

THE LANDRUNNER

Official Newsletter of the Oklahoma City Running Club

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

May 2009 | Issue No. 157

Many Thanks

By Jim Smith

Sam Loy takes me to Jimmy's Egg every morning for the last five years for pancakes and coffee.

Until retirement from running, I was a long-time runner and a charter member of the running club. A number of misfortunate downturns (starting in 2004) ended my regular support of the club. First, there were hip and knee joint replacements. Then came heart surgery, carpal tunnel and pneumonia. Lastly, I have been hit with rheumatoid arthritis and congestive heart failure.

I'm not getting any younger (I'm 87) and neither are my friends. So, I'd like to thank them for their kindness to me.

I wish to thank the following for calling me on the phone and visiting me in person since health problems forced me out of the running club. That was about five years ago. I know this is not the complete list, but here are the names I remember:

- | | |
|-----------------|--------------------------|
| Sam Loy | Ron Kuykendall |
| Don Garrett | Jack and Sherri Rector |
| Marie Breshears | Mark Bravo |
| Tom Briggs | Tom Coniglione |
| Pat Hill | Ken Hardwick |
| Mike Haeger | Don Smith |
| Jim Hoke | Lance and Kamela Cornman |

PS – If they don't remember me, just tell them I was the first runner inducted into the Oklahoma Long Distance Running Wall of Fame, 1998.


\$100 to 1st in each age group to break the official Aduddell Run age group record & \$500 if overall record of 24:28 is broken!
 Visit www.tulsarunningclub.com for records.

The 40th Running of Tulsa's Oldest Road Race!

Aduddell 5-Mile Riverside Run
Presented by the Tulsa Running Club

May 30 at 8 a.m.
11th & Riverside (new location) in Tulsa

Race is run on Tulsa's River Parks Trail
 \$10 - TRC Member
 \$15 - Non-member
T-shirts provided by Prairie Production Co.



USATF Certified & Sanctioned, 1970s Music, Refreshments, Awards, Prize Drawings and more!

Information: (918) 594-5295, Ext. 4608
 Pre-register at Tulsa Runner (97th & Riverside)
 Race Day Registration starts at 7 a.m.

My Vacation from Running

By Bill Snipes

We had a memorable trip to south Louisiana a few weekends ago at my cousin's house in Pierre Part, LA which is on the Belle River about 30 miles inland from the gulf... I'm pretty

see **Vacation** on page 4

What's Next?

Our club members are the best. Thanks to you the club made a \$500 donation to the 24 Hour Brigade/Wounded Warrior Project in support of our wounded service women and men. Club members logged over 500 miles during the 24 hour event. The club was also able to make a \$500 donation to the Lake Hefner Tree Project. Maybe someday we will have a little shade and wind block along the east side of Lake Hefner. Don't forget we still need volunteers to help water those trees. Marathon training was a huge success thanks to Bill Snipes, Cara Rogers, Dr. Tom Coniglione and their terrific staff. My only complaint was 16 weeks, hundred of miles and not a single beer stop. There is nothing better than running with friends. Marathon packet stuffing night was another huge success thanks to Suzie Bostick and over a hundred volunteers. Packets got stuffed in record time this year even before the pizza arrived. This is just a few of the reason Landrunners are the best and I am proud to be a part of this great group.

Marathon training may be over but there are many exciting races on the schedule in the months ahead. Be sure to participate or volunteer for the upcoming series races. OKC's next big event is the Boathouse International Triathlon on May 16th-17th. Volunteers needed so sign up to volunteer and witness up-close the junior and elite athletes compete for the 2009 Pan-American Triathlon Championship.

LANDRUNNERS IN ACTION

4/20/09 BOSTON MARATHON

Leslie Buford	3:27:52
Dr. James Baker	3:33:40
Danny Ponder	3:37:48
Donna Banks	3:58:07
Troy Banks	3:58:07
Maurice Lee III	3:59:35
Doug Cunningham	3:59:35
Sharon Haley	4:05:08
Tom Briggs	4:45:48--3rd place M75-79

Please don't forget to send your results, photos and stories to news@okcrunning.org

Our next club meeting is on May 18th and Thomas Hill from the Memorial Marathon will be our guest speaker. He is looking for input on how to make a great race even better so be sure to attend and share your marathon experience. I am sure there will be a few good marathon stories and don't forget to bring your hardware. What is next for club member Tom Briggs? He just completed his 24th consecutive Boston Marathon at age 75 finishing 3rd in his age group. My guess is he will run several more marathons before he does his 25th Boston. Next for me will be to add more golf to my summer cross training schedule and the way I zigzag down the fairways it has to be an excellent cross-training activity.

Keep Running

Chuck Mikkelson, President

Memorial Day - May 25, 2009

**Oklahoma River Trails
Wiley Post Park**

8K Human Race - 8:00 am
3K Dog Jog - 9:00 am

For more information:
Call 405.525.3966
TheDogJog@yahoo.com

Online Registration at: www.TrainedDogs.org

Our thanks and appreciation to the following sponsors:

The Andy Payne Races

Saturday, May 23rd, 2009
Lake Overholser - Route 66 Park

32nd Annual
Running!

Timing by
DG Productions

USATF
Certified and
Sanctioned

Awards 3 deep in
standard age groups

RACES

Bunion Run Marathon - 6:30 am (\$35) \$40 race day

Willie Nelson 10K - 8:00 am (\$15) \$20 race day

Allie Reynolds 5K - 8:00 am (\$15) \$20 race day

More information and online registration at:

www.unityinc.org

More info:
UNITY
(405) 236-2800



Proceeds benefit UNITY, Inc.

2009 Gusher Gallop

May 16, 2009

East Wharf - Lake Hefner

Oklahoma City, OK

5K starts at 8:00 AM

Fun Run starts at 8:05



For More Information Contact
Don Garrett (405) 850-5834
Email GarrettOK@aol.com

Pre-Registration Fee:

5k: \$17.00

1mi Fun Run: \$15.00

Race Day Fee:

5k : \$20.00

1mi Fun Run: \$20.00



2009 GUSHER GALLOP

May 16th 2008

Vacation *continued*



Crawfish boil spread at Bill snipes' family reunion.

If you are a little squeamish on step 3, then it's optional to rip out the "poop chute" (the equivalent of the shrimp vein) before you eat the tail meat, but doing so slows you down. As you might imagine, Mitch was a real pro and at one point was downing 10 crawfish to my sister's one. I was also told that if you aren't up to your elbows in crawfish juice, then you aren't doing it right. I think it helps to have consumed a great deal of alcohol before you begin.

sure it's not on any map!

We had a crawfish boil on Saturday night and learned to eat those critters Cajun style. Our primary instructor was my cousin's son-in-law, Mitch. As well as being a dentist, Mitch is a self professed Cajun, a claim he says no one born north of I-10 has any right to. His crawfish eating instructions were pretty simple:

1. Break the crawfish in half
2. As you crush the crawfish head, suck the juice out
3. Peel back the first couple of rows of shell on the tail and pull the meat out with your teeth
4. Drop the head remnants and tail shell and quickly grab the next crawfish
5. Repeat steps 1 through 4.



Bill sucking the juice out of the crawfish head as instructed by Mitch.

Landrunner Calendar of Events

<i>Date</i>	<i>Event</i>	<i>Location/Time</i>
5/9	Clean Air Challenge 5K	OKC Zoo @ 9:00am
5/16	Gusher Gallop 5K	Lake Hefner @ 8:00am
5/18	Club Meeting (<i>guest speaker Thomas Hill</i>)	Ingrid's Kitchen @ 6:30pm
5/23	Andy Payne Races Mar/10K/5K	Lake Overholser @ 6:30/8:00am
5/25	Dog Jog 8K/3K	Oklahoma River @ 8:00am
5/30	Aduddell 5-Mile Riverside Run	Tulsa @ 8:00am
6/6	Sooner State Games Half Mar/10K/5K	Lake Overholser @ 8:00am
6/20	Super Summer 8K	Lake Hefner @ 8:00am
6/20	Club's Summer Social	Johnson's @ 6:30pm

Caribbean Islands Marathon Cruise

Four Islands, Four Races Makes One Great Staged Marathon

By Kathy Moffitt

Betty Bell, Evelyn Rowland and I went on the John Bingham, the Penguin's, racing team runner's cruise.

We started at Ft. Lauderdale, FL. The first stage was a two mile run on the deck. On Monday, we ran a 10K out and back at Grand Turk Island.

On stage three, the running club from San Juan, Puerto Rico, met us with a three page map of the city for a 10 mile run through downtown, by the capitol and by San Cristobal Fort. We had five checkpoints. It was a hot and slightly complicated but very scenic route through the city of San Juan.



Betty Bell, Evelyn Rowland and Kathy Moffitt aboard the Caribbean Islands Marathon Cruise ship

On Wednesday, we docked at St. Thomas for a very, very, very hilly 5 miles. On Friday, we ran a three miler for the last stage at Half Moon Cay, Bahamas. Half Moon cay was my favorite place not only because it was a three mile run, but we had a beautiful beach to soak our tired feet in after the run.

We also did a 5K walk/run on the ship's On Call deck for the Cure to benefit the Susan G. Komen Breast Cancer Foundation.

Evelyn won the second stage and got a John Bingham penguin hat. We had great weather, cocktail parties, a farewell party and awards presentation. There were about 26 people on the running cruise from all over the country. We ran together and had dinner together every evening.

I love running!



Saturday, June 6, 2009

**1 Mile Fun Run/Walk
5 km Race, 10 km Race
Half Marathon**

8:00 am, Lake Overholser

5K/10K - Pre-registration: \$20, Race Day: \$25

1/2 Marathon - Pre-registration: \$25, Race Day: \$30

1 Mile Fun Run//Walk - Pre-registration: \$15, Race Day: \$20

*USATF Certified and Sanctioned
Race timing by DG Road Racing*

For more information
call (405) 236-5000

*Send generic race entry form
(downloadable at okrunner.com) to:*

**Sooner State Games
211 N. Robinson, Suite 250,
Oklahoma City, OK 73102**

**OR REGISTER ONLINE AT
WWW.SOONERSTATEGAMES.ORG**

Have Some Fish & Wine After Your Run

By Warren Jones

Those who have read my articles over the years know that I always try to touch on some aspect of health and fitness with a bent toward running or biking. For example, I've written articles on lactate threshold, vo2 max, strength training, speed development, injuries, heart attacks during exercise, tapering for racing, race time predictions, waist circumference vs. body mass, interval training, running form, low tech tools to measure physiology parameters, ideal race pace and, as the phrase goes, many, many more.

This month's topic seems unrelated to running or biking, but it very much is... in the sense that your outdoor running and biking efforts expose you to the development of a skin disorder called actinic keratosis. Actinic keratoses (plural of keratosis) are pre-malignant lesions of the skin caused by long-term sun-induced damage and *strongly* predict all major types of skin cancer, particularly squamous cell carcinomas.

The newest issue of The American Journal of Clinical Nutrition contains a longitudinal study (comparing what happens over several years) on the impact of intake of certain *foods* on the development of AK among more than a thousand people living in Australia at a latitude the equivalent of Texas, not far, of course, from Oklahoma's latitude.

It turns out that no matter what was eaten among the thousand people, additional AK developed. I mean, more AKs than they had at the beginning of the study. This is no surprise, as the researchers did *not* attempt to modify the lifestyles of the cohort, and these people continued to behave as people do... which is to say: they were not diligent about sun protection or about using sunscreen, and yet continued to be exposed to the sun at a latitude exposing the population to a high risk of developing AK and skin cancer.

Researchers found that people who consumed the highest levels (top third vs. lowest third) of "oily" fish (think salmon, tuna, sardines, and others) and wine (think white and red) developed AKs at a substantially and statistically lower rate than those in the lowest third of consumption. There was a "dose-response" relationship, too. That is, the middle third had lower rates of AK than the bottom third, *but* higher rates than the top third. I wish the scientists had compared, say, the top ten percent against the lowest ten percent, or even those in the middle.

Skip this paragraph if you want to. It pertains to the "whys," scientifically speaking, of these findings: oily fish has high concentrations of omega-3 fatty acids. It is hypothesized that omega-3s protect against inflammation in skin cells and

can "modulate" (regulate, adjust, adapt) the immune response after ultraviolet exposure. As to the effect of the wine (this is a very simplified version), components of wine that may explain its tumor-protecting biologic effects include resveratrol, which has anti-oxidant properties as well as anti-proliferative effects.

The researchers controlled for, accounted for and adjusted for factors that could have affected the outcome. For example, one of the "controlled for" variables was age. A 60 year old would be more likely to develop AK than a 30 year old. So (if they did as I would expect) the researchers compared oily fish and wine intake among sixty year olds, and *separately* compared oily fish and wine intake among thirty year olds. After these "controls," (on age, and on seven or eight other potential "contributors" or "confounders" to AK), the results were still substantial and statistically significant.

Now, *how much* oily fish, and *how much* wine, constituted the top third? Remember, we can speculate that higher than merely the top third (say, the top ten percent) might be even more protective. On a per day basis (I'm not saying eat oily fish every day, or drink wine every day), the top third in the oily fish was 25 grams... about one ounce, and the top third in wine consumption was 68 grams... about half a glass. Many cardiologists promote the consumption of wine on a daily basis. My own research of the science is in agreement. Of course, too much of a good thing is not a good thing, so "everything in moderation."

By the way, keep in mind the "inverse" relationship (inverse: when "x" goes up, "y" goes down) which was established in earlier studies (Int J Cancer) to the effect that a diet high in green leafy veggies halved the incidence of squamous cell carcinoma among persons with past skin cancer. Remember, too, the "positive" relationship (when "x" goes up, "y" goes up) established in earlier studies (Am J Clin Nutr) to the effect of high intakes of meat and fat doubled the incidence of squamous cell carcinomas.

I'll close with the obvious: "Short Shadow, Seek Shade." That is, if your shadow is shorter than you are tall (which means you're in the sunshine in the *middle* of the day), then get in the shade. If you can't do that, slather on the sunscreen and put on that wide brimmed hat. Then, go home and eat a wine and salmon lunch.

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 wj@cox.net.



Recipes to Run By

I write this after just having left the farmer's market. Now, in the interest of being truthful, it's Sunday evening and I wasn't there loading up on all the goodies that are farmed and marketed in our area, but it did give me the idea of printing a recipe using some of the fun stuff you might find there this time of the year.

Spring Pea & Dill Quiche

- 1 9 inch pie crust
 - 3 large eggs
 - 3 large egg whites
 - 1 cup evaporated skim milk
 - ¾ cup grated swiss cheese
 - ½ tsp. sea salt
 - ¼ tsp. fresh ground black pepper
 - Pinch dry mustard
 - 1 ½ tbs. chopped fresh dill
 - ¾ cup cooked spring peas
1. Whisk together the eggs, egg whites, skim milk, salt, pepper, and mustard.
 2. Sprinkle the cheese, peas, and dill over the bottom of the pie shell and pour the filling over the top.
 3. Tent with foil and bake at 350* for 30 minutes. Remove foil tent and bake until an inserted knife comes out clean (approximately 10 minutes).

***Note:* You can replace the peas with the same amount of your vegetable of choice. Asparagus, broccoli, or summer squash would be fantastic! Oh, and for anyone wondering why we were at the farmer's market on a Sunday evening, it's because the Roller Derby girls were playing!



Random Runners Tips

At print time, many of you will have just completed a marathon or half-marathon that you've been training hard all spring for. While all that running keeps us happy and healthy (most days!), it places a lot of stress on our bodies and it's important to remember that the recovery

period after the race is just as important to the training plan as the miles leading up to the start line. Listed below are some good tips to help you stay strong for the next round.

1. Stay active, but take it easy. Let go of the speedwork for a bit and make your miles enjoyable.
2. Stretch. Continue that good habit of stretching I know you all picked up!
3. Explore some cross-training options, such as cycling, swimming, or roller blading. These can help you maintain cardiovascular fitness, while giving your running muscles a bit of a break.
4. Treat yourself to a massage. You've worked hard and deserve it!
5. Rest, rest, rest. Go for those recommended eight hours of sleep.

Marathon Training Recap

By Bill Snipes

What Snow?

Fooled again ... I listened to the weathermen last week and thought that the worse they said it was going to be, the less likely we were to have any snow. Out of caution, we rescheduled the run from Saturday to Sunday and the roughly 80 who showed up were rewarded with near perfect conditions Sunday morning, low 30's, clear skies, and no wind. Many of you went ahead and ran Saturday, and other than some pretty stiff winds conditions weren't too bad.

The Edmond Running Club shifted gears with us and showed up Sunday to handle the water stops duties. They were terrific, encouraging the runners, handing out water and PowerAde, and bringing goodies for the runners afterwards. We really appreciate their flexibility and dedication to the running community.

Runners Sail Through 20 Miles

Well, maybe you didn't sail through the first 10 miles, but you certainly did the second 10 miles. There is nothing like a good tail wind on Classen Blvd. assuming you can survive to get to that point. Reports are that the temperature was in the low 40's and it has been suggested to me that I no longer leave Cara in charge until she masters weather control! The three runs she presided over were the first run on the river (20 degrees), the Jack Rector Beacon Run (30 degrees) at the lake, and yesterday's 20 miler on the course (40 degrees). She is getting better!

Our water stops were at 3, 6 and 9 miles and were handled by the Chesapeake Energy crew. We are very grateful for their help!

Runners Cruise Through 12 Miles

Runners poured in the Chesapeake parking lot early excited to begin the 12 mile run. The near perfect weather conditions must have contributed greatly to the turnout of about 175 runners anxious to get started. The temperature was in the low 40's with virtually no wind (thank you Cara) under clear skies. This was our first and only trek out on the north end of the marathon course and the run went without incident. A special thanks goes out to Bob Loving and Cara Rogers for serving as

course marshals and making sure traffic was aware of the runners on the road. Afterward, the mood was festive and I sensed that there was still plenty of pent up energy in the runners as they completed their first taper run.

We have now completed 15 weeks of the 16 week training program 202 miles of the scheduled 210 miles in long weekend runs. That is a monumental accomplishment. Our first run (6 miles) on Jan. 3 was attended by approximately 120 runners. We have had as many as 250 runners and average between 150 and 200 regulars each weekend. We have dealt with severe weather extremes, wind, cold, ice, rain, and heat. Many of us began this journey as strangers and have now become friends. We have encouraged and supported each other before, during, after, and in between the runs. What started as just a "bunch" of runners wanting to train for a marathon has become a mutually supportive and well conditioned "group."

Kristi Anderson and Chesapeake Energy were responsible for the water stops on Saturday and what a terrific job they did. Although all of our volunteers have been great, I don't know that we've seen a more cheerful group of volunteers all season. The stops were precisely located, well staffed with encouraging volunteers, and well stocked to supply the runner's needs. Kristi has done some of the long runs with us and definitely was in tune with what the runners would need. A huge thanks goes out to her and her volunteers.

Special Thanks to Our Marathon Training Water Stop Volunteers

On behalf of the OKCMM Training Committee and the runners themselves, we extend our sincerest thanks for your efforts this season in supporting the training group. You have all done a fabulous job.



Heart & Sole Drive Keeps Growing

By Kresta Logan

The last two Heart and Sole donation drives have yielded fantastic results! At our January club meeting, we filled FOUR carloads with t-shirts, running shoes and other gently used running items to donate to the Jesus House. A *huge* “thank you” to those who donated, and to those who helped make the drop.

And at the final 20-mile marathon training run, another carload was filled by early morning runners who wished to donate their running shoes to the Taft Middle School Track team. Watch for information in the June issue about the items donated to Taft, and for special words from the co-organizer of the drive, Forrest Simpson.



Ask Adi

One morning several weeks ago, I had the chance to run with someone I'd not spent a lot of miles with before. As is often the case, the conversation turned to food, cooking, and nutrition, and she mentioned that she was looking for a more healthful version of penne pasta. Loaded with vitamins and energizing whole grains, this is the perfect runner's dish!

Penne Pasta with Vodka Sauce

- 1 Tbs. olive oil
 - 1 cup sliced onion
 - ¼ cup chopped fresh basil
 - ¼ cup chopped fresh oregano
 - ¼ tsp. sea salt
 - ¼ tsp. fresh ground black pepper
 - 1 14 oz. can crushed tomatoes
 - 1 8 oz. package sliced mushrooms
 - 1-2 pinches crushed red pepper flakes
 - 2 tbs. tomato paste
 - 1 cup evaporated skim milk
 - ¾ lb. whole wheat penne pasta
 - 1 lb. cooked shredded chicken
 - 3 Tbs. shredded parmesan
1. Saute the sliced onions and mushrooms in olive oil over medium heat until the onion starts to caramelize (approximately 7-8 minutes).
 2. Add basil, oregano, salt, pepper, red pepper, and tomatoes and simmer on low heat for ten minutes.
 3. Stir in the tomato paste well, add the vodka, and simmer for ten minutes.
 4. Cook the pasta according to the directions on the package.
 5. Add the pasta and chicken to the vodka sauce. Stir in the parmesan and serve.

**Fuels 4 hungry runners

Thank you.

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In the Next Issue...

We welcome any stories from our members regarding their experiences during the Oklahoma City Memorial Marathon. Whether you ran the full, half, 5K or relay... or whether you volunteered or came out to cheer on the runners...we are sure you have a great story to tell!

Please send your articles and photos (with caption, please) to news@okcrunning.org. We look forward to hearing from you!

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