

THE LANDRUNNER

Official Newsletter of the Oklahoma City Running Club

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

September 2008 | Issue No. 149

Spirit of Survival Marathon Coming Soon

By Mary Carter

The Third Annual Spirit of Survival Marathon features five USATF certified races, and is the only race ever allowed on any of America's 547 US wildlife refuges. It offers a 5K race up a paved mountain, 10K, Half-Marathon, Full Marathon and Marathon Team Challenge. It also offers a Kid's Marathon and 5K Walk/Fun Run.

The race takes place during the weekend of October 4 - 5, 2008, in historic Medicine Park, Okla. Located at the base of the Wichita Mountains Wildlife Refuge, it is the oldest mountain range in North America. The races are run amongst the buffalo, longhorn and more than 200 species of wildlife that roam free on the open range. Entertainment and festivities will be sure to please everyone.

The Mount Scott 5K starts at sunrise on Oct. 4., and travels up a paved mountain at an average incline of seven percent. Buses take runners

down the mountain at the conclusion of the race.

The Big Rock 10K is considered an extremely difficult race featuring a run through historic Medicine Park, around Lake Lawtonka with a beautiful view of Mount Scott, a grueling, winding and steep run up Big Rock and down again. This is not the average 10K or for someone attempting their PR.

The Holy Half Marathon, Marathon and Marathon Team Challenge occur almost entirely on the majestic Wichita Mountains Wildlife Refuge teeming with buffalo, longhorn and other native species. The Holy Half Marathon earned its name because it turns around in the beautiful Holy City of the Wichitas, the site for the longest running passion play in America set in a cobblestone village.

The Mountain Marathon runs past Mount Scott and the Holy City, to its turnaround at Lost Lake. The half marathon is a perfect event for walkers who want to experience

the beauty and majesty of the wildlife refuge without having to rush. Both races offer ample opportunity to experience the serenity of a national wildlife sanctuary including wildlife, and a very likely encounter with large game such as buffalo, longhorn and deer. While these animals are wild, they are generally content to go about their business without interruption unless provoked. However, runners should be aware that animal encounters are likely, and they may cross the road where you are running. Exercise caution when encountering them.

The Marathon Team Challenge is a five-member race that allows members to start at the start line together, run out 2.62 miles to the base of Mount Scott and return to the finish line. The team time is compiled once each member of the team crosses the

see **Spirit** on page 6

The Fraternity of Runners

“The best pace is suicidal, and today is a good day to die.”

Notice please, that this is a quotation, or perhaps it's really a paraphrase, from the great Steve Prefontaine. I don't fully subscribe to it (although for some of you speed burners it may work great as a mantra) but I think it's such a super cool philosophy when placed in proper perspective.

What I do believe in, deeply, was the theme of Dr. Tate's presentation to the assembled club members at our August meeting - FRATERNITY. The fraternity of runners. If you missed this meeting you missed an outstanding program - but then I could say that with accuracy about all of our programs.

Do you jog slowly? Do you run hard? Do you race at the Prefontaine suicidal pace? It makes no difference ... you belong to the fraternity. You are a member in good standing. The fraternity of the fit (or getting fit), of the clear headed (makes sense - more oxygen to the brain) of the productive, the beautiful, the creative (well, maybe, maybe not on the last three). But you do belong to the fraternity whose members are constantly doing the best

they can and who enjoy a healthy lifestyle.

And if, as Dr. Tate stated, you've run any race from 5K to Marathon, you know absolutely that one of the great words in the English language is FINISH. You know what it is to set a goal and accomplish the goal. You know what it is to have supportive and encouraging friends in this fraternity.

I ran this morning, but just writing this makes me want to go out and run again this afternoon. Really! So, my fraternity brothers and sisters, let us continue to strive and continue to enjoy the company of one another.

On that note, let me remind you that our September meeting will be a social on Oct. 4 (that's not a misprint) at Tom Briggs' home in the hills east of Edmond, a view that brings Tuscany to mind. Then ... regular October meeting with Badwater ultra runner Chisholm Deupree and one of his team members Nancy Shidler as our speakers (I told you we have great programs) on Oct. 20. Hope to see you at both events.

– *Bill Robinson, Landrunners president*

Fighting the Storm – Part 3

By Ralph Breckenridge

If you've ever run on the Lake Hefner Trail, you know it's one of the best areas to run in town. On Aug. 14, that wasn't the case. I heard there was a 40 percent chance of rain in the forecast, but that wasn't enough stop me. My Garmin Forerunner 50 had just arrived so I was eager to get out there and test it out.

That evening I thought I was prepared for everything. I parked in the Life Church parking lot (which later I found wasn't a good place to park during a storm). I started out running clockwise around the lake ... everything looked pretty cool until I got to Stars and Stripes Park mile seven (according to my Garmin, of course) heading west. At first the cold rain felt great. But when I got to the fire station I realized I was actually running right into an electrical storm ... not away from it. I tried to run harder and ended up running faster than in any race this year. I was a man possessed fighting for his life. The faster I ran, the closer the lightning got. That was scary. I passed the

golf building were I should have stopped to get help.

I kept going, thinking later that it was a mistake. It started raining harder, so hard I almost couldn't see where I was going. I didn't think I was going to make it. I lost my sunglasses in all that but my life was spared. I don't know maybe the good Lord needed a pair! When I got to the corner near Life Church, I stepped in something that felt like a river of water. I finally made it back to my car. I had to sit there a while to get my breath because it felt like I was going to have an asthma attack. I hadn't seen lightning like that in sometime but believe me, it wasn't something to laugh at that night.

Starting out that evening I never thought the storm was going to be a part of my speedwork. My title for this is part 3 because this is the third time in six and a half years that I have gotten caught in a rain storm but this one was the worst! Take care everyone. I'm trying too. God bless. Peace!

TULSA WORLD
ROUTE 66 MARATHON

 **ROUTE 66 MARATHON**

**NOVEMBER 16, 2008
TULSA, OKLAHOMA**



FULL MARATHON

HALF MARATHON

QUARTER MARATHON

5-PERSON

FULL MARATHON RELAY

KID'S MARATHON

30 LIVE BANDS
ON THE COURSE

POST RACE CONCERT

CLASSIC CAR SHOW



www.route66marathon.com

TULSA WORLD

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The Athletes I Most Admire

By Doug Cunningham

I thought I would take the liberty upon receiving this issue's Question of the Month to mention a few folks I look up to, for one reason or another, in support of other runners or athletes.

First, there is Adi and Kresta, for taking reigns of our newsletter that was on life support. Likewise, I think highly of "Little Bill" Goodier, for breathing life into the Web site, making it among the best in running, and serving as a focal point for inquiring runners and potential runners, and all the other support he gives to the running community.

Also there is "Big Bill" Snipes, with his great leadership and administrative skills, serving excellently as club president not just for one year, but two years. Kudos also to "Wild Bill" Robinson, for having the courage and willingness to fill the shoes following Big Bill's presidency, stepping up, and leading the club well. Thanks to Tom Briggs for serving well as treasurer, and running 23 consecutive Boston Marathons and marathons throughout the world; he has been running about for three quarters of a century.

Also, of course, think very highly of Jack Rector, a great ambassador of running, who has led marathon training for many years and has been a great motivator and encourager of runners. He was one who helped me get going about five years ago. I can't forget Brent Gaddis, who has taken over the marathon training duties and supplying the water thereof, and is willing to accept back running shoes after he sells them to you, if, for some

reason, they don't work out.

Of course, I can't forget who I think of the "Trainer in chief" in our area, as well as OUR FELLOW ATHLETE (since he acknowledges all of us runners are athletes), Mark Bravo. I can write him for advice, and gladly writes me back. He also does a great job with the Oklahoma City Memorial Marathon commentary as well as encouraging physical fitness activities for all.

I look up to Bob Loving and his lovely wife Gaile, for all the support they give in the running community. Mainly I think of their support on long runs, setting out water and being sure everyone is OK. He did this even before he became a runner. Gaile is a great inspiration and motivator also.

I can't leave out Dr. Tom, giving out freely and cheerfully medical services on the long training runs.

And one who might not be as famous in the running community as others, Leslie Fleck, as she has come to specialize in running marathons now. The amazing thing about her is she is always to joy to be near, so very light hearted with a big smile even during the last grueling miles of a marathon (I have photos to prove it). And with Brian O'Shea posting from Alaska, it reminds me that Leslie is the only one I know that lived in Alaska before she was born, but was never in Alaska after she was born.

Thanks for the chance to acknowledge some of our athletes who I look up to. Look for other admired athletes in this issue's Question of the Month!

Congrats to Tiffany!

On the hot and humid morning of August 23, a herd of over 300 runners gathered to stampede through the stockyards for the annual Run with the Bulls 5K. We raced to the finish line lured by the smell of those fabulous hamburgers and, of course, to be awarded with a first place finish. This year, the overall female winner, with a chip time of 19:17, a new Champion Heifer was crowned! Congratulations Tiffany....put on your cow bell and display that trophy proudly!

Tiffany Cone – 2008 Champion Heifer





JUNIOR LEAGUE OF NORMAN GEARS UP FOR RUN

The Junior League of Norman is excited to announce our 2nd Annual Monster Dash 5K and 1 Mile Run/Walk, which will be held on Saturday, October 25, 2008.

Junior League's newly adopted focus is to promote fitness and nutrition for the citizens of Norman and the surrounding areas. This is a topic that is becoming increasingly more important in our community, particularly for our youth.

The race will take place at Journey Church located at 3801 Journey Parkway in Norman, just off Tecumseh Road between I-35 and 36th Avenue NW. The 5K will begin at 8:00am, followed by the 1 Mile Run/Walk for the children at 9:00am. At 9:30am, there will be a judging contest for all the children who wear their costumes. This event demonstrates that exercise can be fun for the entire family!

All net proceeds will directly support Junior League's community projects which include Done in a Day (a community service program designed to provide volunteers and financial assistance to other local nonprofit organizations), Baby Steps (an early childhood development program for children of Norman Public Schools students), and Kids in the Kitchen (a childhood obesity initiative).

The Junior League of Norman is an organization of women committed to promoting voluntarism, developing the potential of women and improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

For more information
call (405) 329-9617
or register at
www.monsterdash.net

Spirit *continued*

finish line. Several race divisions provide awards for the top three overall teams and the top three teams in each of the following divisions: male, female, mixed, corporate, family, college, high school, and military/law enforcement.

The Super Kids Marathon, hosted by Lauren Nelson, Miss America 2007, is a 1.2 mile walk/run for children 12 years and under who have completed and logged 25 miles before race day. The conclusion of the race features a beautiful finisher's medal and Super Kids Zone full of inflatable, face-painting and fun to reward the kids for a job well-done.

The 5K Spirit Walk and Family Fun Run is a perfect family event for those who enjoy a beautiful leisurely run or stroll. The race is intended to recognize and remember people who have battled cancer and their loved ones. Commemorative t-shirts and race bibs are available.

See entry form in this issue of The Landrunner!

Diabetes Dash Helps Raise Snacks for Camp Endres

By Kresta Logan

For children living with diabetes, learning to balance insulin, activity and food is the formula for success. Camp Endres has taught kids with Type 1 diabetes how to take control of their disease since 1999.

Camp Endres educates kids about their disease, how to manage it, and how to live a normal life in spite of it. Unlike other diabetes camps in which the kids are essentially “on vacation from their diabetes,” Camp Endres gives kids with diabetes the tools and knowledge they need to get control of their disease in a fun and positive environment. INTEGRIS Health has provided nurses for Camp Endres for the past two years.

For this year's camp, funds still needed to be raised to purchase the snack the children eat between meals. The idea was then brought forth to perhaps put on a “fun run” to raise the snacks. This would not be a timed or sanctioned race, but rather a 2-mile walk/run in which

participants would be encouraged to bring snacks before the event.

Held at the Lake Hefner Trails, the “Diabetes Dash” was a one-mile out and back course for a total of two miles. Starting at the south lot of the Stars and Stripes park area, more than 50 walkers and runners started at the 0-mile marker, headed west toward the fire station to the one-mile marker, then headed back. Camp Endres campers and family members were on hand, as well as several members from the Oklahoma City Running Club. OKCRC members also served as volunteers for the event, manning the water station at the one-mile turnaround, providing words of encouragement along the course, and cleaning up supplies following the dash.

The goal was to raise 1000 snacks to cover both camp periods; the total number raised came to more than 2100. What a fantastic result for the first Diabetes Dash!



— FOR THEM WE RUN —

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.

WE RUN TO REMEMBER

THE NINTH ANNUAL OKLAHOMA CITY

— **Memorial Marathon** —

APRIL 26, 2009



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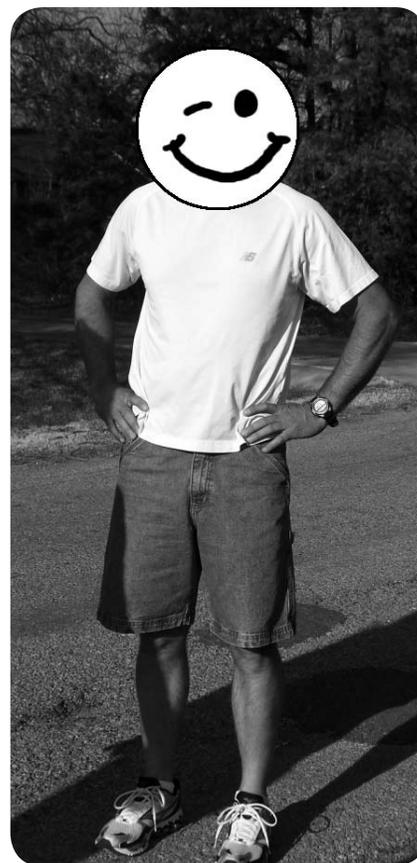
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Guess Who!

This Landrunner doesn't typically wear jeans shorts to run, but hey...maybe he knows something we don't...is denim the key to faster times? He is hitched to another Landrunner (who happens to be a member of the Lake Hefner Playmates), and she is lightning quick too! They've run Boston together, but we enjoy seeing them at our local runs as well. Don't let the jeans shorts fool you ... he is FAST!

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



Guess Who Winner – August

Landrunner Dave Greer came through with the first and correct answer for the August Guess Who ... Jamie Pivniska!



Back on Track

By Dana Campbell

As a child, I was encouraged to run by my Dad and I started running in 1977 when I was in elementary school. To this day, I love fitness, running and maintaining a healthy lifestyle. Through running, I have also made long lasting friends. But recently I have really been injured and am slowly getting back into running (just 5ks). I have some slower times but I have lost some weight and check my vitals (LDL and HDL, etc.) every other week. I have put the wonderful information from the Warren Jones article in the July newsletter to good use! Thank you to my close Landrunners friends, and especially to my dear running friend, Evelyn who always encourages me. She always has a smile for everyone!





5K Run
1 Mile Fun Run/Walk
USATF Sanctioned Race
Coordinated by DG Productions



Saturday, October 18, 2008

- * **Cash Prizes for Overall Male and Female winner**
- * **Free special t-shirts for first 50 entries**
- * **Each race will begin and finish in front of LMC parking lot**

Help fight breast cancer. Proceeds benefit the LMC Foundation effort to raise money for new mammography equipment at LMC.

Detach and return form to: LMC Loganpalooza- P.O. Box 1017 - Guthrie, OK 73044

Full Name	E-mail address	Age	Shirt Size
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Address	City	State	Zip Code
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Indicate which race you would like to participate in. Please complete separate entry form for each participant.

8:30am 1 Mile Fun Run/Walk- \$10 (all ages)	9:00 5K Run - \$20 (all ages)	10:00am Kids Run - Free (kids under 12)	Day of Race - \$25
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Sign the Waiver I understand that an event such as a 5K run is a potentially dangerous activity. I should not participate unless I am medically able and properly trained. I assume any and all risks associated with participating in this event, include, but not limited to temperature, conditions or athlete's equipment, vehicular traffic, contact with other participants, action of volunteers, spectators, and procedures of the event and lack of hydration, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my fees, I hereby for myself or anyone else who might claim on my behalf consent not to sue, and waive and release every kind of nature whatsoever, foreseen or unforeseen, known and unknown. The undersigned further grants full permission to Logan Medical Center to use photographs, videotapes, recording or other records of this event for any purpose.
 APPLICATIONS FOR MINORS WILL BE ACCEPTED ONLY WITH PARENT'S SIGNATURE.

Signature

Complete details and registration on-line @ LoganMedicalCenter.com

Ask Adi...

By *Adrienne McCasland*

After this year's Run with the Bulls, several of us decided to wash down those yummy burgers with some coffee and goodies from a local coffee house nearby. As one would expect, the conversation turned from the Olympics to running to food (what else, right?). I mentioned that I'm still in search of a recipe makeover for this month's column, and our triathlete-in-training friend, Marie Brashears, suggested a vegetable lasagna. So load up on those carbs with this healthful dish.....we've got a lot of miles to run!

Whole Wheat Roasted Vegetable Lasagna Vegetables

3-4 jarred roasted red peppers , julienned
 ½ tsp sea salt
 ¾ tsp fresh ground black pepper
 2 yellow squash, halved lengthwise and cut into 1-inch wide pieces
 2 zucchini, halved lengthwise and cut into 1-inch wide pieces
 1 cup cubed portabello or baby bella mushrooms
 1 cup cubed eggplant
 1 red onion, julienned
 4-5 tsp minced garlic
 Cheese Mixture
 2 cups 1% cottage cheese
 1 ½ cups grated smoked mozzarella or provolone
 ¼ cup chopped fresh basil
 1 Tbs. chopped fresh oregano
 White Sauce
 3 Tbs flour
 1 ½ cups skim milk
 2 Tbs chopped fresh basil
 ¼ tsp fresh ground black pepper
 2 cups spinach leaves
 9 cooked whole wheat lasagna noodles
 Handful of mozzarella or provolone

1. Toss all veggies except the red peppers with sea salt, pepper, and garlic. Spread on a baking sheet and lightly mist with olive oil. Roast at 450*until crisp-tender (approximately 15 minutes), remove from oven, add red peppers and set aside.
2. Combine cottage cheese, mozzarella or provolone (or mix), basil, and oregano and set aside.
3. Place flour in a small sauce pan and gradually whisk

ELECTION of the BOARD of DIRECTORS for 2009

The Board of Directors shall be comprised of no more than twenty-five (25) members. At the August meeting of each calendar year, the President shall appoint a five (5) member nominating committee who shall develop a slate of Board members for the following year. Notice of the elections shall be provided to members in good standing prior to the October meeting. Board members shall be elected by a majority vote of the Club members present at the October monthly meeting of the Running Club. Board members shall serve for the calendar year following the election. If a Director fails to attend three Board of Director meetings in succession, the said Director shall be considered as having resigned. A vacant Director's position may be filled, by nomination and majority vote by the club membership in attendance at a monthly meeting, for the unexpired term.

In order to aid the Nominating Committee the club is currently open for suggestions for nominees. Please address any suggestions for nominees to the:

Nominating Committee
 Oklahoma City Running Club
 P.O. Box 18113
 Oklahoma City, OK 73154

or

Send an email suggestion for nominees to: paullekawski@att.net

The list of candidates will appear in the October club newsletter and the election will be held by ballot at the Annual Club Meeting tentatively to be held 6:30pm, MONDAY, Oct. 20, 2008, at Ingrid's Kitchen located at 3701 N. Young (on N.W. 36th Street & Young, just west of Pennsylvania).

The 2009 elected Board of Directors will then meet in November to elect the Officers and Committees for the 2009 term.

Any suggestions or comments may be directed to:
 Bill Robinson, president: runandsoar@yahoo.com
 Paul Lekawski, chairperson of the Nominating Committee: paullekawski@att.net
 or mailed to the post office box (listed above).

AMONG FRIENDS 5K & Fun Run

**Proceeds will benefit
AMONG FRIENDS...an activity
center for Adults with special
needs & disabilities.**

SUNDAY, OCTOBER 19

5K Run starts at 5:00PM

**1K Fun Run registration starts at
5:30pm, run time is 6:00pm. The Fun Run is a
fun course for anyone including walkers and
wheelchairs.
No pets, or bicycles.**

Race starts at the Community Services Building
1183 East Main Street in Norman.
South Side of Building on Service Road.
(Main entrance & Parking is off of 12th Street
across from Eastside Wal-Mart)

Entry fees: \$18.00 for pre-registered runners
\$20.00 for race-day registration
(T-shirts provided to all participants)

Online Registration at www.signmeup.com
Registration & Check-In begins at 3:00pm...follow the signs.

**Course is USATF/Oklahoma/LDR
Certified and sanctioned 5K flat
course with accurate splits each kilometer.**

For more information or to register call:

**Contact person: CATHE FOX
405-364-8118**



Prizes

First, Second, Third
Place prizes.
Water supply stops,
and snacks.

**Sponsored by:
AMONG FRIENDS
&
KREF RADIO**

Oklahoma Orthopedics &
Sports Medicine

American Pallet
Manufacturing Company

First American Bank

Therapy in Motion

ACTIVITIES INCLUDE:
Food Booth & sodas, Fun Walk
for people with special needs,
buddy walks, and games.

Mail form & \$15 entry fee to:

Cathe Fox
Among Friends Activity Center
4101 Heritage Place Dr.
Norman, OK 73072

405-364-8118
Fax: 405-364-1204
Email: cathefox@cox.net

Name		_____	
Address		_____	
Phone:		_____	
Team:		_____	
T-shirt Size:	S	M	L XL XXL
Male	Female	Age on race day _____	
(Circle one)		Date of Birth: _____	

Waiver: In consideration of my entry acceptance in the Among Friends 5K Run, I do hereby for myself, my executors administrators, assignees release and discharge Among Friends and other sponsors and officials for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature _____ Date _____
(Parent or guardian if participant is under 18)

- in milk to combine. Place over medium heat and cook until thick, stirring constantly. Remove from heat, stir in basil and pepper, and set aside.
4. Spread ¼ cup of white sauce in the bottom of a sprayed 9X13 inch baking dish. Layer three noodles over sauce, top with 1 ¼ cups cheese mixture, 1 cup spinach, and 2 cups veggie mixture. Repeat layers, ending with noodles, top with remaining white sauce.
 5. Bake covered at 375* for 17 minutes. Uncover, sprinkle with a handful of mozzarella or provolone and basil (if desired) and bake an additional 15-20 minutes until cheese is bubbly.
 6. Enjoy and run well!



12120 Hickory Creek Blvd
Oklahoma City, OK 73170
405-759-2580
garrettok@aol.com

MANAGEMENT, MEASUREMENT AND ELECTRONIC TIMING

Road Races Cross Country Races Trail Runs

Cycling Events Duathlons Triathlons

WWW.DGROADRACING.COM

Question of the Month

As we watched this year's Olympic games, we were often reminded of our athlete "heroes." So, let us know ... who is the athlete you look up to the most, and why?

Q. Who is the athlete you look up to the most, and why?

A. There are a few, and for like reasons. Gilbert Tuhabonye would have been an Olympian, but his country of Burundi was undergoing a tribal war, and he was burned over most of his body, while many of his friends and family were killed. He was one of the best Burundian runners, and upon recovering, came to America and achieved great running success. He coaches many runners through his "Gilbert's Gazelles" running group, and above his ability his impact comes from what he has overcome, and the spirit he brings to the sport. He always comes to the OKC Memorial Marathon, and has won the half-marathon here. He sees the event as a very important way signify the best humanity has to offer.

- Mark Bravo

A. Mark Bravo is the athlete I admire most. The man had hip replacement surgery and three months later, left me in the dust in a 5K! His attitude is always positive despite the roadblocks of life. There is nothing he can't overcome and no challenge too big! He has finesse and is never conceited, despite the fact that he co-anchors the marathon on TV. He is a friend to the great and to the small. He is the first person who ever called me an athlete. He inspires me to go beyond my self-imposed limits.

- Anne Wright

A. I have so many running friends in the club that I look up to, but Doug Cunningham is awfully high on my list. Not only is he a really good runner at all distances, but he does such a great job of keeping up with and scoring the series races. This is a "job" in the club that doesn't get much glory, but I really think the series races would not be nearly as much fun without his quality input. Thanks, Doug.

- Bill Robinson

A. I would have to say that I truly admire the "unsung" sports heroes. I am reminded every two years as I watch the Olympics that even though I love the mainstream sports such as football and basketball, that there are countless athletes out there who train, endure and sweat through the most grueling of conditions only to receive notoriety once every four years for their sport. If there was one athletic achievement I would ever dream to achieve, it would be to earn an Olympic medal.

- Kresta Logan

Official Use Only

Race _____
 Bib # _____

Events

run

- Mountain Marathon Holy Half Marathon
 Big Rock 10K Mount Scott 5K
 Marathon 5-Member Team Challenge

walk

- SK Spirit Walk & Family Fun Run

kids marathon

- Super Kid's Marathon

Participant info

last name _____ first name _____

address _____

city _____ state _____ zip code _____

email address _____ phone _____

gender _____ birthdate _____ age on race day _____ t-shirt size s m l xl xxl xxxl

youth sizes s m l

Teams

entry type (all entries must be submitted together)

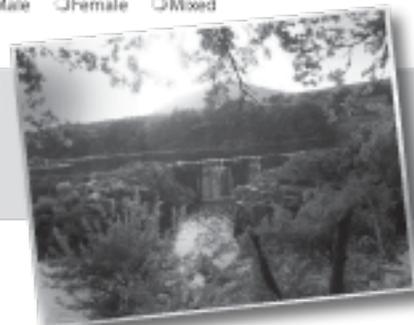
- individual team check here if you are a team captain

team name _____

Please select your team division:

- Corporate/Business Family College
 High School Male Female Mixed

Register Online Until September 26th, 2008
www.spiritofsurvival.com
 Fax: 580.250.5825



Registration Fees

	Until Sept 26th, 2008	After Sept 27th, 2008	TOTAL
Mount Scott 5K	\$30	\$40	
Mountain Marathon	\$60	\$75	
Holy Half Marathon	\$40	\$50	
Marathon Team Challenge	\$150 <small>per team of 5 or \$30 per individual</small>	\$200 <small>per team of 5 or \$40 per individual</small>	
Big Rock 10K	\$30	\$40	
Super Kid's Marathon	\$10	\$15	
SK Spirit Walk & Family Fun Run	\$20	\$25	
Pasta Feast		Price \$10	# of
Additional Finisher T-shirt: s m l xl xxl xxxl		Price \$10	# of
<small>Take allow the Spirit of Survival to bill my credit card (\$40 should I fail to return the timing chip upon completion of the race. Those who register by check will be invoiced.</small>	SUBTOTAL		
	GRAND TOTAL		

Payment Methods

Check: Payable to Spirit of Survival Marathon

Credit card - type: Visa AMEX Discover Mastercard

Card #: _____

Card Holder: _____ Expiration Date: _____

Signature of Card Holder: _____ Security Code: _____

Mail completed entry form and payment to: Fax: 580.250.5825

Spirit of Survival Marathon
 P.O. Box 129
 Lawton, OK 73502

****Cancellation Policy****

All entry fees are non-refundable

Waiver of Liability

I, the undersigned runner, know there are risks of accidents, injuries, and adverse health consequences in my participation in the Spirit of Survival running events. I am physically fit and sufficiently trained to participate. I am not acting against medical advice or with knowledge of health conditions that would place me at special risk by participating. Knowing these facts and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators, 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 and assigns, wildlife refuge employees, or anyone acting 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. **I am fully aware of the risks inherent in participation in said race, and hereby elect to enter said event voluntarily and assume all risks of loss and injury that I may sustain. I have read and understand this release and waiver of liability.** I agree to comply with all race rules and instructions of race officials.

Signature _____ Date _____

Parent's Signature (Under 18 years of age) _____ Date _____

Check here to make a tax deductible donation to the Cancer Centers of Southwest Oklahoma for \$ _____

Recipes to Run By...

Ahhh, the unofficial start of fall, which means more races, fewer lake trips, and FOOTBALL!!! I know we have many avid fans who excitedly – maybe even emphatically – sport opposing colors and yelling different cheers, but we all love a good tailgate or watch party. This month's Recipe to Run By is a healthful, yet simple one....no need to waste too much pre-game time in the kitchen!

Smokey Red Pepper Hummus

- | | |
|--|---|
| 2 cans chickpeas, drained and rinsed | 2 tsp ground cumin |
| 1 cup jarred roasted red peppers, drained and pat dry | Sea salt and fresh ground black pepper to taste |
| ¼ cup + 2 Tbs tahini (sesame paste) **can use smooth, natural peanutbutter | Chopped parsley for topping |
| ¼ cup fresh lemon juice | 1 bag whole wheat pita bread cut into wedges and assorted |
| 5-6 tsp (or more!) minced garlic | veggies for dipping |
| pinch cayenne pepper | |

1. Place all ingredients through the sea salt and black pepper in a food processor or blender and process until smooth.
2. Transfer to serving bowl and top with chopped parsley. Chill at least 30 minutes.
3. Serve with pita bread and veggies while rooting for your favorite team!

Serves 6-8 hungry cheerleaders.

The Oklahoma Caring Foundation, Inc.

CAPITOL CHALLENGE

5K, 1 MILE FUN RUN/WALK AND CHILDREN'S EVENT • SATURDAY, SEPTEMBER 20, 8:00 AM

Presented by:

OK RUNNER, new balance, THE OKLAHOMAN, EYEWITNESS NEWS 5

Proceeds benefit:

The Oklahoma Caring Foundation, Inc.
Caring Program for Children
Oklahoma Caring Van Program

EVENT INFO AND REGISTRATION AT WWW.CAPITOLCHALLENGE.ORG

Tri-OKC Fall Classic Duathlon

2 MILE RUN + 14 MILE RIDE + 2 MILE RUN

OCTOBER 19th 2008

LAKE OVERHOLSER PAVILLION
OKLAHOMA CITY OK

SCHEDULE OF EVENTS

- 11:00 AM RACE DAY PACKET PICK UP
- 11:30 AM TRANSITION AREA OPENS
- 1:15 PM TRANSITION AREA CLOSES
- 1:15 PM PRE RACE MEETING
- 1:30 PM RACE STARTS

REGISTER ONLINE AT

<https://www.signmeup.com/site/req/register.aspx?fid=5X2VVK7>

THERE IS NO RACE DAY REGISTRATION FOR THIS EVENT.

For more information visit

TRI OKC at

<http://www.triokc.org/>

or visit the Fall Classic Duathlon homepage at

http://www.myspace.com/fall_classic_duathlon

Questions? E-mail the Race Director at
Fall_Classic_Duathlon@cox.net

Join us
October 11th, 2008



Miles for MIRACLES

5K & 1 mile fun run

Stars + Stripes park, Lake Hefner, OKC

- 7:15 a.m. - Race Day Registration
- 8:00 a.m. - 1 Mile Fun Run/Walk
- 8:30 a.m. - 5K Race
- 9:15 a.m. - Kid's Race

Registration + packet pickup

The Runner- 9644 N May Ave, OKC
Friday, October 10th from 12pm-6pm
(405)755.8888

proceeds go to

the  Foundation +



March
of Dimes
Saving babies, together

For more info call Cory at (405)414.7899
or visit www.MilesForMiraclesRun.org

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for another great Run With The Bulls!

Comments to: <http://2008rwtb.googlepages.com/>

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...and all our great volunteers!!

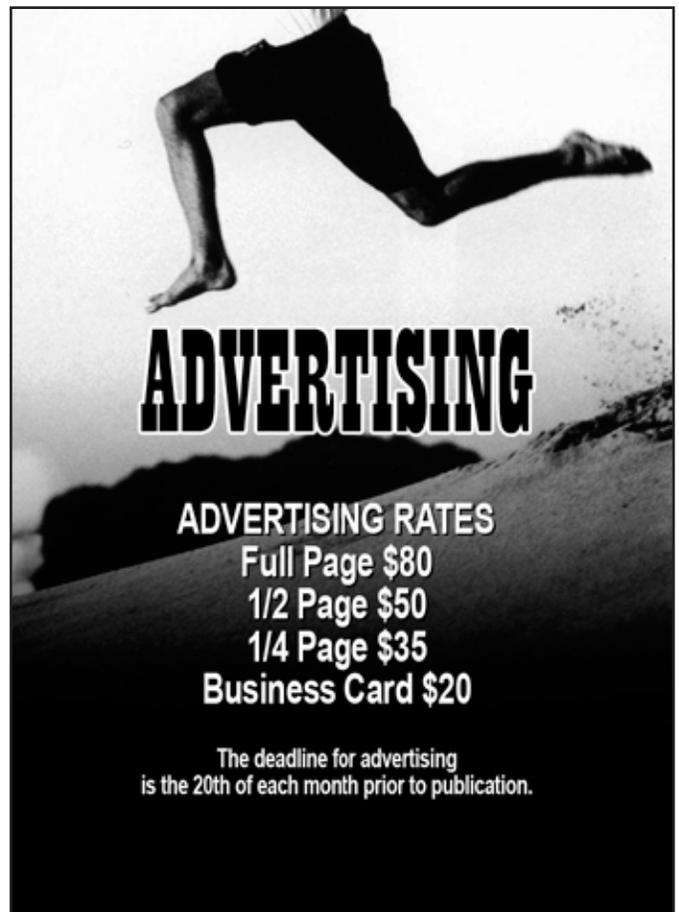
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