 on race day and \$15 for groups of 25 or more
- Run ends near home plate in AT&T Bricktown Ballpark
- Participants and volunteers receive a free shirt and ticket to the RedHawks game vs. Fresno following the race
- Scored with the chip system by DG Productions
- Benefits the Limbs for Life Foundation

REGISTER ONLINE AT LIMBSFORLIFE.ORG



We're not asking for much... just an arm and a leg!

Oklahomans Welcome Runners From Abroad

by Don Garrett

Oklahoma had a visitor on Feb. 23, from the Netherlands. Cees (pronounced Case) Verhoef, the CEO of ChampionChip visited with me to get first hand knowledge of racing and timing in the Sooner State.

Not one to stand around, Cees soon found himself on the starting line of the Sooner State Games 12 km Trail Run at Bluff Creek Park. As you can see from the finish picture, he seems to have enjoyed the run. After the race, he spent time visiting with local runners and race volunteers such as Dave Wood of the Oklahoma Trail Runners Association.

Cees' visit was to learn about the U.S. timers' operations and to discuss ways to keep ChampionChip the leading timing system for years to come. ChampionChip is making many new technological advances that should make racing more enjoyable. When they become available, DG Productions will bring them to runners in central Oklahoma. ChampionChip, it's about time!



Cees Verhoef, CEO of ChampionChip and native of the Netherlands, finishes with a smile at the Sooner State Games 12 km Trail Run at Bluff Creek Park.

Break A Leg

by Kresta Logan

When I first started running a couple of years ago, I was quite excited when I finally got to the point where I considered myself "a runner." I shared this excitement with my mom, who sometimes likes to reminisce about running in her high school days. Apparently she ran on the balls of her feet, because her friends would call her "Twinkle Toes."

So at the training run on Labor Day of 2006, I asked my mom if she would like to join me at Lake Hefner. "I could run out and back while you walk," I told her. "Then I can walk back to the start with you." She thought this was a pretty good idea, and decided to join the group.

So off we went, leaving my mom behind as she walked on the trail. There was no way I was going to encourage her to run, even a little. The woman hadn't run since her Twinkle Toes days. Evidently, she got caught up in the excitement. When I was on my way back, she was much farther along than I thought she would be. This troubled me.

"Did you run?" I inquired.

"A little," she replied, sheepishly.

"Mom, you haven't run since the dawn of time," I remarked (of course she didn't appreciate that comment). "Why the heck would you come out here and start running? You were just

supposed to walk so that we could slowly get you into running mode!"

"I'm sure I'll be fine," she snapped. "I don't think I overdid it."

That night, she said she felt as if her legs were on fire. She couldn't walk without limping.

"But you didn't think you overdid it?" I asked, sarcastically (I secretly enjoyed the mother-daughter role reversal here in which I was the one who got to say "I told you so"). Although I have to admit, I did feel a little badly for her. It took months before I could run without suffering the tired, achy, sore legs.

Two days later, as she headed down her stairs to go to work ... CRUNCH. Twinkle Toes had a broken leg.

Now, I'm not saying the running had anything to do with the fracture. But the woman had descended those stairs a million times before and never had a single problem. I found it odd that only 48 hours following her attempt at regaining her running prowess (albeit 40 years later) that she ends up with a broken leg.

Moral of the story? Don't overdo it your first time out! It's just not worth the problems you may cause yourself!

Oh, and P.S. — Twinkle Toes and I will be WALKING the Oklahoma City Memorial half marathon this year. Wish us luck, fun, and no broken legs!



5K RUN • 1M FUN WALK • KIDS' DASH

2008
**CLEAN AIR
CHALLENGE**
5K RUN/WALK

the american lung association

Saturday, May 10, 2008

Oklahoma City Zoo

2101 N.E. 50th Street

Oklahoma City, OK 73111

7:30 a.m. — Registration

9:00 a.m. — 5k Run

10:00 a.m. — 1M Fun Walk

Awards will be presented to the top finishers in each age group.

WWW.OKLUNG.ORG



Kindred Hospitals
of Oklahoma City



TAKE YOUR RUNNING TO THE NEXT LEVEL

**SATURDAY
MAY 18TH
7:30AM**



Tornado Alley F-1 Duathlon will be held at Mitch Park on May 18th. A challenging run course through Mitch Park and an out and back roller coaster bike course in north Edmond.
Contact: Becky Rycroft, Race Director at: trainerbecky@cox.net

**SATURDAY
MAY 31ST
SPRINT DISTANCE
0.5Ks – 20Kb – 5Kr
State Championship**



**SUNDAY
JUNE 1ST
OLYMPIC DISTANCE
1.5Ks – 40Kb – 10Kr
National Qualifier**



Route 66 Triathlon "Festivus" will be held May 31st & June 1st in El Reno with both events starting in the water at 7:30am. Saturday features a Sprint Distance Triathlon and Sunday is the Olympic Distance Triathlon. For the ultimate experience, do both events at a discount!
Contact: Holly Hicks-Black, Sprint Distance RD at: holly.hicks-black@chkenergy.com or Steve Bussjaeger, Olympic Distance RD at: steveb@hispaint.com

TRI-OKC Triathlon Club of Oklahoma City manages these events. All events are USAT Sanctioned and ChampionChip timed. For information go to www.triokc.org
For race details, additional information, and registration go to www.signmeupsports.com

TeamAutism.org Update

by Stacey Danielson

We are so excited to have more than 20 people signed up to participate in the Oklahoma City Memorial Marathon this year! We have three relay teams of five people and five individuals who will participate in either the full or half marathon. Several of the participants are parents of children with autism. We even have a relay team made up of staff from the Oklahoma Autism Network running in honor of every person affected by autism in Oklahoma. The team is very busy training and raising funds to meet their designated fundraising goals. The individual goal is \$400 and the relay team goal is \$900. The OKC Memorial team fundraising goal for the OKC Memorial Marathon is \$6000!! They have raised almost \$2000 so far.

We also have several people already signed up to participate in the next scheduled events too! It's not too late for you or someone you know to sign up to be a part of the team. Here are the events:

Maui Marathon

Sept. 14, 2007

Full, Half

Walt Disney World Marathon

Jan. 11, 2009

Full (50% full already)

Half (100% full already)

Every dollar raised makes a real difference for Oklahomans affected by Autism. Our partner, the Oklahoma Family Center for Autism, supports families affected by the disorder and provides education/awareness as well. We are glad to partner with such a fantastic organization. Here is their new Web site, www.okautism.org, which is shared with the Oklahoma Autism Network and forms the Oklahoma Autism Alliance.

Here are three ways you can help make a difference:

1. Make a financial contribution
2. Help us recruit corporate sponsors
3. Become a team member, run or walk a marathon.

We want to thank The Landrunners for being a TeamAutism.org supporter. We are able to make a difference in the lives of individuals and families affected by autism only with the help of people like you!!

For more information check out our website at www.teamautism.org.




Society of Petroleum Engineers
9th Annual

5 km Road Race & 1 Mi Fun Run

Featuring Corporate Team Categories

Saturday, May 17, 2008

8 a.m. Lake Hefner Restaurant Area OKC, OK

ChampionChip Timing

Entry Fee: \$17 \$20 day of race

Sanctioned by USATF

Send generic race entry card in center of magazine to:
Society of Petroleum Engineers
Attn: Phil Owens
P.O. Box 720213 • Oklahoma City, OK 73172
Don Garrett, Race Director, (405) 231-1829

register online at <http://www.signmeup.com/59424>

Pace Your Race... As the Elite Do

by Warren Jones

You may not be able to run as FAST as the elite do, but we now know, with exacting precision, how they PACE themselves in their races.

There is no reason in the world why you can't do the same ... pacing, if not speed.

And if you can pace yourself the way "they" do, won't your times improve?

We now have data from a recent International Journal of Sport Physiology and Performance telling us how "world record performance" runners, in 5km and 10km distances, pace themselves.

We're not talking about a few races. And we're not talking about good or even great performances. We're talking about a world record performance, on a particular date, over decades and decades as far back as 1921. In the 5km, during that stretch of time, 32 world records were set. In the 10km, during that stretch of time, 34 world records were set. It is those performances that we consider.

It's arguable, I believe, that the pacing in a world record-setting performance that ONE person on ONE day in ONE race produces would be something we may want to duplicate. To make my point: let's say your current 5km performance is six minutes per km pace, or about a 30 minute 5km. And let's say a world record performance is turned in the day after your 5k at a two minute per km pace for a, yes, 10-minute 5km. I know, I know. That's just over a 3-minute-per-mile pace, but bear with me. Let's say that fella or gal ran that three minute mile pace, by splits in the 5km, at 3:20, 3:10, 3:00, 2:50, and 2:40 (per mile) pace.

Wouldn't it make sense for you to attempt to emulate the same PACING, albeit at a slower speed, to see if you could produce your PR?

But, golly, we're talking bout 32 world record 5km performance paces, and 34 world record 10km performance paces. The numbers I'm about to give are the average among all those. That is, all of them had different race pacing, but the averages of all those certainly merit our attention.

By the way, it's also arguable that just because the world record performances were a product of the pacing described herein, that doesn't mean that that is the correct pacing. Yes, I know, it's hard to argue with success (and one would think that with all the expertise in the racing world, the coaches and runners would be doing anything other than the perfect pacing). To do otherwise would be crazy. There are not, though, any "randomized controlled trials" to verify, or blow away, what hundreds of elite runners have been doing, with much success, over the decades. That would necessitate, minimally, ONE

runner, at the same physiological status, with the same levels of glycogen (blood and liver sugar), with the same taper, with the same ambient temperature, with the same body weight, with the same body composition, with the same pre race nutrients, etc., comparing his or her 5km run at a large number of different pacing speeds. And then having, say, 99 other runners do the same thing. That kind of study won't likely happen.

Let me, though, try to make it clear. The pacing that the world record performers actually produced, decade after decade (different, and a large number of, people, of course), has not been scientifically determined to be the CORRECT pacing. It may be that the pacing was a product of all the other runners in the race going like crazy, and the winner just felt like he had to keep up with them, or it may have been a product of race strategies, mid race, or if may have been the winner just ran "all out" (not necessarily the correct pacing) for the entire race. Who knows?

In any event, here you have it. The fastest kilometer in the 5km in all those world record performances was the fifth km. The second fastest was the first km. The slowest km was the fourth km, followed by the third, then the second.

And for the 10km, the pattern is similar, but different. What? You'll see. Again, the fastest km was the tenth km (do you remember that pain?); the second fastest was the first km (seemed pretty easy, right?). The third fastest was the second km. Kilometers 3, 4, 5, 6, 7, 8, and 9 were almost identical. The "different" part (between the 5km and 10km pacing) is that the tenth km was substantially faster than km 1, more so, percentage wise, than the last km vs. the first km in the 5 km race.

One can speculate about that. I'd argue that all of us (and even those world record performers) run more "conservatively" after our 10 km launch, knowing we have a long way to go, so we have "more left" for the final km in the 10 km than we do in the 5km.

If any of you want to know the actual numbers for those world record performance paces, and the differences among the kilometers, the seconds, the minutes, the percentages, e-mail me, and I'll let you know. Be forewarned, though: most of us couldn't even approach the world records of the 1921 races.

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.

Random Runner's Tips

The Landrunner's training group is now quickly running downhill to the finish line of this spring's marathon training! Many of us recently completed the first twenty-mile training run, and as usual, between gulps of water and bites of delicious pumpkin bread (thanks, Jane!), runners old and new were excitedly sharing stories and tips for the upcoming event. One runner, joining us for the first time, mentioned that Oklahoma City would be her first marathon and she would appreciate any race-day advice. While listening to everyone's words of wisdom, it occurred to me that it would be a good idea to focus this month's tip column on preparing for the big day!

- 1) Remember that you probably won't sleep much the night before the marathon, so be sure to get plenty of rest two nights before. Don't worry....the excitement and adrenaline on race morning will help carry you through.
- 2) Start hydrating well several days before race morning. You don't want to feel like you have to 'catch up' on drinking fluids.
- 3) Start fueling well several days before, as well. And NEVER, NEVER, NEVER try anything new before the race. That is not a good time to discover that your stomach prefers bagels to oatmeal!
- 4) Lay everything out the night before. Be sure your number is pinned in place and your chip is on your shoe. You definitely don't want to run 26.2 miles only to discover that you weren't timed!
- 5) Body glide, lip balm, and sunscreen are your friends. Remember, even on a cloudy, cool day the sun can still burn.
- 6) As many runners have discovered, cotton is not the best material for long distance running. Blisters and chafing can be greatly diminished by wearing technical fabrics.
- 7) Trim your toenails!
- 8) Visit the port-a-john before heading to the start. Then get back in the port-a-john line and visit it again.
- 9) Do a warm-up before the gun goes off. You shouldn't need anything lengthy (after all, you've got 26 miles to run!)....just enough so you don't start out with tight muscles.
- 10) Don't start too fast. It's hard to not get caught up in the excitement, but you'll definitely feel it a few miles in. Also, probably most importantly, listen to your body. It will tell you if you need to slow down.

And a bonus for after the race: Try not to sit down immediately. Walk it out a bit, grab some fluids and food, and wear your finisher's medal proudly! You earned it!

Pleasant running everyone!

~Adi

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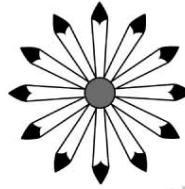
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Recipes To Run By

Spring is upon us! We've all changed our clocks (hopefully!), put away the cold weather gear, and broken out the sunscreen. This is also the time to hit up the farmer's markets for some of that warm-weather produce our stomachs are longing for! Because April features two big running events well-known in Oklahoma -- the Redbud Classic and the Oklahoma City Memorial Marathon -- it only seems appropriate that this month's recipe uses Oklahoma ingredients. So head to your nearest market and be proud of all that this great state has to offer!

Stratford Peach Bread

½ cup softened Braum's butter

¼ cup + 2 Tbs. sugar

½ cup brown sugar

1 ½ tsp. vanilla

3-4 cups diced Stratford peaches

2 eggs

½ cup Braum's sour cream

2 ½ cups Shawnee Mills all-purpose flour

1 tsp. baking soda

½ tsp. salt

1 tsp. cinnamon

optional glaze: ½ cup powdered sugar, 1 ½ Tbs. orange juice,
& ½ tsp. cinnamon

- 1) Cream butter, sugars, and vanilla in large mixing bowl.
- 2) Mix in eggs and sour cream.
- 3) Add flour, soda, salt, and cinnamon and mix well.
- 4) Fold in diced peaches.
- 5) Pour into a greased loaf pan and bake 60 – 70 minutes at 350* (toothpick will come out clean when cooked).
- 6) Combine glaze ingredients and spread on cooled loaf.

This bread is great lightly grilled and topped with a scoop of vanilla bean ice cream!

QUESTION OF THE MONTH

Since so many of us (as runners) are obsessed with shoes, this month's question might help those who have just begun running.

Q. What running shoe has worked the best for you, and why? For instance, do you love a particular shoe because of how they support your body mechanics? Or do you just like the feel of a certain shoe? Let us know!

A. Whatever shoe Dr. Tom says to wear is the right shoe for you. Start with him. He is the expert. Being in the right shoe from the start will save you a lot of problems.

- *Terry Bass*

A. The running shoe that has worked best for me would have to be the Pearl Izumi Guide. The support is perfect for my body mechanics. After running for a while I get lazy; this shoe really helps keep my feet striking good enough so that I don't have so much knee or hip pain anymore.

- *Marion Ramirez*

A. When I first started running, I bought some cheap Adidas. I blistered every time I ran more than five miles. I thought it was just me. I went to a specialty running store, they analyzed me, told me my shoes were too small, that I needed "stability" and put me in Asics Kayanos. I never blistered again. I've been running primarily in Asics ever since.

- *Maurice Lee*

A. There are two brands that are very similar, the Asics 2000 series (2100, 2110, etc.) and Brooks Adrenaline. I am a mild pronator and need a stability shoe of which

both of these are. I like the extra gel cushioning in the forefoot of the Asics better but the Brooks hydroflow is an excellent cushioning as well. Both brands have widened the toe box in recent years which adds comfort and Brooks has added more cushioning in the forefoot which makes both of these shoes very similar. I can wear either one with the same results even though I wear out the heel on the Brooks more quickly.

- *Kevin Lynes*

A. I've been using the Brooks GTS Adrenaline Series for five years. I have gotten into six Bostons with them, and injuries wearing them have been minimal. Also I have done well at races and training runs with them. So as long as they are still being made, I wear them.

- *Doug Cunningham*

A. I like the Asics Gel Kayano. It has great stability and superior cushioning. I have run in several pairs of the Brooks Trance and Mizuno Nirvana, but I keep coming back to the Kayano.

- *Anne Wright*

Oklahoma City Running Club

Race Series Standings

(Standings as of St. Paddy's Race 8K)

**SCORING SYSTEM: AMONG CLUB MEMBER FINISHES, 10 PTS 1ST PLACE, 9 FOR 2ND, 8 FOR 3RD, ETC.
ONLY TOP TEN RACE SCORES ARE ADDED UP FOR EACH RUNNER; AWARD ELIGIBLES GET PLACED
FIRST IN STANDINGS**

- | | | |
|--------------------------------|-------------------------------|---------------------------------|
| 1 - New Years Resolution 5K | 10 - Gusher Gallop 5K | 19 - GEICO Race For Freedom |
| 2 - Balto 5K Run | 11 - El Reno Bun Run 10K | 20 - Eskimo Joes Juke Joint Jog |
| 3 - Frigid 5 - Miler | 12 - Bell Cow 10K | 21 - Race With the Stars 5K |
| 4 - Sooner State 12K Trail Run | 13 - Runner's Super Summer 8K | 22 - Rainbow Run |
| 5 - Beacon on the Bay | 14 - Bethany Freedom Run 8K | 23 - Turkey Trot 8K, OKC |
| 6 - St. Paddy's Race 8K | 15 - St. Gregory's 5K | 24 - Downtown in December 5K |
| 7 - Red Bud Classic 10K | 16 - Run with the Bulls 5K | 25 - MWC Holiday Night Light 5K |
| 8 - OKC Memorial Marathon | 17 - Brookhaven 5K Run | |
| 9 - OKC Memorial Half Marathon | 18 - Makin' Tracks 5K | |

Name	Score	# of Races	Name	Score	# of Races	Name	Score	# of Races	Name	Score	# of Races
FEMALE AGE GROUPS			Tara Cassidy	15	2	Frances Williams	14	2	65-69 FEMALE		
0-8 FEMALE			Heather Patterson	10	1	Susan Robertson	12	2	Donna Eichner	30	3
None			Mackenzie Highfill	10	1	Mary Hammer	10	1	Betty Bell	29	3
9-12 FEMALE			Anita Blanco	9	1	Jane Pace	10	1	Sherri Rector	9	1
Casady Ball	30	3	Trisha Henderson	6	1	Julie Costilla	6	1			
Cara Roman nose	28	3				Donna Norwood	4	1	70-74 FEMALE		
13-15 FEMALE			35-39 FEMALE						Kathy Moffitt	30	3
None			Belynda Tidwell	30	3	50-54 FEMALE			75-79 FEMALE		
16-19 FEMALE			Jackie Norvell	17	2	Debra Chronister	50	5	Deloris Green	30	3
None			Marion Ramirez	16	2	Jerianne Davis	35	4			
20-24 FEMALE			Carol Wright	10	1	Dani Conover	17	2	80+ FEMALE		
Whittney Johnson	19	2	Stacy Crofford	10	1	Gaile Loving	16	2	None		
Sara Ross	10	1	Holly Golsen	9	1	Brenda Gillen	14	2			
Joanna Penry	10	1	Kresta Logan	8	1	Emily Rosenberg	13	2			
25-29 FEMALE			Priscilla Crawford	8	1	Anne Wright	13	2			
Katie Kramer	46	5	40-44 FEMALE			Karen Canfield	11	2	MALE AGE GROUPS		
Tiffany Cone	40	4	Rebecca Johnson	39	4	Jodie Spielman	9	1	0-8 MALE		
Megan Gruber	15	2	Karin Roman nose	25	3	Eva Small	9	1	None		
Cara Jackson	8	1	Allison Plant	20	2	55-59 FEMALE			9-12 MALE		
30-34 FEMALE			Cara Rogers	10	1	Joanne Jackson	30	3			
Megan Kinne	36	4	Karen Davis	9	1	Pam Bell	27	3	None		
Crystal Manchester	33	4	Karrie Beardsley	9	1	Carole Call	10	1	13-15 MALE		
Adrianne McCasland	33	4	Leslie Edmonds	8	1	Rhodora Bray	10	1			
Laura Maxwell	29	3	45-49 FEMALE			Sandy Pace	8	1			
			Karen Greer	44	6	60-64 FEMALE			16-19 MALE		
			Lee Ann Poole	35	4	Evelyn Rowland	30	3	None		
			Sharon Haley	29	3	Linda Cason	29	3			
			Mary Mikkelson	20	2	Suzanne Wilson	26	3	20-24 MALE		
			Jamie Pivniska	17	2	Kay Hill	10	1	None		

Name	Score	# of Races	Name	Score	# of Races			
25-29 MALE								
Robert Cassidy	39	4	Vaden Dean	17	2			
Cory Samples	20	2	Arnold Angelici	13	2			
Austin Greenhaw	8	1	Brent Babcock	11	2			
30-34 MALE								
S. Buttolph-Adams	37	4	Mark Bravo	10	1			
Brett Brewer	28	4	Keith Harrison	10	1			
Tony Maxwell	25	3	Wesley Berlin	10	1			
Brian O'Shea	24	3	Steven Fernstrom	9	1			
Trey Cone	20	2	Jimmy Scroggins	8	1			
Cameron Han	19	2	Ben Cherry	7	1			
Aaron Highfill	10	1	Phil Small	7	1			
Laurence Burnsed	9	1	S.R. Hunter	7	1			
Mark Bruning	7	1	David McCreary	6	1			
35-39 MALE								
Matthew Wilcoxon	40	4	Kenny Kastelic	5	1			
Joey Blanco	10	1	Bryan Jones	5	1			
Kevin Hays	9	1	John Tassey	4	1			
Stephen Abernathy	9	1	Terry Bass	3	1			
40-44 MALE								
David Ball	43	5	55-59 MALE					
David Wrenn	28	3	Ken Hardwick	56	6			
David Lanning	26	4	Mike Haeger	40	4			
Bill Goodier	25	3	Ric Williams	15	2			
Eddie Tidwell	23	3	Kim Becker	15	2			
Patrick Mulqueen	23	4	Gene Bell	15	2			
John Oseland	20	2	Gary Yarbrough	8	1			
Roger Lemmons	18	2	Bob Loving	6	1			
Mark Busick	13	3	Kirk McNew	6	1			
Ralph Breckenridge	9	2	60-64 MALE					
Jeff Cockerill	6	1	John Hargrove	47	5			
45-49 MALE								
Dave Greer	41	5	Jon Hulsey	20	2			
Chuck Mikkelsen	32	4	Nels Benton	18	2			
Troy Banks	30	3	William Morris	17	2			
David Manguno	30	4	Ben Bray	10	1			
Randy Nance	26	4	Dick Deupree	10	1			
David Wray	24	4	Judson Temple	7	1			
Eric Suski	17	4	65-69 MALE					
Gary Jones	13	2	Curtis Wells	60	6			
Marc Harrison	9	1	Jim Tabor	27	3			
Kevin Wudi	8	1	Benny Meier	24	3			
Randy Ramirez	7	2	Warren Wilson	23	3			
Michael Edmonds	2	1	Frank Willis	17	2			
Ray Meier	1	1	70-74 MALE					
50-54 MALE								
D. Cunningham	33	4	Don Smith	40	4			
Maurice Lee III	28	3	Buddy Jones	19	2			
Daniel Weninger	24	3	75-79 MALE					
Kevin Lynes	21	4	Tom Briggs	30	3			
James McQuillar	19	3	80+ MALE					
			Lowell Green	30	3			

76 Runners Competed in 2nd Annual Triple Crown of Racing; Pillow, Cone Claim Victory

This year's Triple Crown went to Johnathon Pillow and Tiffany Cone. The Triple Crown culminated with the final race, St. Paddy's Day Great Race of the Great Plains. Congratulations to everyone who participated in the Triple Crown of March Racing. Thank you to all the race volunteers, sponsors, and directors.

BREAKING NEWS: The Landrunner Needs YOU!

The Landrunner newsletter needs your help to continue its success! If you would like to submit an article, let us know! Articles and photos (don't forget those captions!) should be emailed to news@okcrunning.org. And don't worry! You don't have to be a "writer" to submit an article! Just send in your story, and we'll do the rest!



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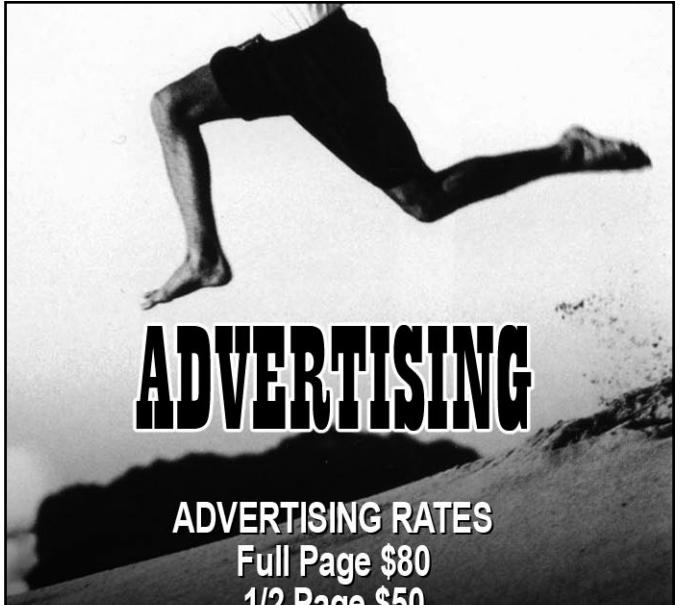
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A black and white photograph of a runner in mid-stride, captured from a low angle. The runner is wearing dark shorts and a light-colored shirt. The background shows a hilly landscape under a clear sky.

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