

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

June 2010 | Issue No. 170

## TOM BRIGGS – BOSTON MARATHON STREAK 25 Years and Counting

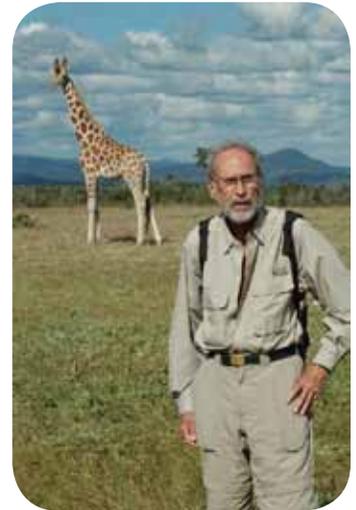
*By Mary Mikkelson*

CONGRATULATIONS to Tom Briggs who completed his 25th straight Boston marathon and his 100th marathon on April 19, 2010, at the young age of 76. What an amazing accomplishment!

Tom began running in the mid-70's to help him get in shape for a hiking and backpacking trip in the Sierras. Afterwards, he decided to keep running to stay in shape. After several years of running shorter distances, Tom decided to work his way up to the marathon in 1985 – the year before he ran his first Boston marathon. His first marathon was in Lincoln, Nebraska. He had three goals for that first marathon, sort of an A, B and C goal. The first goal was to simply finish the marathon. The second goal was to finish in a decent time and the third goal was that if he had a good day, to qualify for Boston. He achieved all of his goals that day. The following April Tom began his streak of running in Boston.

Tom is fortunate that he has relatives in the Boston area that host him every April. Tom indicated that the primary change in the Boston marathon over the last 25 years has been the number of participants. The first year he ran he estimates there were around 3,000 to 4,000 participants compared to 25,000+ this past April. The largest run ever was in 1996 when Boston celebrated its 100th anniversary. However, he said the crowds have always been large and boisterous.

Tom has run in 48 states (still needs Connecticut and Rhode Island to complete all 50 states) and on all 7 continents. Aside from Boston, he prefers smaller marathons that have some uniqueness to them. Tom takes a week off after a marathon to recover but for the most part stays in marathon shape year round. He does most of his training around his home, building his endurance running up and down the hills around Arcadia. The most marathons Tom has run during a calendar year is eight and he has been averaging around six a year recently.



*Tom Briggs in Kenya*

With all that running, Tom has had his share of injuries over the years that occasionally slows him down. However, he says it is important that you listen to your body and back off when necessary. He has used predominantly a trial and error approach over

**See Tom on page 8**

# Warming up!

We had beautiful weather conditions for this year's Oklahoma City Memorial Marathon and once again there were a record number of participants. The club was well represented and our current count shows we had 143 members complete the full marathon and 121 finished the half marathon, plus countless others participated in the relay, 5K and/or volunteered. Congratulations to club member Jenny Graef for her 2nd place overall female finish in the marathon. Many of you had PRs, Boston qualifying times and/or accomplished personal goals so congratulations to all on a job well done. If by chance you're not listed in the results, contact Doug Cunningham so he can get your results included in the race series standings. Thanks, Doug, for all your hard work and effort searching through the results and keeping track of the race series standings.

May was my month to enter the half century club. Not a big deal as I was able to complete the OKC Memorial Marathon before the big day and the Green Bay Marathon a few days after. Two marathons in three weeks can make one feel old but I thoroughly enjoyed the experience. I also received my invitation to join the AARP-American Association of Running People? It has to be a running association since the golf course claims the AARP card does not make me eligible for the senior discount. I wonder if it will get me a discount for my next marathon.

June means warmer temperatures, a very busy race calendar and the Landrunner's summer social at the Johnson's on June 19th. Deb and Steve will be cooking burgers so bring your favorite side dish or desert and beverage of choice. Directions are on the website.

Keep Running,  
*Chuck Mikkelson, President*

## Boston Revisited: Second Trip Tests and Enchants

*By Leslie Buford*

The mystical unicorn has long symbolized strength and virtue of humanity across many cultures. Perhaps then it is no surprise that this unique creature was chosen by the Boston Athletic Association to represent the ultimate quest for many runners: the Boston Marathon.

While just being among the chosen few running the world's premiere marathon is enough for many marathoners, the treasure of collecting a prized -- and hard fought -- unicorn medal at the end of 26.2 miles is a memory that lasts a lifetime for the Landrunners competing in this year's race.

Marathon weekend began gloomily as Landrunners traveling to the race encountered rainy skies leaving Oklahoma City and entering Boston. A nice New England chill was in the air as runners from all over the world gathered in the North End for pre-race carbo-loading and making new friends. Race day weather predictions became a topic of many conversations throughout the weekend as runners shared the latest forecasts gathered from smartphones, computers, and good old fashioned television. By Sunday evening, the skies began to clear and a warm wind began blowing in the area.



*L-R Sara Cook, Leslie Buford, Bill Goodier, Cami Rowe, Meredith Hadley*

Monday morning greeted us with a beautiful sunrise, picture perfect blue skies, and thousands of runners gathered in Boston Common. After an unsuccessful attempt to meet at one of the thousands of Dunkin' Donuts in the area, Meredith Hadley from Shawnee found

**See Boston on page 13**

This Event will include a sleeveless tee and a special award for the winners. The 8k course is fast, flat and stocked full of refreshments



# THE RUNNER'S SUPER SUMMER 8

June 26, 2010: 7:30 A.M.

Stars and Stripes Park

*Info @ The Runner*

*9644 N. May Ave. Oklahoma City*

*405.755.8888*

*[www.TheRunnerOKC.com](http://www.TheRunnerOKC.com)*

# Landrunner Calendar of Events

**Date Event**

- 6/5 Downtown Dash
- 6/12 Africa West 5K
- 6/12 Bricktown Blaze 5K
- 6/18 Mohawk 5000
- 6/26 Super Summer 8K
- 6/26 Founder's Day 5K
- 7/2 Midnight Madness 50 Miler
- 7/3 Stars & Stripes Forever 5K
- 8/7 Route 66 Quarter Marathon & 5K
- 8/14 Midnight Streak

**Location/Time**

- NW 10th & Walker @ 8:00pm
- Metro Tech @ 7:30am
- Bricktown Ballpark @ 5:30pm
- Mohawk Park, Tulsa @ 7:00pm
- Stars & Stripes-Lake Hefner @ 8:00am
- Duncan, OK @ 8:45am
- Arkansas River Tulsa @ 11:59pm
- Stars & Stripes-Lake Hefner @ 7:30am
- Tulsa, OK @ 7:30am
- OKC Fairgrounds

## Landrunners In Action

4/24 FREE STATE 40 MILE TRAIL RUN, LAWRENCE, KS

|              |          |
|--------------|----------|
| NELS BENTSON | 13:38:00 |
|--------------|----------|

4/25 BIG SUR INTERNATIONAL MARATHON, BIG SUR, CA

|                     |         |
|---------------------|---------|
| MARGOT PHILLIPS     | 4:13:32 |
| DESIREE MARGAGLIANO | 4:19:17 |
| CHARLES GRAFF       | 5:16:07 |

5/9 COLORADO MARATHON, FORT COLLINS, CO

|              |         |
|--------------|---------|
| BILL McMANUS | 3:42:27 |
| JOANNE HARMS | 4:45:46 |

5/16 GREEN BAY MARATHON, GREEN BAY, WI

|                 |         |
|-----------------|---------|
| BILL GOODIER    | 3:34:05 |
| MIKE GIBSON     | 3:47:29 |
| MARY MIKKELSON  | 3:55:36 |
| CHUCK MIKKELSON | 4:15:44 |

5/16 GREEN BAY HALF MARATHON, GREEN BAY, WI

|                |         |
|----------------|---------|
| BRANDI SALSMAN | 2:13:31 |
|----------------|---------|

If you don't see your results it could be you forgot to report them so send your results, photos and stories to [news@okcrunning.org](mailto:news@okcrunning.org)



**FRIDAY, JUNE 18 • MOHAWK PARK, TULSA**  
**5K RACE AND 1K FUN RUN**

5K race starts at 7:00 pm; 1K fun run starts at 7:05 pm  
 \$23.00 for Tulsa Running Club members  
 \$28.00 for non-Tulsa Running Club members  
 (includes event technical shirt and Summer BBQ Picnic following the event!)

Additional BBQ Tickets: \$7.00 for non-runners, spectators, etc.

Proceeds benefit the Tulsa Boys Home

For complete event details, visit our website:

[www.tulsarunningclub.com](http://www.tulsarunningclub.com)

*Save the Date!*

*5th Annual*  
*Kelsey Briggs*  
*Run Against Child Abuse*

**September 18th, 2010**  
**7:00 AM**  
**Stars & Stripes Park at Lake Hefner**

Half marathon \* 5K \* Kids 50 yard dash  
 Free 1-mile fun run/walk

**Register online:**  
[www.signmeup.com/69392](http://www.signmeup.com/69392)  
 or  
[www.kelseybriggsfoundation.org](http://www.kelseybriggsfoundation.org)

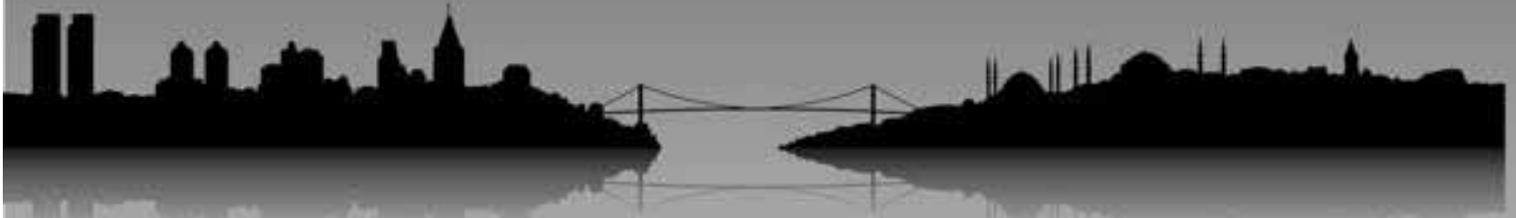
**For More Information, Contact:**  
 Amber Gregg  
 (405) 227-2539  
[amber@kelseybriggsfoundation.org](mailto:amber@kelseybriggsfoundation.org)

TATUR presents

Friday 11:59 P.M.

July 2, 2010

Midnight  
50 Miler  
Madness



**50 Miles - Flat, Fast, Paved Running Trail  
Along the Arkansas River  
Post Race Breakfast  
Pacers allowed after mile 20  
Training Schedules Available  
[www.tatur.org](http://www.tatur.org)**

*50 mile road race*

*Kick it up a notch!*

**RunnersWorld  
TULSA**

**T\*AT\*U\*R**  
[Tulsa Area Trail Ultra Runners]  
[www.tatur.org](http://www.tatur.org)

# 2010 Oklahoma City Memorial Marathon Training Helps Landrunners Succeed

Countless Landrunners took advantage of the group training runs for the 2010 OKCMM. We collected comments from our website forum, from follow up e-mails from training leader Bill Snipes, you name it. As we look ahead to OKCMM 2011, let's reflect on some of the fantastic journeys from this year's Run to Remember as well as suggestions to make next year's training even better.

Thanks so much for everything. The Landrunners have been a huge support system for me. I have made great friends and built strong relationships with many members. I credit the training runs for much of my progress. I decided I was ready for an out of state marathon this time, so I'm headed to Nashville to run the Rock and Roll tomorrow. Thanks again so very much! Oh ... I'm gonna wear my Landrunners shirt!! - Karna

I just want to say that the Landrunners are such a welcoming group of people. I am the one at the end of your training runs; the last one to finish. Everyone always tells me "good job" or "hang in there." It makes me feel good that even though I'm not fast or skinny that I am still part of the group. I plan to wear that wrist band with pride. I'm speaking at the pasta party Saturday night since I am a survivor and I plan to give a shout out to the Landrunners. - Amy

I was mostly running solo until the first 20 miler this season. Running with people is so much more fun and easier to do than running solo. - Mike

Thanks for all your work in making this happen. I can't imagine training for the Memorial Marathon and not running with the Landrunners! - Laura

You have made runners out of so many who just wanted to see what it was about. Thank you is too small. Jack is very proud, I am sure. What a great group of people! - Jamie

I just wanted to send a note of gratitude. I have thoroughly enjoyed the training runs this season and am so grateful to all those who put them together. From the water stops to the course maps to the pumpkin bread,



*Amy Palmiero-Winters and Alexa Halko finish strong!*

you all ROCK! I am a first time half-marathoner, and I am most eager for the race. I feel better prepared and supported thanks to you and your crew. - Gena

Landrunners is more than just a club; it's become a second family. Thanks for all you and the Landrunners do to help novice runners reach their goals. - Brandon

**See Runners on page 10**



QUARTER  
MARATHON

5K

FUN RUN

"THE DOUBLE"  
QUARTER  
MARATHON  
+ 5K

August 7, 2010

*Blue Dome District*

Tulsa, Oklahoma

[quartermarathon.com](http://quartermarathon.com)



NOVEMBER 21, 2010

*Tulsa, Oklahoma*

[route66marathon.com](http://route66marathon.com)

MARATHON • HALF MARATHON  
MARATHON RELAY • MAYOR'S 5K FITNESS RUN AND WALK • ONE MILE FUN RUN



**Tom continued**

the years to determine what works best for him. Tom's advice for other runners is to maintain balance and not let running run your life.

Tom has three grown children, seven grandkids and three cats. However, none of his kids have caught the love of running that Tom has yet. Some of Tom's other hobbies to help him maintain balance in his life include photography and cooking. Both of these are on display when Tom opens his home for a Landrunners social. Tom has some amazing pictures of animals that he took following his Safaricom marathon in Kenya and says he does almost all his own cooking, rarely eating out, including making homemade bread and canning.

Tom joined the Landrunners in the early 1980's and serves as a director and treasurer for the club. When asked how long he had been a director, Tom's response was "forever". However, he was quick to add that he enjoys doing so and contributing to the club. We certainly appreciate all the time and effort that Tom has contributed to the club over the years.

Tom's motivation to continue running marathons is to keep his Boston streak going as long as possible and to maintain a healthy lifestyle. Tom's strategy in recent years has been to pick a marathon to run hard and hopefully qualify for Boston and then identify



*Tom Briggs at Safaricom Marathon in Kenya*

other marathons to run for fun and/or plan trips around. His next scheduled marathon is Grandma's marathon in Minnesota on June 19 where he hopes to run a Boston qualifying time. Good luck, Tom, and keep running strong! You are an inspiration to all of us.

## Recipes to Run By

*By Adi McCasland*

**Grilled Pizza**

- 1 lb fresh pizza dough
- 1 can crushed tomatoes
- 1 Tbs olive oil
- 2 cloves garlic
- 1/2 cup minced onion
- 2 Tbs Italian seasoning
- Splash of red wine or balsamic vinegar
- Pinch of sea salt
- 3-4 roma tomatoes, thinly sliced
- 6 oz fresh mozzarella, thinly sliced into rounds
- 3-4 Tbs fresh basil, julienne

- 1) Divide dough into two equal balls and stretch to 1/4" thickness on oiled cookie sheet. Let rest at least 10 minutes.
- 2) While dough is resting, over medium heat, sauté garlic and onion in olive oil until onion is translucent (approx 5 minutes).
- 3) Add crushed tomatoes, Italian seasoning, wine or vinegar and salt. Cook an additional 6-8 minutes or until thickened to pizza sauce consistency.
- 4) Carefully place dough, oiled side down, on hot grill grates and cook 3-4 minutes. Turn dough over with tongs and working

quickly, spread thin layer of sauce on dough and top with roma slices, mozzarella slices and basil. Close grill cover and cook an additional 4-5 minutes.

Notes: Pizza dough can be purchased in the refrigerated section or at some local pizza parlors. You will likely have extra sauce that can be frozen for later use.

**Berry Frozen Yogurt**

- 3 cups fresh berries (strawberry, blueberry, blackberry or mixed)
  - Juice of one lemon
  - 1/2 cup sugar
  - 1/4 tsp salt
  - 1/2 cup evaporated skim milk
  - 1 1/2 cups thick plain yogurt (Greek style or regular strained)
- 1) Place berries, lemon, sugar and salt in sauce pan and cook over medium heat until sugar is dissolved.
  - 2) Mash berries while cooking; remove from heat and let sit for 8-10 minutes to cool.
  - 3) Stir in milk and yogurt and mix well. Refrigerate mixture for 3-4 hours.
  - 4) Process mixture in ice cream maker according to manufacturer's directions.

*The Capitol Chamber of Commerce Presents  
the Africa West*



**Run**



**Fun Walk**

**June 12, 2010 • 7:30 a.m. • Oklahoma City**



The 2010 Africa West Run is a USATF-sanctioned event featuring electronic chip timing for runners. The proceeds will benefit the Maisha Orphanage in Kenya, which was started with the support of Oklahoma residents. To learn more about the orphanage, visit [www.maishainternational.org](http://www.maishainternational.org).

- ✦ Registration starts at 6:30 a.m.
- ✦ Pre-registration: \$20 - \$15 for students. Registration on race day: \$25 - \$20 for students. All participants will receive a race t-shirt, and the first 100 entrants will receive a complimentary goodie bag.
- ✦ The race starts at Metro Tech, 1900 Springlake Drive in Oklahoma City.
- ✦ Africa West is a two-day festival held to celebrate, promote and preserve the rich traditions of Oklahoma's African-American history and culture.

**For more information:**  
**Capitol Chamber of Commerce**  
**(405) 427-4447**  
**[capccokc@coxinet.net](mailto:capccokc@coxinet.net)**  
**[www.capitolchamber.org](http://www.capitolchamber.org)**

**AFRICA 2010 WEST**  
Celebrating the African-American Imprint

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**Runners continued**

Thanks for all you do and have done for the group and the club. As usual, the coordination was flawless. - Dennis

I just wanted to thank you for a wonderful training experience. This was my first marathon and I did not know what to expect. Training with the Landrunners not only helped to become conditioned, but knowing the marathon course was helpful and set my mind at ease. During training I looked forward to your e-mails and your inspiration at the end always put a smile on my face. My sincere appreciation! I look forward to training with you again, (when I can walk again). - Theresa

Thanks to the running club I completed my first half marathon. We joined the "Walk the Lake" walkers every Saturday that we possibly could (we were too new and intimidated to join the runners). Our little group ran through snow, rain and bugs at Hefner. We all finished and I feel like thanking the running club is appropriate. The little amount of accountability that Jim and the walking group offered every Saturday morning was enough to keep us going. Thanks for offering such a great program. - Sarah

I joined the Landrunners in 2009 but didn't participate until Walk the Lake Program began this year. This program encouraged me greatly and I have made new friends with the same interest. I am so grateful for the dedication of Jim Roblyer; he is truly an inspiration. If this e-mail finds its way into the newsletter, I will not be disappointed. The Walk the Lake program needs to be recognized and sustained. Thank you. - Terri

I can't say enough about the wonderful training over the past few months. I appreciate the hard work that goes into putting this together and am proud to be a member of such a great group. I'm feeling good today and can't wipe the smile off my face as I realize I am now a marathoner! - Laura

I couldn't have done my first marathon with out you guys. Thank you so much; it was the worst and best experience of my life and I still feel so emotional from it all. Thank you again. I am ready for the next one. Just can't walk or laugh right now because I am so sore. - Rachel

Thank you for being there for us all the way through this journey; I can't wait to join it again coming in January! It's been a great past two years that I have trained with the group and it was filled with a bunch of fun! Can't wait for next year to see everyone's smiling faces in the cold weather that January gives us! - Mason

I didn't join the Landrunners last year, but I trained with you all year. Now I am joining so that I can be part of the team. I am planning on running in the full again next year, but improve my time. This year's goal was just to cross that finish line without injuries.

Thanks again. P.S. - The "Day After" video was hilarious. I am the one trying to put my socks on. - Kari

Everything was fantastic. The training runs have really been a great thing and a source of motivation. I can't imagine doing a marathon without a group like that. - Leo

I loved it. It made training so much fun. I really was thankful for all of the support and company. Great thing to be a part of. - Cami

I set a new PR by 15 minutes at this race. I could not have done it without the support and encouragement of the Landrunners! I LOVE running with the Landrunners group and will continue running with them unless they kick me out. Everyone is so nice and positive and I've met so many great people. Bill does a wonderful job of organizing all the training runs and is great at encouraging everyone and making everyone feel welcome! In fact, every single person has been so nice and encouraging. I don't think I have met a better group of people! My fiancée trained with me for the 1/2 marathon and really enjoyed the experience even though he claims he is "not a runner." He has even said he would like to do more half marathons! Seeing so many green wrist bands in the race was awesome, but seeing Bill at the corner of Broadway before the finish was the best. I was struggling and he gave me a great boost. This is my third marathon and second OKC Memorial Marathon. I would have to say it was the best training and race experience yet! Thanks to everyone who made it possible. I'm already looking forward to when the next weekend group long run will be! It was always the highlight of my weekend (yes - even when it was freezing cold and dark!). - Heather

Training runs were great! I loved coming out with a big group of people and running! Loved the sponsorships and water stops. This was a big help in my marathon time. It's hard to go at it alone. I just moved from KCMO. Their training group was great, but it cost \$300 to join! Thank you for making this so affordable and a great experience! - Jennifer

**See Runners on page 15**

*Join us this fall as we celebrate our*

**25<sup>TH</sup>  
ANNIVERSARY**



**NORMAN, OKLAHOMA**

**WWW.BROOKHAVENRUN.COM**

## **Stars and Stripes Forever!**

*Celebration 5K Walk - Run*

**July 3, 2010 7:30 a.m.**

**Stars & Stripes Park at Lake Hefner  
Oklahoma City, OK**

**\$100 prize for Most Patriotic!!**

**[www.signmeup.com/70578](http://www.signmeup.com/70578)**



# Random Runners Tidbits

*By Adi McCasland*

A few weeks ago, several of us invaded Starbucks after a group run as we generally do, and the idea of another marathon bus trip began to form. As we were throwing out thoughts on places to go, it peaked my curiosity on people's favorite running-related destinations. Here are a few of your responses....

1) Chicago has been my favorite destination so far for a race. First because Chicago is such a great town with wonderful history and architecture and second, the people come out in groves to support the race. They line the entire route of the marathon and the route takes you through 29 neighborhoods and they all come out with their neighborhood themes, etc... It's all marathon runners which make the 40,000 people that run it just awe inspiring. I think you have run it so I'm not telling you anything you don't know but I just love the town, love the course and will definitely be doing that one again!

Randy Nance

2) I call it a tie for the most notable: Antarctica, and the Safaricom Marathon in Kenya. Each was unique in its way, a once-in-a-lifetime experience and an unmatched opportunity for photographs.

Tom Briggs

3) At the Blue Angel Marathon in Pensacola, the starting gun is synchronized with a deafening fly over by four Blue Angel F/A-18's with their "smoke on" and in formation.

It is so exhilarating that the marathoners begin to sprint, then gradually realize they have 26 miles to go! It is also my marathon PR location.

Dave Manguno

4) I head out to San Juan Solstice 50 miler soon - it takes place on June 19th. I know Bret Sholar will be there as well - and I know it's one of his faves as well. Not sure if anyone else from this group is going. Very tough race - tight cut off times for

those of us who are "flatlanders" - but you see parts of the country that you know not many people have seen - its amazing. You climb 3 mountains in this race and run along the top of the Continental Divide for 9 miles. It could prove to be a very tough race as the 7 water crossings at the beginning of the event are high, cold and fast based on how much snow CO gets over the winter. Considering they had some just the other day - we could be in for a dangerous and numb first 10k!

Nancy Schidler

5) Boston - Accomplishment

Maurice Lee and Donna Banks

6) San Francisco - Great city with no hills

Willie

Many of you returned the question when you replied and I unsuccessfully tried to narrow it down to just one, so I'm cheating and listing three. First, I loved Chicago. I found the city to be just as I'd seen it portrayed in any movies or books. It's busy and unassuming, and frankly doesn't care who passes through it. It's perfect for the tourist who has a list of sites to see, as well as for the passive traveler, such as myself, who is happy just wandering about, finding things along the way.

I also really enjoyed Austin. I've always loved that city. It's musical and active and diverse, and there's an eclectic beauty that draws me in.

In April, I traveled to Groveton, Texas for a tiny little race that I'd never heard of despite living twenty minutes away for nearly half my life. It made the list for it's quiet serenity that I'd never realized and the impeccable organization of the marathon organizers in an area decidedly not known for its running. The road trip was easy and fun, and my sister joined me for her first running event.

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***Boston continued***

me and we chatted with her husband and other runners while waiting to board the busses out to Hopkinton. Since I was an “old pro” at the marathon having run it the year prior, I expounded my knowledge of the course and race to Meredith. Hopefully she did not take any of my advice!

As we pulled into Hopkinton, we attempted to locate our Landrunner companions scattered throughout the Athlete’s Village. Roger Lemmons was camped out by the high school doing his pre-race routine and our efforts to locate him were unsuccessful so we made our way to the predetermined meeting spot by the “blow up Poland Springs water bottle” -- which just happened to be next to a large swath of porta-potties. It was there that we saw the friendly face of Bill Goodier saving us a spot to sit and relax. We were soon joined by Sara Cook and Cami Rowe and the party began! We had a blast just preparing for the next three plus hours and meeting other runners in the area.

After the obligatory group photos to mark the monumental event, Bill and I wrestled off our warm ups and answered the call for Wave One to report to the starting corrals. The walk to the starting line is one of my favorite parts of the Boston Marathon: it is almost a mile to the beginning and the Hopkinton natives treat it like a parade of runners off to entertain the restless crowds down the road. Hospitality is at an all-time high as townspeople wave and play Frisbee on the front lawn. It lulls you into forgetting about the task that lies ahead in a few short minutes.

Bill and I parted ways as we made our way to our respective start corrals and the F-10 fighter jets roared above our heads. In front of us, a sea of humanity packed like proverbial sardines awaited more runners to squeeze in and test their mettle against the historic course.

While waiting on my turn to cross the starting line, I chatted with the girl next to me about our goals for the day. Since we were both shooting for the same time, we would try to run together. As we begin the journey, several people yell out “Go Leslie!” and my new friend is amazed at my fan base since I’m from Oklahoma. I laugh and show her the front of my shirt where I have my name written in duct tape. Little did I know that later in the race that piece of duct tape would be the one thing spurring me on to the finish line.

After about five miles, I lose my running partner in the chaos of the water stop. I would have to continue the rest of the 21 mile journey alone in a sea of runners. The next twelve miles were a blur of cheers, unruly yet loveable spectators, the girls of Wellesley, and adorable dogs. Because of my duct taped name, I had quite the following from the crowd, which was great, but also

caused me to run a little faster than I probably should at that point. However, it was just too tempting to get caught up in the excitement of the day and react to the crowd’s chants.

At about mile 17, runners cross over a bridge from Wellesley into the infamous Newton hills. At this point, I’m starting to tire from my earlier escapades and negative thoughts begin to creep in my head. Before I can dwell on these thoughts I pass the legendary father-son team the Hoyts. As they slowly made their way past the fire station, my group of running companions and I break into a spontaneous applause: to see such a famous pair in the running world up close and personal was surreal and gave me the strength to keep going. Up until mile 20 that is, when all runners on the course gave a groan as they faced “Heartbreak Hill.”

For the first time in my life (and hopefully last!), I walked during a race. Prior to this, I would not have contemplated stopping, but on this day Boston decided to show me just exactly why this course is considered so difficult by so many. As my legs turned to lead, it was the wonderful spectators on the course that sparked my engine again. Their pleas to not give up and their lies that I was doing great and looking good encouraged me to once again pick up the pace.

While my PR was gone, my lust for another unicorn medal was not. The next six miles was a test in mental fortitude far more than physical endurance. Again, it was the spectators cajoling me to finish my quest that lifted me through “The Wall” and eased me down the streets of Boston.

As the roar of Boylston Street became deafening and I made the turn from Newberry to Hereford and Hereford onto Boylston, that beautiful blue and yellow finish line loomed in the distance. In the middle of the road, the unicorn raised his majestic head, as if beckoning me to hurry and join the others conquering the course that afternoon. Perhaps it was a mirage, but I was willing to take the chance and began galloping toward the grandstands.

Crossing the finish line was possibly the best feeling in my running career. While I did not make my goal of 3:25, I did run a 3:28, which allows me to come back to seek redemption on Heartbreak Hill yet again. A volunteer lifted the hefty pewter and enamel medal over my head and placed it securely around my neck. I instantly clamped my hand around this hard fought piece of hardware and began thinking about “Next year for Boston...”

Once again, this most unique and beautiful of marathons has enchanted me and beckons me to bring forth strength, fortitude, and courage to her hills next year and I can’t wait to answer that challenge in 358 more days.

# Use These Nineteen to Get To A Better Sixteen

By Warren Jones

We've all heard about "calories in-calories out" being the determining factor in weight gain, weight loss, and weight maintenance. It is, of course, a truism, established solidly in the scientific literature.

But look at this: a new study published in the newest British Journal of Nutrition tells us that the higher the quality of one's intake, even if at a higher caloric intake, the more likely .....sixteen years later.....the lower the body weight.

Researchers from the School of Medicine at Boston University, the Department of Mathematics at BU, and the Department of Epidemiology at BU followed 590 normal weight women (as young as 25, and as mature at 71) for sixteen years. But first, each of the women was assessed for the quality of her nutrition by way of the Framingham Nutrition Risk Score (Google it if you'd like) which takes into account nineteen nutrients, some good, some "bad" or, at least, not good.

The nineteen nutrients were energy (i.e., calories), protein, total fat, monounsaturated fat, polyunsaturated fats, saturated fats, carbohydrates, fiber, alcohol, dietary cholesterol, sodium, calcium, selenium, vitamins C, B6, B12, and E, folate, and beta-carotene. I'll give some examples of foods containing some of these nutrients in a minute.

Women in the highest nutritional risk tertile (i.e., the highest third), i.e., those with the poorest diet quality scores, were 76% more likely to become....sixteen years later.... overweight or obese compared with those in the lowest tertile. The researchers even adjusted for physical activity, thinking that those more active might cause the better weight outcome. Even controlling for physical activity, though, the results remained the same. That is, those who were physically active but had a crummy intake quality were more likely to become overweight or obese, and those who were not so active but who had quality intake were less likely to become overweight or obese.

More specifically, women with the poorest diet quality consumed diets that were lower in energy, in carbohydrates (think veggies, fruits, whole grains) and micronutrients (the vitamins and minerals), and higher in total fat, particularly saturated fats, and alcohol. Conversely, higher energy, higher fiber, and higher Vitamin E intakes were associated with a lower risk of developing overweight or obesity.

This study is consistent with earlier studies finding that adults consuming a diet with more variety had significantly lower BMI's and were less likely to have BMI's greater than "normal."

So, for those of you who may be trying to either maintain or lose some weight, focus as much on the quality of your intake as the quantity. Don't ignore the quantity, but remember the findings of Boston University British Journal of Nutrition study to the effect that those consuming more energy (more calories) scored better on the nutrition risk analysis as well as better on maintaining a normal body weight.

I'll give you a shortcut in a minute. Here, though, are foods that are good sources of:

**Calcium** (a good thing): Skim Milk and Low Fat Yogurt made from low fat or nonfat milk They are among the richest sources of calcium. A glass of whole milk has, by the way, the same fat as TWO pats of butter. Skim Milk has next to none.

**Fiber:** Go for insoluble and soluble fiber. In a word, the insoluble is great for, well, regularity. The soluble is great for reducing your cholesterol levels. All Bran cereal. Kidney Beans. Split Peas. Lima Beans. Brussels Sprouts. Corn. Potatos. Peas. Brown Rice. Prunes. Apples.

**Sodium:** Avoid. Table Salt. Salted Crackers, chips, pretzels, popcorn, nuts (salted nuts, not nuts, per se), olives, pickles, and sauerkraut. Smoked and Cured Meats. Catsup, Mustard, Relish, Soy Sauce, and commercially prepared foods. I have a theory, as yet untested. If you exercise a bunch and sweat even more, I'm thinking maybe you can have some of these untouchables.

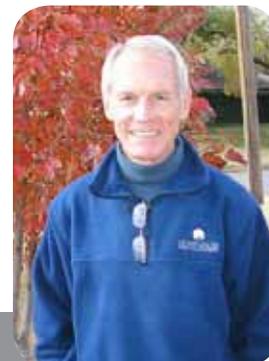
**Vitamin E:** Wow: Sunflower Seeds, Almonds, Peanuts, Spinach, Olive Oil, Tomatoes.

**Vitamin C:** OJ, Grapefruit Juice, Broc, Orange, Brussels Sprouts, Green Peppers, Strawberries, Cauliflower.

**Selenium:** Tuna, Spaghetti, Cashews, Skim Milk, Codfish,

Here's a shortcut list of healthy food categories: Veggies, Fruits, Whole Grains, Skim Dairy, Lean Meats, Fish, Nuts, and Legumes (beans). If you consume these, you'll get most of the good nutrients, and few of the bad. Start today. Compare how you look today with how you'll look, and how much healthier you'll be, in, oh, say..... sixteen years.

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](mailto:wej@cox.net).



**Runners continued**

I had a great time training with the Landrunners for my first marathon. I felt prepared for anything due to the guidance of all the previous marathoners and loved the camaraderie that the group provided. I never thought that I could do a marathon because of the tedium of training. I actually looked forward to the training runs and had a great time doing them. The training runs were so well organized and I don't know what I would have done without the water stops. Thanks to everyone for making my first venture into this craziness so fulfilling. - Kristi

I thought the training runs were great and helped prepare me for my first marathon! I was thrilled I finished within a minute of my "dream" goal time and qualified for Boston! I liked how the mileage built up gradually during the training so I felt confident I could do the next one. I also liked training on the marathon course; made me feel much more comfortable with where I was on the course during the actual marathon. I liked the weekly e-mails with info, tips and encouragement. Of course all the foods (and water stops) were great. Thanks for Bill and the entire committee! - Marcia

This was my first year to train with the Landrunners and I know I couldn't have run my first marathon without this wonderful organization. It was truly a blessing to train with so many inspiring and supportive people. - Kendra

I had such a wonderful time training (even though the weather was less than perfect). I love running marathons and I know training would be so much harder on my own. I think everything is great! - Kelly

This was my first race to run since high school 11 years ago. The training runs were very well organized. I felt as if my well being was taken care of with the water stops and course marshals, you definitely go above and beyond. I don't know how the training runs could improve but keep up the good work; the Landrunners are AWESOME! - Will

Thanks for all your hard work in setting up the runs. This is my first year running with the Landrunners, and I will never train again without you! Through snow, sleet, high winds and pouring rain, you guys have been there for my long runs. Thank you! - Christina

Thanks for all your support cheering Alexa and Amy Palmiero-Winters on throughout the entire weekend of the OKC Memorial Marathon. What a TERRIFIC experience and we appreciate all your help making it happen! - The Halko Family



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# Landrunner Results - Oklahoma City Memorial Half Marathon

|                               |                                    |                                 |
|-------------------------------|------------------------------------|---------------------------------|
| 1. Kelli Odle 1:15:43-WC      | 42. Ric Williams 2:01:29           | 83. Melissa Lau 2:37:40         |
| 2. Trey Cone 1:18:02          | 43. Kendra Bridges 2:03:22         | 84. Sandra Pace 2:39:31         |
| 3. Sam Henry 1:29:29          | 44. Guy Colbert 2:04:45            | 85. Silver Woody 2:45:01        |
| 4. Nick Robinett 1:30:37      | 45. Kent Frates 2:05:42            | 86. Linda Stalcup 2:45:11       |
| 5. Blake Emerson 1:31:23      | 46. Tina King 2:06:51              | 87. Susan Jones 2:45:44         |
| 6. Jonathan Morris 1:31:37    | 47. Michael Vermeulen 2:07:12      | 88. Madonna Gallant 2:45:48     |
| 7. Tiffany Cone 1:31:59       | 48. Reeda Frampton 2:08:48         | 89. Paul Lekawski 2:46:12       |
| 8. Leah Bayne 1:35:27         | 49. Jim King 2:09:45               | 90. Ariel Allison 2:46:54       |
| 9. Daniel Mosel 1:37:19       | 50. David Woodward 2:10:28         | 91. Jimmy Roblyer 2:49:34       |
| 10. Cameron Han 1:38:35       | 51. Kendall Richardson 2:10:55     | 92. Enrique Mosqueda 2:50:18    |
| 11. Mike Clark 1:40:50        | 52. Diana MacAulay 2:11:29         | 93. Michelle Gau 2:50:23        |
| 12. Bill McManus 1:40:52      | 53. Brandi Salsman 2:11:45         | 94. Linda Lekawski 2:52:24      |
| 13. Edward Tidwell 1:42:46    | 54. Shilpa Abbitt 2:12:18          | 95. Kay Hill 2:53:34            |
| 14. Derek Bartholomew 1:42:55 | 55. Natalie Bowman 2:12:27         | 96. Lynn Rector 2:53:45         |
| 15. Sara Cook 1:43:14         | 56. Stephen Cortes 2:14:12         | 97. Misty Chaney 2:54:42        |
| 16. Richard Buckley 1:44:54   | 57. Allison Thompson 2:14:43       | 98. Judson Temple 2:57:12       |
| 17. William London 1:47:56    | 58. Dani Conover 2:15:57           | 99. Christine Woodworth 2:58:10 |
| 18. Sandy Harris 1:48:01      | 59. Monica Witt 2:16:25            | 100. Keith Landers 3:03:13      |
| 19. Hassan Dbouk 1:48:35      | 60. Robert Bell 2:18:28            | 101. Sherri Rector 3:06:44      |
| 20. Vaden Dean 1:48:50        | 61. Karen Bramblett 2:18:42        | 102. Amy Petty 3:11:27          |
| 21. Cami Rowe 1:48:56         | 62. Alden Snipes 2:20:27           | 103. Laura Ward 3:11:31         |
| 22. Bryan Sloan 1:49:16       | 63. Michael Parker 2:20:49         | 104. Marlene Robinson 3:14:13   |
| 23. Gary Venator 1:49:56      | 64. Tony Maxwell 2:20:54           | 105. Johnny Paxson 3:18:48      |
| 24. Debra Chronister 1:50:28  | 65. John Pinard 2:20:58            | 106. Terri Paxson 3:18:48       |
| 25. William Hickman 1:53:21   | 66. Teresa Tedder 2:21:07          | 107. A.J Hickman 3:20:01        |
| 26. Carole Call 1:53:41       | 67. Jessie Loeffler 2:21:10        | 108. Debbie Weeks 3:21:35       |
| 27. Justin Hire 1:53:43       | 68. Kim Becker 2:22:11             | 109. Leslie Fleck 3:23:38       |
| 28. Tammy Russell 1:54:05     | 69. Bill Robinson 2:23:09          | 110. Warren Wilson 3:24:40      |
| 29. Jennifer Han 1:54:06      | 70. Laura Bode 2:23:16             | 111. Teresa Asbury 3:26:11      |
| 30. Teresa Sutton 1:54:33     | 71. Suzie Bostick 2:23:47          | 112. Gaile Loving 3:28:44       |
| 31. Stacy Crofford 1:54:49    | 72. Matthew Pena 2:23:51           | 113. Annette Wilson 3:28:47     |
| 32. Pamela Hermanski 1:56:06  | 73. Dan Hartsburg 2:25:43          | 114. Katrina Wilson 3:28:47     |
| 33. Jim Tabor 1:57:02         | 74. Kathy Moffitt 2:26:51          | 115. Leslie Bravo 3:37:46       |
| 34. Glen Stanley 1:58:30      | 75. Frances Williams 2:27:30       | 116. Angela Meier 3:41:43       |
| 35. Belynda Tidwell 1:58:34   | 76. Brenda Mares-Earnhardt 2:28:16 | 117. Donna Bentson 3:43:08      |
| 36. Ben Cherry 1:58:38        | 77. Karen Canfield 2:28:38         | 118. Samantha Bentson 3:43:08   |
| 37. Paula McBride 1:58:52     | 78. Melissa Smith 2:29:51          | 119. Bill Gates 3:43:12         |
| 38. Eddie Coates 1:59:05      | 79. Renee Norman 2:31:36           | 120. Kresta Logan 4:09:53       |
| 39. Lenice Keim 2:00:57       | 80. Wendy Kongs 2:32:03            | 121. Holly Wilson 4:12:06       |
| 40. Abdiwahab Mohamed 2:01:09 | 81. Ralph Breckenridge 2:34:48     |                                 |
| 41. Phil Small 2:01:23        | 82. Christi Evans 2:36:56          |                                 |

# Landrunner Results - Oklahoma

## City Memorial Marathon

|                                 |                                |                               |
|---------------------------------|--------------------------------|-------------------------------|
| 1. Jonathan Pillow 2:37:27      | 49. Jeff Wolf 3:56:50          | 97. Margaret Wood 4:32:44     |
| 2. Jenny Graef 2:54:23          | 50. Carol Swanson 3:57:50      | 98. Jennifer Cotten 4:36:32   |
| 3. David Wray 2:56:48           | 51. Michael Medrano 3:58:17    | 99. Janna Pratt 4:36:32       |
| 4. Russell Ingram 2:59:04       | 52. Jimmy Scroggins 3:58:43    | 100. Justin Pratt 4:36:33     |
| 5. Jeff Martens 3:15:34         | 53. Brett Brewer 3:59:36       | 101. David Kretsch 4:37:02    |
| 6. Paul Burger 3:16:17          | 54. Michael Dillinger 4:00:44  | 102. Jessica Champion 4:37:41 |
| 7. Katie Kramer 3:17:47         | 55. Marcia Walker 4:01:40      | 103. Brandon Long 4:37:48     |
| 8. Billy Brewer 3:25:38         | 56. Stephen Fernstrom 4:02:10  | 104. Melissa Brevetti 4:38:32 |
| 9. Jason Tilton 3:26:47         | 57. Kelly O'Hagan 4:03:38      | 105. Angela Sholar 4:39:37    |
| 10. Roger Jacobi 3:29:14        | 58. Wendi Weaver 4:03:45       | 106. Darlette Slack 4:39:39   |
| 11. Bill Goodier 3:31:38        | 59. Wes Hollander 4:04:32      | 107. Bret Sholar 4:40:02      |
| 12. Steven Cherry 3:35:07       | 60. Douglas Cunningham 4:04:59 | 108. Brian Jacobson 4:40:56   |
| 13. Schad Meldrum 3:35:55       | 61. Kate Ivey 4:05:38          | 109. Laura Kriegel 4:42:43    |
| 14. William Choi 3:36:12        | 62. Creighton Gary 4:06:23     | 110. Dan Weber 4:48:29        |
| 15. Ken Boyett 3:38:11          | 63. Teri Brashares 4:07:19     | 111. Kelly Waldridge 4:49:02  |
| 16. Chris Robinett 3:39:29      | 64. Mark Ballard 4:07:52       | 112. Vincent Hodge 4:49:19    |
| 17. Chisholm Deupree 3:40:45    | 65. Eva Small 4:10:17          | 113. Kevin Lynes 4:52:00      |
| 18. Mike Gibson 3:40:49         | 66. Randy Nance 4:11:19        | 114. Jamie Pivniska 4:55:55   |
| 19. James Coffman 3:41:41       | 67. Thomas Hill 4:11:21        | 115. Blas Arellano 4:56:02    |
| 20. Richard Smith 3:42:34       | 68. Stephen Rulewicz 4:11:48   | 116. Karen Carothers 4:58:10  |
| 21. Darrin Husmann 3:42:41      | 69. Mary Hammer 4:12:51        | 117. Dora Uwudia 4:59:00      |
| 22. Michael Ketcherside 3:45:05 | 70. Tracy Woodie 4:13:33       | 118. Donald Branch 4:59:17    |
| 23. Jay Husbands 3:45:25        | 71. Penny Voss 4:15:08         | 119. Lindie Slater 5:03:04    |
| 24. Derle Smith Jr 3:45:39      | 72. Jackie Norvell 4:15:22     | 120. James McQuillar 5:03:27  |
| 25. Michael Welsh 3:46:05       | 73. Megan Gruber 4:15:54       | 121. John Cotner 5:04:09      |
| 26. Ann Hartmann 3:46:58        | 74. Francisco Meza 4:17:39     | 122. Chuck Loughlin 5:04:12   |
| 27. Allison Henley 3:47:42      | 75. Arnold Angelici 4:17:49    | 123. Sandra Hanson 5:04:45    |
| 28. Melaina Brunk 3:48:09       | 76. Rob McLaughlin 4:18:09     | 124. Dana Burchfield 5:12:06  |
| 29. Mary Mikkelson 3:48:21      | 77. Magan Wright 4:19:15       | 125. Dirk Kile 5:15:54        |
| 30. David Ball 3:49:57          | 78. Kevin Wudi 4:19:36         | 126.Carolynn Parker 5:21:33   |
| 31. Roger Lemmons 3:49:57       | 79. Makenzee Highfill 4:19:49  | 127. Tori Duphorne 5:22:56    |
| 32. Courtney Lemmons 3:49:58    | 80. David Greer 4:21:48        | 128. Bob Stiles 5:22:57       |
| 33. Laura Maxwell 3:50:48       | 81. Jim Tincher 4:22:02        | 129. Leslie Quinalty 5:32:49  |
| 34. Heather Copsy 3:51:09       | 82. Melissa Tener 4:24:46      | 130. Ronald Ramer 5:38:32     |
| 35. Brian Coleman 3:51:46       | 83. Justin Chan 4:25:08        | 131. John Hargrove 5:39:24    |
| 36. Kay Agnew 3:52:13           | 84. Sandy Place 4:26:00        | 132. Benny Meier 5:39:24      |
| 37. Ann Hadrava 3:53:12         | 85. Blane Neufeld 4:26:06      | 133. Suzy Lloyd 5:40:02       |
| 38. Heather Jones 3:53:39       | 86. Stacy Coleman 4:26:22      | 134. Kreg Griffith 5:47:40    |
| 39. Matthew Wilcoxon 3:53:48    | 87. Kristi McKee 4:26:22       | 135. Brandon Edmonds 5:54:50  |
| 40. Matt Wilson 3:54:22         | 88. Katy Moore 4:26:28         | 136. Evelyn Rowland 5:55:11   |
| 41. Eric Woodworth 3:54:46      | 89. Victoria Yi 4:27:34        | 137. Betty Bell 6:03:36       |
| 42. Forrest Carlile 3:55:00     | 90. Chuck Mikkelson 4:28:48    | 138. Karen Greer 6:15:46      |
| 43. David Manguno 3:55:01       | 91. Sharon Marion 4:28:52      | 139. Diane Casteel 6:16:25    |
| 44. Drew Carter 3:55:05         | 92. Jennifer Alexander 4:28:59 | 140. Marion Ramirez 6:23:25   |
| 45. Stephen Abernathy 3:55:06   | 93. Jayson Bookout 4:29:39     | 141. Dickie Deupree 6:46:58   |
| 46. Corinne Young 3:55:44       | 94. Jane Pace 4:30:28          | 142. Amber Gregg 7:26:23      |
| 47. Dan Crawford 3:56:06        | 95. Lauren Wilburn 4:30:36     | 143. Daun Siegel 7:35:38      |
| 48. Sharon Haley 3:56:38        | 96. Richard Carothers 4:30:53  |                               |

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# A Reason to Run

By Kevin Lynes

Main text by Jeneva Powell

The day after running the 10th anniversary of the Oklahoma City Memorial Marathon, Shirley and I headed out for a week's vacation of golf and relaxation in Hot Springs Village, Ark. We stopped for lunch at Feltner's Whatta-Burger (not the chain out of Texas) in Russellville, Ark. When we were finished with lunch, I stood up and turned around to notice a lady taking a picture of the back of my finisher's shirt that I was proudly wearing. She then asked me about the marathon and she said she was in OKC to run the 1/2 marathon herself. Her name is Jeneva Powell from Columbia, Mo. She had just run OKC for the first time. Why she came here was of particular interest to me as is the reason for this marathon. I want to thank Jeneva for being so gracious to communicate her story with me that I can now share with all of our Landrunner group and all of OKC. The following is her story:

For those who don't know who Chase and Colton Smith are, well, don't feel clueless. Neither did I. At least, I never knew them before 4/19/95. I didn't know of them until a few years ago. Mom and I had been at the Cotton Bowl in Dallas over New Year's watching my Missouri Tigers beat Arkansas. On the way back home, we routed ourselves to OKC and went to see the OKC memorial.

Having been a government employee for years, the site had a very familiar feeling to me. I remembered the morning of 4-19-95, I was working in the Missouri State Capitol. So, I could imagine the building there. The layout and the patio above. I started taking pictures of the space. Mom and I went over by the preschool yard. There were crosses with bells on them to ring for each child. I took a wide shot of the fence row with crosses, and then, a close-up of one to remember the detail.

We went down to the site, and it was just lovely. For January, it was a moderately warm day. It was calm. I took more pics of all the chairs. The way the sun was cascading in from above, filtering through the clouds, and through the pines, it seemed to be highlighting one chair in particular. "How pretty!" I thought and composed my picture. I went up and took a close-up of that particular chair.

We went west toward the end of the memorial, and outside was another chain link fence with trinkets and notes, pictures, wreaths on it, so I took another wide shot and another close-up.

Needing to be on our way, we loaded back in the car. Once inside I began flipping through the pictures, tossing the blurry ones and excessive duplicates, and then a strange revelation occurred with the cross close-up of the preschool bell, the close-up of the memorial chair, even on the memorial fence. One name kept reappearing-Chase Smith.

I didn't know it then, but just a few years later I'd embrace running and by luck or divine intervention, I would be back to remember Chase and the other victims by running in the OKC Memorial Marathon on the 10th anniversary of the marathon and the 15th anniversary of the bombing. Chase has been with me ever since that warm January day.

The morning of the race I was up at 4:15 for the 6:30 start. We went to the First Church across the street from the memorial and I said a teary-eyed prayer in the sanctuary. After that, we went to the corrals with the 22,000 other participants. It was windy, cold and dark. Then, 168 seconds of silence, one second for each victim. As I counted in my head, 145, 146, 147, my tears fell again as I thought of each chair on that lawn, of each person, each child and the terrible, horrible wrong that was committed. My thoughts centered on Chase (and his brother, Colton). Chase would be 18 this year. During the national anthem, more tears. I couldn't even sing it without my voice cracking. I was standing next to a Marine who carried a large American flag the full 26.2 miles. When I saw him at the finish line I thought, "God bless our troops. God bless my friend, Lyndle, in Afghanistan."

The crowd was just massive with people everywhere on roads, overpasses, neighborhoods- just thousands of people- little kids wanting high fives, bands, balloon arches, costumed fans cheering. My earlier sadness for Chase and Colton's injustice was replaced with hope and happy thoughts. I could imagine them with me in spirit. Somewhere inside me came a calmness, a deep knowing.. "They are ok. They are glad we are remembering them." I saw one other shirt for them. I saw another that said "for the 22 children". My army t-shirt I wore during the race had an American flag on the front, for Lyndle in Afghanistan, and for all our troops fighting terrorism. On the back was "Chase Dalton Smith" with a red rhinestone heart so everyone behind me would see his name.

It was no surprise that this was my best race. My best time, my best pace, on the best course. The cool wind felt good as we warmed up. It was a great race and wonderful experience. I know I will be back to run next year. OKC is my favorite race to date and it will probably become an annual pilgrimage for me. It certainly means more to me than any other race.

Hopefully, I can someday meet Edye Smith Stowe, the mother of Chase and Colton, and share my pictures and memories of the OKC Memorial Marathon 10th anniversary.

# Running For a Friend, Tinker Colonel Finishes Memorial Marathon

*By John Stuart*

4/29/2010 - TINKER AIR FORCE BASE, Okla. -- A special flag rippled in the strong Oklahoma breeze as marathoners trotted past. Made of standard fabric and bearing a single name, its message was the boost that Marcia Walker needed to finish her first ever marathon.

It was April 25 on a sunny morning in the Sooner State, and Walker had been training four months for this day.

With tired legs and spirits that needed a lift, Walker looked up at that rippling flag at mile 22 of the Oklahoma City Memorial Marathon. It only took a moment to glance, but the words on it would carry her the next four miles to the finish.

On the flag read the name Robert Chipman, one of the 168 people who died in the bombing on April 19, 1995, and one for whom the marathon is dedicated.

Chipman, a retired major from Tinker, worked for the State of Oklahoma in the water resources complex adjacent to the Alfred P. Murrah federal building. He was also a family friend of Walker. A friend who is missed.

Seeing Chipman's name on the banner reminded her why she was running.

"Just seeing his name really encouraged me," Walker said. "Seeing that reminded me again of the whole purpose of the run and what the marathon was about."

Her fallen comrade was a large impetus for Walker's decision to do the marathon. To honor him and the others who died that day. It had been in the back of her mind to do a marathon for some time. The Oklahoma City race was the clear choice.

"I've been running for about five or six years," said the colonel, who is the senior individual mobilization augmentee to the 327th Aircraft Sustainment Wing commander. "I always knew if I did a marathon this would be the one I wanted to do. I wanted to do it because what the purpose of the run is, to remember the people we lost and celebrate life."

Walker crossed the finish line just one minute slower than her target time of four hours. She'd essentially met her goal and placed third in her age group to boot. Her husband, Steve, was there to greet her as were a handful of other friends.

It was the culmination of a months-long training process and the encouragement of others.

"When I could see the finish I remember saying 'I can see it,'" Walker said. "Then it becomes a focus. I tried to enjoy the crowd noise and at that point I was just focused on finishing."

It hadn't been easy. The last four miles were a formidable foe.

But there were numerous strangers to encourage her -- lining the course that weaves through north Oklahoma City, Nichols Hills and around Lake Hefner. There were also a few close friends cheering her on. One was Lt. Col. Julie Wende.

"She was standing around mile 23 and had a sign for me," Walker said of the sign that simply read GO COLONEL MARCIA. "It was so encouraging to see that and get that extra boost to keep me going."

Then there was Terry from Woodward. That's all Walker knows about him, but the stranger proved pivotal for meeting her target time. They fell into step about mile 24 and finished it out to the end.

"He said 'hey we have a shot at making four hours so let's go for it. We need to do this together,'" Walker said. "We just became running buddies. My legs were getting pretty tired. I knew I could do it, I just really had to work hard. The extra encouragement kept me going."

Long-time Okies, Walker and her family were around to experience the aftermath of the bombing. They understood the effects it had on families and friends through the loss of their own friend.

"It is personal, and to know that all those people had friends and family and loved ones, and that even 15 years later we still miss them," Walker said. "It made me want to do the marathon in honor of (Major Chipman) and all the others."

Walker had a low-key and yet fitting celebration to earmark her marathon accomplishment.

"I went home and took a nap," she said with a laugh. Her mantra of "up and over," muttered on the tough spots had carried her through the 26.2 miles, as had the encouragement of others.

She's not sure whether more marathons will be in her future, though she's open to the thought. But Walker is certain about one thing.

"This marathon is so special because of why it's held, for the 168 people who perished that day," she said.



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