

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

May 2011 | Issue No. 181

A Run Not To Remember

By Tom Briggs

Going into this year's Boston Marathon I had finally made it to the "streaker" list— i.e., the list of those who have completed 25 or more consecutive Bostons. After qualifying at Grandma's Marathon last June I hoped to extend my streak to 26.

One thing was troubling me though: a pain in my "butt" which had been hurting and slowing me down since late January. A visit to a sports doctor brought a diagnosis of a torn hamstring, which an MRI confirmed. These are notoriously slow to heal.

So I went for physical therapy, which included stretching. Conventional wisdom says stretching is good for you, but with me it has never worked, and this time it made things worse. On one run the pain got so bad I had to stop at seven miles. I found myself between a rock and a hard place: trying to run aggravates the injury and increases the pain, not running gets me out of shape. Out of necessity I took the latter course — I didn't run a step in the four weeks before Boston, hoping the time off would give that pesky hamstring a chance to heal. I tried to maintain conditioning by walking, and I could go for long walks, up to six miles, and never feel any discomfort. I could also work out on the elliptical machine at the gym, provided the angle was adjusted as low as it would go.

My plan was this: keep strides short so as not to overstrain the hamstring. If I could maintain a slow 12:30 pace over the first 16 miles, then I could slow even more to 15:30 for the last 10.2 miles and the hills, and finish just before the six hour cut-off. But I expected that, more than likely, the hamstring would give out and cause me to drop out long before that or I would be so slow as to miss the time limit.

On marathon day I found myself in my starting corral amid a huge throng of charity runners, nearly all

of whom were young, eager, and fast. In the first mile it was all I could do to avoid being knocked over, as the crowd rushed past me, some of them weaving in and out and cutting across my path. I used the technique that I had learned before -- to run with my elbows out -- to avoid being trampled.

After the first few miles things settled down. The hamstring behaved itself; I could feel it some but not as badly as feared. I was able to maintain my planned pace, and at 16 miles was nearly two minutes ahead of my estimated time. Then came the hills. The first was long but not steep, and I could jog up it slowly; and even gained a minute on my planned pace. The hill just past the firehouse turn was steeper, and I power-walked that, and didn't lose time from my plan. The mile from 18 to 19 didn't have a big hill, so I gained still a bit more time.

But my lack of good conditioning was becoming only too evident. My legs were hurting more and more. It took great effort to maintain pace, and the pain in my legs was getting steadily worse. The hamstring? I could feel it, but really no problem at all. The legs as a whole though, were just "shot."

At about 19.5 miles disaster struck. In getting around a small knot of people I tripped. The exhausted legs couldn't recover, and I went down hard, bashing my hand, arm, shoulder, and head. Kind people gathered around and urged me to stay still. Very soon a medic appeared. He insisted I return to the medical station at Mile 19 to be checked out because I'm on Coumadin, an anticoagulant ("blood thinner.") They loaded me on to a conveyance which was sort of a stretcher on wheels, with a seat beside it for an attendant to sit

See Run, on page 8

From the President

What an Exciting Past Couple of Weeks!

On February 28, an article was in the Daily Oklahoman about Taft Middle School students and the Oklahoma City Memorial Marathon (OCMM). This article talked of running program in progress to train the kids for the 5k at the OCMM. They had been running in the halls after school for about 45 minutes on Wednesdays and Fridays. The principal made a deal with the kids to commit to the program and she would get their entries paid. Well little did she know that 72 students would commit! So, she made a request to the community for some help. One of our Community Assistance members, Marcia Walker, read the article and thought this was perfect for our club. They needed help with the entry fees and people to come run with and encourage the students. Several Landrunners went and ran with the kids and noticed that most didn't have running shoes. There were students in basketball shoes, flip flops, sandals and boots. This was not a good combination.

In the meantime, Bill Snipes was talking to Thomas Hill, of the OCMM, about how to help get these kids registered. So, the marathon committee, the Landrunners and outside donations helped pay their entries. This caught the attention of the OKC National Memorial Executive Director Kari Watkins. She extended all kinds of help. She got media attention to help get the word out that these kids needed some running shoes. During this time, our club VP, Gaile Loving, was working with some of the running stores, The Runner and Red Coyote, along with a million other entities for this to happen. Both of the stores were to let us purchase, with donated funds, running shoes at store cost.

After Brent Gaddis (The Runner) and Burke Beck (Red Coyote) came to the school to measure the kids' feet, they both donated almost 30 pairs of new running shoes combined. We made a request for you to donate your gently used running shoes. You exceeded all our expectations with over 50 pairs. Kari at the Memorial had shirts made for all the kids and teachers involved. Now they are "Team Taft."

So, now we have 75 kids, running shoes (new and nearly new), socks, 72 entries into the OCMM 5k and three entries into the half marathon and team shirts. What could top this but an offer, by someone whose daughter died in the Murrah building, to pay for the pasta dinner for all of them? This couldn't get any better or could it?

Plant a Wish came to Taft Middle School to plant a sapling from the Survivor Tree. All the wishes of the kids and the adults were placed in the hole so that those wishes may grow and come true.

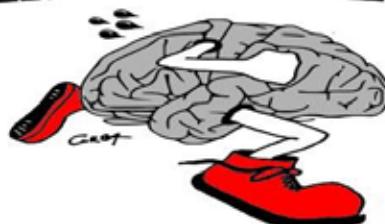
This running club had the opportunity to play a part in helping several children get to the start line at the Okc Memorial Marathon all with a little help from you, our friends.

April also brought in a number of running events and opportunities including the Red Bud Classic 10k and 5k. What a wonderful event and great weather. The winds even died down for the participants. Several of us had run that morning at marathon training for 20 miles and still came out and ran, volunteered and cheered on the 5k, 10k and 2 mile fun run participants. It is so wonderful to see the running community involved at all levels.

Just past the middle of April we had several members travel to the Boston Marathon. So many train for what seems like years to have the opportunity to run in this prestigious race. The Landrunners had several earn that right to run Boston this year, please look at the list on page 14 and congratulate them the next time you see them. Thank you for representing Oklahoma so well.

*Cara Rogers-Nance
OCRC President*

CHOCTAW CHALLENGE



**Healthy Bodies Healthy Minds
To Benefit
Tri-City Youth & Family Center, Inc.**

**5K RACE & 1M FUN RUN
JUNE 18, 2011 @ 8:00 AM
CHOCTAW CREEK PARK**

USATF 5K Certified & Sanctioned Race with timing by DG Productions

Registration: www.signup.com
Prizes: T-Shirts for all Registrants
USATF Age Groups Male/Female
3Deep, Overall Male & Female

Tri-City Youth & Family Center, Inc.
14625 NE 23rd 405.390.8131
Choctaw, OK 73020
Fee: \$20.00 & \$25.00 Race Day

State Games of Oklahoma

5K & 10K

May 21, 2011



**5K Pre-registration \$20; Race Day \$25
10K Pre-registration \$25; Race Day \$30
1 Mile Fun Run/Walk; Race Day \$15**

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

For more information call 405.236.5000

**REGISTER ONLINE at
www.soonerstategames.org**

**Or send generic race entry form
(downloadable at okrunner.com) to:
State Games of Oklahoma
211 N. Robinson, Ste. 250
Oklahoma City, OK 73102**



Landrunner Calendar of Events

| <u>Date</u> | <u>Event</u> | <u>Location/Time</u> |
|-------------|--------------------------------------|-------------------------------------|
| 5/1 | OKC Memorial Marathon* | OKC @ 6:30am |
| 5/7 | Jim Thorpe Courage Run 5K, 10K | North Pavilion Lake Hefner @ 8:00am |
| 5/7 | OK Autism Piece Walk & 5K | Bricktown Ballpark @ 9:00am |
| 5/14 | See Spot Run 5K, 10K | Guthrie, OK @ 9:00am |
| 5/14 | A Walk in the Park 5K | Lake Hefner S&S @ 9:00am |
| 5/16 | Club Meeting | Devon Boathouse @ 6:30pm |
| 5/21 | Sooner Games 5K*, 10K | Lake Overholser Rt 66 @ 8:00am |
| 5/21 | Hungryman 10K Relay | Regatta Park @ 10:00am |
| 5/22 | OKC Red Mud Run | SW 134th & Meridian @ 3:00pm |
| 5/28 | Andy Payne 5K & 10K* | Lake Hefner S&S @ 8:00am |
| 5/29 | Andy Payne Marathon & Half* | Lake Hefner S&S @ 6:30am |
| 6/4 | Downtown Dash 5K & 10K | NW 9th & Walker @ 8:00pm |
| 6/18 | Double the Fun Run 5K, 10K | 4210 SW 119th @ 7:30am |
| 6/18 | Choctaw Challenge 5K | Choctaw, OK @ 8:00am |
| 6/18 | Limbs for Life 5K* (Bricktown Blaze) | OKC Zoo @ 8:00am |
| 6/25 | Super Summer 8K* | Lake Hefner S&S @ 7:30am |
| 6/25 | Founder's Day 5K | Duncan, OK @ 8:00am |

* Denotes Series Races



OKC Hungryman to benefit Neighborhood Services Organization (NSO)

Those who want to combine their love of running with their love of food for charity can participate in the OKC Hungryman. This 10K four-person relay event will be May 21 at Regatta Park on the Oklahoma River at 10am.

OKC Hungryman is seeking sponsors, restaurants, volunteers and teams to participate. All proceeds benefit Neighborhood Services Organization.

The 10K is divided into four equal legs. Contestants at each leg will have to eat a predetermined portion of food and run their leg. Once they have completed the leg, they will tag their teammate and he/she will do the same. This pattern will continue through all four legs. The team with the best time will be crowned as the 2011 OKC Hungryman champion.

Teams are encouraged to get creative. Additional prizes will be awarded for teams that are most creative.

WILLIAMS ROUTE 66 MARATHON



PRESNTED BY BLUE CROSS AND BLUE SHIELD OF OKLAHOMA

11.19-20.2011 / TULSA, OK

SAVE
NOW!
Discounted
registration
through May 8th.



MARATHON / HALF MARATHON / MARATHON RELAY / 5K / ONE MILE FUN RUN

REGISTRATION NOW OPEN! ROUTE66MARATHON.COM



THE SHORTEST ULTRA-MARATHON
IN THE UNIVERSE.

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of Oklahoma

 Williams

 St. John

 Walmart
Save money. Live better.

 G

 FLEET FEET
Sports
TULSA

 Michelob
ULTRA.

 GU
ENERGY GEL

 TULSA
RUNNER

 United
Way
Tulsa Area United Way
LIVE UNITED
GIVE.ADVOCATE.VOLUNTEER.

 pepsi.

Landrunners In Action

2/28 COWTOWN MARATHON, FT. WORTH, TX

| | |
|------------------------|-------------------|
| BRENDA MARES-EARNHARDT | 7:50:30 50K ULTRA |
| JOSHA STILL | 4:20:29 FULL |
| SCOTT NELMARK | 4:34:44 FULL |
| GARY VENATOR | 4:36:51 FULL |
| CARROLL WRIGHT | 5:03:44 FULL |
| CHARLES McFARLAND | 1:37:05 HALF |
| MIKE MEDRANO | 1:49:45 HALF |
| MAGAN WRIGHT | 2:11:40 HALF |
| ADRIAN WOLFORD | 2:17:33 HALF |
| BRANDI SALSMAN | 2:17:35 HALF |
| WILLIAM MORRIS | 2:57:01 HALF |

3/19 DALLAS ROCK N' ROLL HALF MARATHON

| | |
|---------------|---------|
| MIKE GIBSON | 1:34:58 |
| KELLY HENSLEY | 1:59:14 |

3/20 A2A MARATHON, ARDMORE, OK

| | |
|----------------------|---------|
| JOHN BATTALIOU | 3:59:42 |
| MATTHEW WILCOXEN | 4:11:35 |
| DREW CARTER | 4:12:21 |
| KARNA STRUNK | 4:13:00 |
| JENNIFER WESTENHAVER | 4:17:26 |
| STEPHEN ABERNATHY | 4:27:25 |
| JESSICA PARKER | 4:55:54 |
| AMY PANNELL | 4:58:12 |
| DAVID BERNSTEIN | 5:39:26 |
| ANDREA LA TORRE | 5:47:17 |
| BUDDY JONES | 7:16:59 |

3/20 A2A HALF MARATHON & 5K, ARDMORE, OK

| | |
|-------------------|---------|
| ROGER LEMMONS | 1:29:37 |
| JASON TILTON | 1:29:38 |
| TIMOTHY FISCHER | 1:30:03 |
| KRISTOPHER BARLOW | 1:32:19 |
| KATIE KRAMER | 1:34:29 |
| JARROD CORDOVA | 1:39:05 |
| DAVID BALL | 1:39:21 |
| BILL GOODIER | 1:39:44 |
| MICHAEL CLARK | 1:41:46 |
| ROGER JACOBI | 1:42:05 |
| KELLY EMMERT | 1:47:09 |
| HEATHER WARREN | 1:48:07 |
| STEVEN CHERRY | 1:48:48 |
| MAURICE LEE III | 1:49:21 |
| COURTNEY LEMMONS | 1:49:21 |
| WILL WARREN | 1:51:09 |
| SCHAD MELDRUM | 1:51:16 |
| TRAVIS CONKLIN | 1:51:36 |
| GEORGE TAYLOR | 1:51:43 |
| BUCKY COLE | 1:52:10 |
| MARY MIKKELSON | 1:52:16 |
| TERRA ROWE | 1:52:45 |
| JOHN GONSHOR | 1:53:28 |
| CHUCK MIKKELSON | 1:53:58 |
| JUSTIN CHAN | 1:54:17 |
| DEBBIE CHRONISTER | 1:54:33 |
| JACKIE NORVELL | 1:57:30 |
| MOLLY BIGLIN | 1:59:13 |
| MICHAEL DILLINGER | 1:59:23 |
| MARIA WALKER | 1:59:51 |
| JIMMY SCROGGINS | 2:00:19 |
| KATHY RANDALL | 2:00:48 |
| ERIC WOODWORTH | 2:00:48 |
| BRYAN JONES | 2:00:50 |
| TAMMY RUSSELL | 2:02:01 |
| WILLIAM HICKMAN | 2:02:50 |
| TIMOTHY LAMB | 2:03:53 |
| KYLE MILLAR | 2:03:56 |
| ERICA REID | 2:03:56 |

| | |
|------------------------|------------|
| JASON MACKINNON | 2:04:08 |
| MIKE VERMEULEN | 2:04:40 |
| WENDY GABRIELSON | 2:05:38 |
| BRIAN JACOBSON | 2:06:11 |
| GAILE LOVING | 2:06:38 |
| SHARON HALEY | 2:06:46 |
| JIM TABOR | 2:07:03 |
| MARK WILCOXEN | 2:08:50 |
| BOB WEAVER | 2:09:10 |
| JAMES MCQUILLAR | 2:10:07 |
| JENNIFER COTTON | 2:12:07 |
| KARI CROW | 2:12:25 |
| KEVIN LYNES | 2:12:36 |
| RIC WILLIAMS | 2:14:46 |
| DARLETTE SLACK | 2:15:46 |
| GLEN STANLEY | 2:19:50 |
| DAVID WOODWARD | 2:21:48 |
| DANA CAMPBELL | 2:22:09 |
| NELS BENTSON | 2:23:39 |
| JOHN HARGROVE | 2:24:02 |
| MARCIA RIGNAULT | 2:24:02 |
| KEN GREENSHIELDS | 2:24:51 |
| ALDEN SNIPES | 2:25:50 |
| FRANCES WILLIAMS | 2:26:35 |
| RALPH BRECKENRIDGE | 2:27:07 |
| KACY BECK | 2:27:35 |
| TINA KING | 2:27:58 |
| MATTHEW MCBEE | 2:28:16 |
| RANDY NANCE | 2:30:08 |
| CARA NANCE | 2:30:08 |
| DARLENE SPRY | 2:30:13 |
| LINDIE SLATER | 2:31:41 |
| BRITTANY HAND | 2:31:53 |
| REEDA FRAMPTON | 2:31:57 |
| JENNIFER ALEXANDER | 2:32:51 |
| SHAWNA SATTERWHITE | 2:32:56 |
| RENEE CROWEL | 2:33:09 |
| JOHN COTNER | 2:33:21 |
| VINCENT HODGE | 2:33:21 |
| PAUL KINMAN | 2:35:47 |
| MADONNA GALLANT | 2:41:52 |
| EVELYN ROWLAND | 2:44:49 |
| KATRINA WILSON | 2:46:05 |
| WILLIAM MORRIS | 2:51:34 |
| DIANA KIBLER | 2:52:21 |
| BETTY BELL | 2:55:40 |
| LYNDEE SONGER | 2:56:44 |
| BRENDA MARES-EARNHARDT | 2:56:45 |
| SILVER WOODY | 3:02:42 |
| KATHLEEN COOK | 3:02:43 |
| JIMMY ROBLYER | 3:06:03 |
| LAURA WARD | 3:17:24 |
| HOLLY WILSON | 3:53:47 |
| BILL SNIPES | 0:25:44-5K |
| KATHY MOFFITT | 0:33:12-5K |
| KAREN CANFIELD | 0:33:37-5K |
| GAIL GONSHOR | 0:34:38-5K |

4/9 CROCKETT BEAR CHASE MAR., GROVETON, TX

| | |
|------------------|---------|
| MATTHEW WILCOXEN | 4:13:08 |
| ADI McCASLAND | 4:51:27 |

4/16 OZ MARATHON, OLATHE, KS

| | |
|----------------------|---------|
| JENNIFER WESTENHAVER | 4:01:36 |
| MARIA RIGNAULT | 5:30:00 |

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

OKLAHOMA'S HOTTEST SUMMER RACE IS MOVING TO FALL...



THE "DOUBLE" (QTR MARTHON + 5K) / QUARTER MARATHON / 5K / ONE MILE FUN RUN

REGISTRATION NOW OPEN!
QUARTERMARATHON.COM

WILLIAMS QUARTER MARATHON

PRESENTED BY BLUE CROSS AND BLUE SHIELD OF OKLAHOMA

10.15.2011 / TULSA, OK



SPONSORED BY:



Run continued

on, all towed by a vehicle with a noisy motor like a motorcycle or something like that, I didn't get a good look at it. (I don't know the name; they have them here at the Memorial Marathon too.) A wild ride got me to the medical tent, where they checked me out and convinced me I should go to the emergency room for further evaluation. I have to admit they were probably right; I've heard from other sources that Coumadin + head injury = emergency room. There is a possibility of intracranial bleeding.

So I got my first (and I hope last) ride in an ambulance, with its siren blaring for intersections, to Newton – Wellesley Hospital. There they examined me, measured blood pressure, temperature, did an EKG, took several vials of blood for lab tests, asked me repeatedly if I felt nauseated, dizzy, or had a headache, put a tube into a vein to administer fluids, cleaned and dressed my wounds, and stitched up a 2-cm. cut next to my eyebrow.

Meanwhile my cousin, with whom I had been staying, was waiting at Mile 20 to cheer me on. Fortunately I had been carrying my cell phone and could call her. She came and picked me up.

I was much impressed by the efficiency of the whole operation. My bib had a bar code from which a scanner sent my number to the BAA. There seemed

to be lots of medics on the course, no time was lost in arranging transport back to the medical tent, and the trip to the hospital was quick.

So my streak of Bostons was brought to a close. What did I gain from this adventure? Memories. Relief from the agony of running the final seven miles on aching wobbly legs. The feeling that I made an honorable, albeit unsuccessful, effort. The experience of riding in two new (to me) conveyances. I take home my bloodstained bib number 21578, seven stitches in my face, and a "war story" to tell.

Sometimes it's not the expected that happens, but the unexpected.

Editor's note: While Tom's experience was not the best, the club had a very large group running Boston this year. Some set new PR's, many ran Boston qualifying times, and all thoroughly enjoyed the experience. Here are a few comments from club members:

Ken Boyett - One of the many highlights this week in Boston for me was the additional inspiration I received when I met Dick Hoyt and introduced him to my seven year old son. The inspiration this father / son team (Dick & Rick Hoyt) has on everyone is amazing.

See Run, on page 14

1ST ANNUAL **BLAZING SUN**



**Pre-Registration \$30.00 per Runner
Day of Race \$35.00 per Runner**

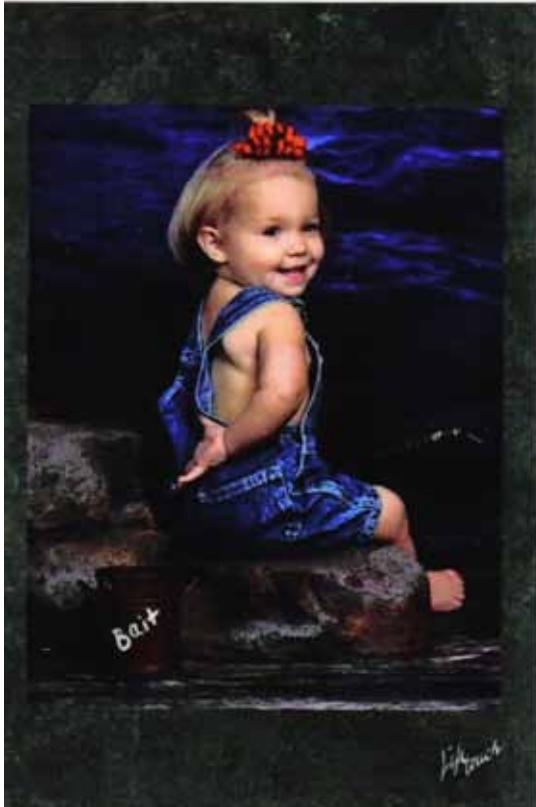
**Stars & Stripes Park
Lake Hefner Oklahoma City**

**5K & 10K run/walk
benefiting *The Hugs Project*
Saturday · July 9th, 2011 · 7:30 am**

**Details & Registration at:
www.TheFreedomRun.org**

Contact: Events@TheHugsProject.org





The Kelsey Briggs Foundation

Presents:

**The 6th Annual
Kelsey Briggs
Run Against Child
Abuse**

Saturday, September 10, 2011

Stars & Stripes Park at Lake Hefner

Half Marathon * 5K* 1 mile fun run * Kids' 50 yard dash

6:30am packet pick up and registration (early packet pick up TBA)

8:00am half marathon—8:10am 5K

*USATF Sanctioned * Chip Timing by DG Productions*

Massage and chiropractic therapy, food, booths, and activities for the entire family!

Half Marathon—\$45 5K—\$25

**Prices will be higher on race day

Register online at www.signmeup.com/75928

OR at www.kelseybriggsfoundation.org

For questions, contact, Amber Gregg at

(405) 227-2539 OR

Amber@kelseybriggsfoundation.org



Marathon Recovery

Tom Coniglione, MD

How to recover from a marathon? Easy, just wear your medal day and night for a week. During that week eat, sleep and relax.

There are many recovery suggestions. In general, whatever you do to recover from a long training run, do the same to recover from a marathon. As the marathon is longer, it may take longer to recover: at least one week, sometimes as long as 3 weeks to recover fully.

At the OKC MM each year, we meet people who have run marathons two weekends in a row. Some have run one a month. These marathoners are the exception to the rule. Normal people require about 3 weeks to recover completely.

Recovery starts at the finish line. Walk through the chutes and keep moving. Do not sit for a while. Once you sit you may have difficulty standing again.

For a day or two after a long run, you rest and eat. Likewise, for a few days after a marathon you do the same: minimal running and lots of eating. Better yet, after the marathon, take off a few days. Then do some light biking or walking. Don't plan on running for a few days.

A book I once read suggested the first 3 weeks post marathon being the mirror image of the last 3 weeks before the marathon. You taper the last 2-3 weeks ending with very few miles the last few days before the marathon. Likewise, your running/walking in the first 2-3 post marathon weeks is the same as the last 2-3 pre-marathon weeks, but in reverse.

You carbo load for the last 3 days before the marathon. Likewise, you carbo reload for the first 3 days after the marathon.

It is a good idea to eat some extra protein for the first 1-2 days after the marathon.

Drinking: Lots of fluids – until your urine is clear. Beer is not a “fluid” but it will not hurt you. We have seen a few people drink a beer after a marathon and pass out. If you ordinarily do not drink beer, don't start now.

Don't spare the salt.

Drugs: Before and throughout the marathon you do not take ibuprofen or any similar medicine. Tylenol is OK to take. After the marathon, you can take some ibuprofen or Tylenol.

Ice bath: Sitting in ice water after an intense workout is becoming popular. Although there is no science to suggest there is a benefit to an ice bath, some marathoners swear by ice baths. With your socks and shorts still on, sit in ice water up your waist, at least bury your quads in the

ice water. Marathoners who like to cool off this way will sit in the icy water 5-15 minutes. An ice bath a couple of days later will not produce the same result.

Massage: The traditional massage at the finish line can feel good. However, the science of post marathon massage shows this can be harmful. Beware, some marathoners who get a massage at the finish line will feel weak and dizzy when they stand. At the OKC MM, we have had many runners get up from the massage table and pass out.

There is no “science” to suggest a massage in the next few days will speed recovery. There is some science to suggest a massage after an intense workout will speed recovery – but that science is in rabbits.

If you want a massage, wait 2-3 hours after you finish. Do not take a hot shower or sit in the spa after your marathon.

Sleep: You earned some extra rest. Many marathoners take a nap the afternoon of the marathon. Over the first week, get to bed a little earlier.

Above all else, do not walk down stairs for a few days.

Happy recovery.

Are you seeing double?

DOUBLE THE FUN RUN
5K & 10K

Saturday - June 18, 2011

5k - 10k - 1 Mile

Benefitting Mothers of Twins, Triplets, and More!

OKLAHOMA CITY

www.signmeup.com/75779

www.rarerepair.org/run.html

FIRST 1,000 PEOPLE TO SIGN UP
GET A DRYTEX SHIRT!



ST. ANTHONY HOSPITAL presents

DOWNTOWN DASH

OKLAHOMA CITY
JUNE 4TH, 2011

REGISTRATION

Visit www.DowntownOKC.com to register until Friday, June 3rd at 5pm.
After June 3rd, register on race day beginning at 6pm.

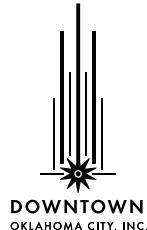
10K - 8:00pm \$25 (\$30 after May 27th)

5K - 8:00pm \$25 (\$30 after May 27th)

PACKET PICK-UP

Friday, June 3rd, 2011 from noon to 6pm at Schlegel Bicycles (900 N. Broadway Ave.)
or at the East entrance of St. Anthony Hospital starting at 6pm.

Produced by Downtown Oklahoma City, Inc. on behalf of the Business Improvement District
Visit www.DowntownOKC.com or call 235-4789 for more info.



Oklahoma Gazette



The Results Are In

By Warren Jones

You may recall my February article describing my agreeing to head up a “wellness program” at a local church of one of my clients. I told you in that article that, good or bad, I’d report back on the results.

The program was designed to lessen the readings of the five components that make up the “Metabolic Syndrome.” As I mentioned in my February article, a person has the metabolic syndrome when he or she has any three of these five conditions: elevated blood pressure, elevated blood triglycerides, elevated blood glucose, elevated waist circumference, and low HDL cholesterol. Not any one of these components of the metabolic syndrome is at a level to allow a doctor’s diagnosis of high blood pressure, dyslipidemia, diabetes, or obesity. Nonetheless, having merely elevated readings, when combined with other elevated readings, results in a finding of the presence of the metabolic syndrome.

Having the metabolic syndrome raises one’s odds of serious health problems: five times greater risk of diabetes, which raises the risks for at least six undesirable outcomes: kidney disease, amputations, blindness, nerve damage, heart disease, and several forms of cancer; likewise, having the metabolic syndrome raises the odds of coronary heart disease, including heart attacks, by double, and strokes by double, and premature mortality and, maybe worse, premature dementia.

Well, the program went as I described it in the February article. We first “introduced” the program to the church members by educating them on the metabolic syndrome, the effect of having the metabolic syndrome, how to reduce the readings of the components of the metabolic syndrome, and describing the eight week program of Sunday educational sessions.

Forty six signed up for the program, with their doctor’s consent. Before we undertook any of the eight Sunday educational sessions, we took all the necessary measurements to determine the prevalence of the metabolic syndrome (blood analysis of glucose and triglycerides and HDL cholesterol; body circumference at three sites; and blood pressure). We also measured body composition, body mass index, and “waist to hip” ratios even though they are not metabolic syndrome components.

Then we conducted eight Sunday evening educational sessions. Each educational session was followed by “small group” support sessions and by a devotional by the church minister, Dr. David Clewell. The small group support sessions involved groups of 4 to 5 of the participants “accounting to” and supporting one another in the program. After Dr. Clewell’s devotional and the small group sessions, a healthy meal was served.

At the very first Sunday evening educational session, we advised as to the prevalence of the components of the metabolic syndrome among the participants. 45 of the 46 participants had at least one of the five components; some of the participants had all five; 32 of the 46 had the metabolic syndrome, having an elevated waist circumference and at least two of the other four components. We also advised as to the “waist to hip” circumference of the participants, and the health risks therefrom; the body mass index of the participants vs. “normal” bmi; the Mayo Clinic Diet approach and components; the recommended aerobic and resistance training elements of the program; goal setting; usage of heart rate monitors; and usage of resistance training “tubes.”

At subsequent Sunday sessions, the following topics were presented: the association between the metabolic syndrome and premature dementia; the importance of “energy density” of foods in weight management; the importance of increased activities of daily living BEYOND scheduled exercise; the relationship between exercise intensity and exercise duration; public health recommendations regarding “10,000 steps per day”; the effect of “modernity” on our daily calorie burn; the difference in body weight among identical twins, and

reasons therefor; the health risks of “sitting”; the dangers of having “half an apple a day” above daily caloric need; the relationship of “compensatory behavior” and exercise; the effect of “healthy lifestyle behaviors” on longevity; “adaptive thermogenesis,” the loss of muscle mass in weight loss and the resulting loss in metabolism; the myth of the “fat burning zone”; the myth of “spot reduction”; fighting high blood pressure with food; the inappropriateness of “normal” weight relative to body fatness; the presence of restaurateurs and food manufacturers under reporting calorie content of their foods; the life lengthening impact of healthy food consumption; “prodromal” symptoms prior to sudden cardiac death or heart attacks; waist circumference being more important than body weight or bmi; genetics of weight loss; and weight maintenance following weight loss.

After eight weeks of lectures and weigh in’s, we ceased meeting for three straight weeks, and we then did a final measurement, identical to the first one.

The results? Keep in mind that touted programs, like Weight Watchers, when closely examined, produce, on average, only a five percent weight loss over six months (notwithstanding television ads to the contrary). A five percent weight loss for a 200 pound person would translate to a weight loss over our 11 week program of about 4.5 pounds.

38 of the 46 participants did a final weigh in (two missed the final blood analysis, and measurements of body circumference and blood pressure). So only approximately 18% of those we measured on the first session did not attend the last weigh in. Weight Watchers has a dropout rate of approximately 70% at six months. 35 of the 38 participants lost weight, the average loss being almost 9 pounds. 33 improved their body composition (fat mass vs. lean mass). 34 improved their waist (at navel) circumference. 37 improved their waist (at torso) circumference. 35 improved their hip circumference. 19 improved their blood pressure. 19 improved their blood glucose. 21 improved their triglycerides. The two that missed the last blood work probably improved their glucose and triglycerides and blood pressure. The numbers herein assume an improved body composition and circumference measures for the two for whom we don’t have those measures. They each lost 11 pounds.

The improvements were so good on some of the participants that, in sixteen cases, their readings were no longer at the level of being a metabolic syndrome component.

One of the participants did exceptionally well. He started the program with all five of the metabolic syndrome components. His “post program” numbers were better on all five components. They were so good that he no longer met the metabolic syndrome components for blood glucose, for blood pressure, and for waist circumference. And he lost more weight than any participant. That person? Why, the minister himself, Dr. David Clewell.

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.





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Run continued

Leslie Buford - My hands down (up?) favorite part of Boston are the kiddos. They get so excited if you give them a high five and have no clue that you aren't an Olympic caliber runner. To them, every runner is cool and the excitement on their faces makes it worth it.

Courtney Lemmons - It was pretty cool seeing how excited the kids were about getting their high fives along the way. I also think that the volunteers and spectators were amazing! So many individuals gave their time to come out and encourage us on the route to Boston. I am especially appreciative of the drummers on Heartbreak Hill and whomever it was that was handing out popsicles towards the end...I really needed one of those!

Maurice Lee - I enjoyed Boston from start (arrival) to finish (departure). I had the pleasure of having dinner three times with running friends. I ran with some of them in a pre-marathon run with Bart Yasso. I enjoyed spending time with friends in the Athlete's Village, and we congratulated each other after the marathon finish. My third time to run in the Boston Marathon, but certainly my favorite.

Ann Hadrava - For me it was realizing the awesome history that characterizes the marathon. For instance, I did not realize the story behind Katherine Switzer, the first female marathoner to officially compete in this race in 1967. The video showed a picture of her running while a marathon official tried to physically remove her from the race. In passing Wellesley College to wild cheering, I thought of that. It was very inspiring.

Roger Jacobi - What made the Boston trip so special to me is the reason most things in life reach special status...the people you share the experience with! This included the volunteers and spectators along the course, the other participants from all over the globe, and especially our group of Landrunners and spouses who made the trip. It was so nice being around that many positive, energetic and health conscious folks. I was proud to be representing along with the

rest of the Landrunners and even though I didn't quite achieve my goal time of 3:30 I couldn't have asked for a better experience! In the two days following the race I enjoyed among other things walking around the Harvard campus, attending a Celtics/Knicks playoff game, riding the subway (the "T"), a post-marathon jog through city neighborhoods, an impromptu tour of the B.A.A. offices, visiting a downtown cathedral, and oh yeah, EATING out! All in all a great time with a great group of friends! It made the 3 days of quad pain following the marathon more bearable.

David Ball - Spending a very long weekend trip with some of my best friends in a historic city and taking part in a historic event, this is what was very special to me about the 2011 Boston Marathon. The energy along the course was awesome and it tried to pull me along faster than I needed to run early in the race. I loved the Wellesley girls for the cheering, but the cheering from the students at Boston College later in the race was incredible and much needed. Sharing the experience with my wife, daughter, mom, and so many friends was truly the most special part of the trip. I will be back and enjoy the gifts of running again.

4/18 BOSTON MARATHON, BOSTON, MA

| | |
|------------------|--------------------|
| KATIE KRAMER | 3:08:32 |
| ROGER LEMMONS | 3:09:41 |
| TIM FISCHER | 3:11:59 |
| DAVID BALL | 3:15:45 |
| GEORGE TAYLOR | 3:16:01 |
| KEN BOYETT | 3:18:41 |
| LESLIE BUFORD | 3:31:31 |
| JAMES BAKER | 3:34:49 |
| ROGER JACOBI | 3:35:12 |
| RACHEL MARTIN | 3:39:33 |
| MARY MIKKELSON | 3:43:17 |
| COURTNEY LEMMONS | 3:45:24 |
| ANN HADRAVA | 3:49:17 |
| MAURICE LEE | 3:57:05 |
| MARCI WALKER | 4:07:40 |
| PAUL FRIESE | 4:15:05 |
| DARYL HILL | 4:38:24 |
| CHUCK MIKKELSON | 4:38:58 UNOFFICIAL |

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4 Tbs Sugar
¼ tsp Salt
3 ¾ cups Water
¼ cup 100% Natural Orange Juice
2 Tbs Lemon or Lime Juice

1) Dissolve sugar and salt in the hot water.

2) Combine with the remaining ingredients and chill.

*feel free to substitute other flavors of 100% natural juice

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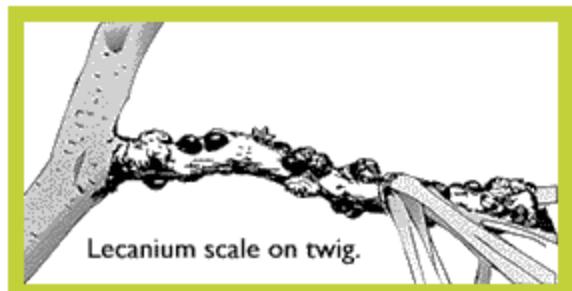
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Speedy Little Rock!

Dana Campbell-Sternlof

Greetings! Runners, Walkers and Friends:

By now most of you are training for a marathon, or you have just finished the 2011 Oklahoma City Memorial Marathon. Many of you are now considered a marathoner or an "Athlete." (Mark Bravo's famous compliment after running your first 26.2 miler.)

I wanted to share my really fun experience to one of the most famous marathons in Arkansas: the Little Rock Arkansas Marathon. Each year the marathon has a different theme and this year was no different as the organizers chose "Greek Myths" as the race theme. I had heard about the Little Rock Marathon while at the 2010 OKC Memorial Marathon Expo. There were so many mentions about the Little Rock race that I made it my mission for my birthday in November to sign up. It seemed like a good birthday present at the time. I had no idea that it would be one of my favorite half marathons ever!

I began my training early at the gym in late November 2010. I needed to lose ten pounds to get back to my healthy weight. I found that four months was plenty of time for me to train for a half marathon. I made a goal time. I wrote it down in several places. It meant a lot to me to train seriously. I trained at the gym everyday, running on my lunch break, and spent most Saturdays or Sundays training with the Landrunners training that began in January 2011.

The Little Rock road trip began on Saturday, March 5 at 8:30 am riding with my running friends, Bill and Sherri Morris. We stuffed our running bags and race confirmations in the car and took off!

The funniest part of the trip was right at the beginning: we had made it to Seminole County pretty fast but so fast the Oklahoma Highway Patrol pulled us over! The highway patrol looked very angry as he pulled up by our car, rolled down his window and pointed right with his hand. He looked "Bobby Knight" angry.

We pulled over, parked the car, and Bill (aka Nascar Driver) immediately got into the patrol car. It seemed like he was in the patrol car for a very long time. Sherri and I began to worry. We started wondering what the patrolman pulled us over for and why he pulled two vehicles over at the same time. We even took pictures with our phones. I even started to Facebook about it. We started to worry that maybe we were mistaken for some criminals on the RUN. Funny thoughts began to run through my head. We would be starring in 1991's famous flick "Thelma and Louise" with Bill as our Brad Pitt. We were just kidding. We laughed and thought about what was going on in the patrol car. After what seemed like 30 minutes but in reality was only 15 minutes; Bill came back to our car

and said that he only got a warning ticket. The patrolman was a runner. He was intrigued with Bill's story that he was traveling to Little Rock for the marathon. The office was also training for a marathon and wanted to know what kind of shoes Bill wore. Bill said they talked about running and shoes. Wheww! No Speeding ticket! It's good to be a runner!

We had a good laugh and chatted about fun running stories and fun races that we had ran.

Before I knew it, we were seeing Little Rock! I saw the famous Peabody Hotel sign.

The Little Rock expo was a happy event, it was well organized and everyone made you feel welcome. My special treat was that we also "ran" into Mark Bravo at the expo. Mark always has a great tip to help you with your run. Of course, I needed a tip because of some pre-race jitters. At the expo, I entered my name into some contests to win things. I got bottle openers, cowbells, new body glide crème, a pace card, and many good luck wishes from vendors at the expo. I left the expo with confidence. Finally, I checked into my hotel room and made plans for dinner out. I found that Little Rock was kind of quiet. It was only 4 pm and I was starving so I went with the Morris' to the area that seemed popular. It is called the "market place" and is along the start of the marathon course. There were several eating places but I fell in love with one that served Italian sandwiches. It was the best fresh sandwich place that I have eaten at. The owner was there and he was glad to see all of the runners. I took pictures of his deli. He invited me to come by his place after my race and he would give us a 'free cannoli!' That was a nice welcome!

On the day of the race, I wrote a small quote on my wrist that my friend and fellow running club member, David Bernstein, once told me, "Run your own race!"

I ended up with a time of 2:11:44. I felt good at the start; the hills were no problem, I just needed to stay hydrated. I should have run at a slower pace but I felt so excited. I loved running downtown Little Rock. My favorite but hardest part was at mile seven. I really liked the fire trucks lined up. The volunteers in that area were amazing! I looked up and saw many people clapping and snapping pictures. I felt good through this part.

The hardest part of the run was crossing the bridge. I always run a little slower on a bridge.

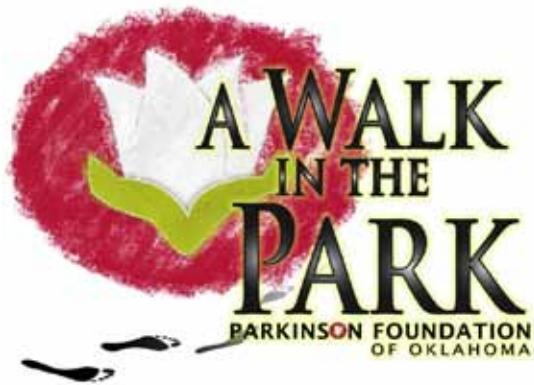
Because I was looking at the water (I guess) I began to think of my ancestors that may have crossed this same river. Not by running but by horses or a boat/canoe.

See Speedy, on page 19



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The Road to Boston

By Katie Kramer

I ran my 43rd marathon in Boston. After qualifying 40 times in eight years, I was finally making the trip to one of the most prestigious marathons in the world. I suppose marathons to me are like 5ks to most runners.

I have been running marathons since June of 2003, my first being Grandma's in Duluth, MN. I ran a 3:14 that day after going into it unprepared and not having a clue about how to run a marathon, but somehow I finished. My first thought was, I'm never doing this again. Four months later, I ran the Twin Cities Marathon in 3:21. And two weeks after that, I ran my PR of 3:07 at a very small marathon in Mason City, IA. 3:07 was a PR that I almost broke, 8 years later in Boston.

I love marathons obviously. It's interesting to see how my times have changed over the years. For example, in 2005, I ran a 3:10 here in Oklahoma City at the Memorial. One year later on the exact same course, I ran a 3:47. That following October, I ran 3:47 in Mason City where two years prior I had run my 3:07 PR. Two of my fastest times and two of my slowest times were set on the exact same courses.

My times stayed steady after that. I ran between 3:20 and 3:30 in each marathon I ran. I was running 5 to 7 a year, usually the same ones. Duluth, Twin Cities, Mason City, OKC, Tulsa, Dallas, and I would throw in a new one here and there when I got a chance. I was consistent!!! Then in 2009 something changed. I ran 3:11 in Tulsa. Two weeks later I ran 3:18 in Vegas, and I was having a rough morning that day!!!

The marathons that followed, Little Rock, A2A, OKC, Grandma's, Joplin, Kansas City, and Austin were all between 3:12 and 3:15. Finally, after so long, I saw the possibility of running 3:10 or under again! My plan was to accomplish this on May 1st at the Memorial, but that changed in Boston!

I have been running pretty well lately. I had run some sub-20 5k's, some good five milers, and a respectable 10k or two. A racing highlight so far this year was a 15k the week before Boston in Muskogee,

Oklahoma. I ended up winning the women's race and Jason Tilton won the men's title. We brought home huge trophies and became instant celebrities in the town of Muskogee. We made the Landrunners proud!

One week later, I was on an airplane to Boston. My plan was to run a nice and easy warm up run in preparation for the Memorial two weeks later. I was going to run 3:25 - 3:30 and enjoy myself. Well, I certainly enjoyed myself. Boston was incredible. The second I boarded the plane and for the next four days, I was surrounded by runners.

The morning of the race, I arrived at the athlete's village extremely early. I just wanted to get there. I froze for three hours, but eventually I was on the road from Hopkinton to Boston. I felt great. Here I was in Boston! After 8 years and 42 marathons, I was running it!! After three miles or so, it became clear to me I would not be sticking to the plan. I ran fast. I didn't mean to, it just happened. I'd tell myself to slow down, and I wouldn't. There was a nice tail wind and so much downhill it was hard not to just fly! Heartbreak Hill, to me, was not a heartbreak at all!

At mile 25 I looked down at my Garmin and it said, 2:59. "I am going to break 3:10," I said to myself. And break 3:10 I did! I came across the line in 3:08:32. So close to setting a new PR, but oh well. I didn't care. I have not run that fast in 8 years. I cried, I couldn't help it.

Later that evening, I met up with many of the Boston Landrunners for dinner. It was great to relax with Chuck and Mary Mikkelson, Roger and Courtney Lemmons, Maurice Lee, Dave Ball, Roger Jacobi, Paul Friese, Marcia Walker, and their families.

What's next for me? The Oklahoma City Memorial on May 1st. Will I break 3:10 again? Probably not, but I will give it my best effort. Maybe in another 8 years I will finally break 3:00.

Happy Running, all!!!

Speedy continued**The Rocky Start of Little Rock:**

I started off running and kept to 9- 10 minute pace, and I felt pretty good. I was really enjoying the beautiful course with all the historic buildings and wonderful crowds cheering us on. At six miles, I was right on track for my goal of an even two-hour run, so I was thrilled. Then I guess reality set in, my legs felt tired at mile seven. I was feeling a bit nervous and rattled to say the least. It was a struggle, but I kept running and telling myself to run my own race and not worry about the two hour goal! I just thought, "I CAN do this, I will just take one mile at a time." Miles nine and ten were pretty tough on me. I kept stopping at the water stops for a drink, jolly ranchers, and I even went through the trouble to put lipstick on! I did take a walk for about a minute or so. Then I started to think, "Gotta run! Gotta Run!" It started getting better between miles 11 and 12.

I actually started feeling less tired and more excited to be finishing soon. I just couldn't believe it when mile 13 came and I could see the big finish banner. It was such

a wonderful feeling knowing that I had run my first half of 2011 with a PR. I was so thrilled when I crossed the finish line, I felt like everyone was cheering me on, so I ran faster. It was fun to run in this great race. I was not the winner, but that was not my goal. I just wanted to finish!

Gotta Run:

I personally feel that half marathons are supposed to be tough, so I'm really glad I pressed on and just finished it. I am definitely planning on running this race again next year. I am currently focused on running in the 2011 Oklahoma City Half Marathon. That said, I have also realized that running IS important to me. I have started expanding my horizons with yoga, climbing, riding horses, and more, but the truth is, I am a "runner" through and through. As I get older and things change in my life, I find that running is the true bond of many of my successes in life! I find a satisfaction in helping others that want to start to run and I enjoy encouraging others to stay active and healthy. I want to run, train, and race more in 2011! I love sharing my race reports.

Got to Run,

Dana Campbell-Sternlof

Do Not Stress Over Your Competition

By Stan Popovich

Many runners sometimes get anxious when they go against a tough opponent. They get nervous on who they are competing with and they get so worked up that they lose focus on their own running. In the end, they make mistakes and end up beating themselves up if they do not win. As a result, here is a list of techniques that a runner can use to help manage the stress of going against the competition.

The first step is to learn as much as you can on your opponent. Although this may seem obvious, some runners may think they already know what they need to know. Remember there is always something to learn about your competition. Read the reports about your opponent and watch him or her perform. Try to figure out an angle on how you can beat your competition. The more you know about your competition the better your chances are you will win. This will also help to reduce your worries in the future.

Do not assume anything about your competition whether they are stronger or weaker than you. Every athlete has his good and bad times and just because you may be facing a stronger opponent does not mean that you will lose. Remember that you and your opponent both have an equal chance of winning. You are both starting from scratch. This should help you to give you confidence going into your next event.

Focus on how you can best strive for perfection in your own running instead of worrying about your opponent. For instance, you are going against the number one athlete in the tournament and you are nervous. Instead of focusing on how good your competition is, focus on your performance. Concentrate on how you can perform your event and how you can best improve on your problem areas.

Realize that you can't win all of the time and that also includes your competition. You may be the best athlete in the world, however you will still sometimes lose. No one can win all of the time. When facing a tough competitor, use this fact to your advantage. Even the best athletes will make some mistakes.

It is not uncommon to get nervous when you go against a better opponent. All you can do is to focus on your skill sets and do the best you can. This will help you in the long run.

BIOGRAPHY

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com/>



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