

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

November 2012 | Issue No. 199

Dr. Tom Coniglione Honored at Reuel Little Classic

The OKC Landrunners' Dr. Tom Coniglione was honored at the Reuel Little Classic in Madill, Oklahoma, as its "2012 Running Hero." Most Landrunners already know the vast amount of time Dr. Tom spends volunteering with our running group tending to injuries and inquiries about a variety of medical issues. However, his status as "The Running Doctor" extends far beyond Oklahoma City. Dr. Tom is an influential leader in running communities across Oklahoma and works tirelessly to not only promote the sport, but to also promote safe and injury-free running.

According to his biography in the Reuel Little Classic program, Dr. Tom completed his first of over 22 marathons after joining the faculty of the University of Oklahoma College of Medicine and has amassed over 63,000 miles during his running career. It was here in Oklahoma City that he developed a sports medicine clinic to focus exclusively on the needs of runners that became the prototype for similar clinics nationwide. His research in the biomechanics of running and especially the effect of running shoes on the runner's mechanics has made him a sought after expert nationwide.

Closer to home, Dr. Tom has been instrumental in providing expert medical care for a myriad of races throughout Oklahoma, oftentimes serving as the Medical Director of the event. His leadership



Dr. Tom Coniglione

is evident at two of the most well known races in Oklahoma City: the Oklahoma City Memorial Marathon and the Redman Triathlon, where he has helmed the medical stewardship since the inception of both events.

The Reuel Little Classic is held in Madill, Oklahoma and features USA Track and Field certified courses in the 5K, 10K, and Half Marathon distances. The Half Marathon is billed as the "State Championship" event for that distance. The 2012 event is the 20th running of the Reuel Little Classic.

Landrunners In Action

9/22 NOBLE CANYON 50K, SAN DIEGO, CA

DAVID BERNSTEIN	10:01:00
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9/22 ROCK N ROLL DENVER MARATHON, CO

JOANNE HARMS	4:29:22
WILLIAM HICKMAN	1:58:31 - HALF

9/23 FOX CITIES MARATHON, APPLETON, WI

MARCIA RIGNAULT	5:14:02
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9/23 JACKSON HOLE MARATHON, WY

TORI DUPHORNE	5:29:33
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9/29 LAYTON MARATHON, UT

KATIE KRAMER	3:02:54 1ST FEMALE
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9/30 CLARENCE DEMAR MARATHON, KEENE, NH

JOANNE HARMS	4:40:10
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10/6 ST GEORGE MARATHON, UT

KARL RYSTED	4:08:40
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10/7 TOURNEFEUILLE HALF MARATHON, FRANCE

VINCENT HODGE	2:03:34
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10/7 CHICAGO MARATHON, IL

JOSEPH WARFIELD	3:30:09
MARY MIKKELSON	3:34:50
TERRY BASS	3:43:46
ANU BAJAJ	3:53:54
CHUCK MIKKELSON	4:05:35
PENNY VOSS	4:07:27
IVAN WAYNE	4:22:01
KRISTI TURNER	4:29:27
JAMIE KILPATRICK	4:36:12
BERNADETTE WILE	5:11:37
AMY MAPLE	5:40:52

10/7 SPIRIT OF SURVIVAL HALF MARATHON, OK

MIKE GIBSON	1:39:17
GARY GORBSKY	1:39:33
WES BOULTON	1:40:03
JASON ROBLETTO	1:40:15
LAURA MAXWELL	1:45:37
LINDSAY LONG	1:46:04
NOUREDDINE MADIOUNI	1:47:31
KARL KROKSTROM	1:47:34
CLIF RAMPEY	1:47:44
ANGELA MORRIS	1:48:54
MARIYA BURDINA	1:50:05
JUSTIN CHAN	1:50:39
DON WANZER	1:52:50
ELAINE WOOD	1:55:37
DELL BJES	1:55:49
JEFFERY COOPER	1:55:50
RUSTY JOHNSON	1:57:40
JASON BARRETT	1:57:43
ELLEN REEDER	1:59:03
CARRIE PERKINS	1:59:25
KRISTIN KEITH	1:59:39
PAUL FRIESE	2:02:29
JASON SOPER	2:02:35
SARAH EDWARDS	2:04:29
CHEE WEE LEE	2:05:35
MATTHEW MCBEE	2:06:03

JOSHUA WILLIAMS	2:06:38
TAMMY CRAWFORD	2:08:56
ELIZABETH HEPNER	2:11:39
TERRY HEPNER	2:11:39
SEAN McCLINTOCK	2:14:05
DAVID BERNSTEIN	2:15:49
BRENDA NELSON	2:18:14
PHILIP TODD MOWERY	2:20:35
TORI DUPHORNE	2:21:14
JEREMIAH GRANT	2:24:52
LINDA WEBER	2:29:54
DWIGHT EDWARDS	2:31:23
KAYLEE NELSON	2:35:20
CHRISTY BATTERSON	2:45:02
JESSICA HUKILL	2:45:02
LAURA WARD	3:41:07
JOHN COTNER	30:38 - 5K
BECKY FAABORG	35:55 - 5K

10/13 HARTFORD MARATHON, CT

BILL GOODIER	3:58:49
SHELLEY SPEARMAN	4:26:37
SHILPA ABBITT	4:26:38

10/14 AMICA MARATHON, NEWPORT, RI

BILL GOODIER	4:03:17(30TH STATE)
NELS BENTSON	5:43:49
TOM BRIGGS	5:58:21(50TH STATE)

10/14 PRAIRIE FIRE MARATHON, KS

KELLY EMMERT	3:27:59
HEATHER WARREN	3:29:41
KARL KORKSTROM	3:57:13
LAURA MAXWELL	3:58:14
LISA PETERSON	4:19:38
JUSTIN CHAN	4:24:20
CHERYL BALLARD	4:30:13
ANGELA MORRIS	4:36:20
KEVIN LYNES	4:58:10
RALPH BRECKENRIDGE	4:58:11
ANJI SPEARS	5:06:57
LISA CHAMBERS	5:33:15
PAM FLANARY	5:59:57

10/14 PRAIRIE FIRE HALF MARATHON, KS

DAVID WRAY	1:24:38
GRACE GARCIA	1:39:04
JENNY SAVOLD	1:53:13
ABBY GARCIA	1:53:27
JEFFERY COOPER	1:57:22
WILLIAM HICKMAN	1:57:25
CAROLE CALL	2:01:51
JENNIFER BAILEY	2:03:24
MICHELLE WRAY	2:10:17
GENA BARNHILL	2:19:34
LIZ BUSCHELMAN	2:24:42
ERIC RICKWALT	2:42:22
JENNIFER MCCOY	2:58:31
CHRISTINA JOHNSON	2:58:31
SHIRLEY LYNES	3:03:29
JESSICA HUKILL	3:07:26
BECKY FAABORG	3:07:27

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

WILLIAMS ROUTE 66 MARATHON

PRESENTED BY BLUE CROSS AND BLUE SHIELD OF OKLAHOMA

11.17-18.2012/ TULSA, OK

AWARD WINNING
BLING!

Voted in the top 3
marathon finisher
medals in North
America the last
three years.

2009 2ND PLACE
by Marathon & Beyond



2010 3RD PLACE
by Marathon & Beyond



2011 1ST PLACE
by Marathon & Beyond

Be the first to see
the 2012 designs
when they are
released.

Like us on facebook.

[FACEBOOK.COM/ROUTE66MARATHON](https://www.facebook.com/ROUTE66MARATHON)

ROUTE66MARATHON.COM



BlueCross BlueShield
of Oklahoma



Landrunner Calendar of Events

Date Event

11/3 Race with the Stars 5K*
 11/3 PC Cancer Classic 5K
 11/3 Blue Streak 5K & 10K
 11/3 Ultimate Mud Warrior
 11/3 Central D.A.S.H. 5K
 11/3 Trolley Tracks 5K
 11/3 Fall Banquet & Karaoke Night
 11/12 Veteran's Day Freedom Run 5K
 11/17 Yukon's Chill Your Cheeks 5K
 11/18 Williams Rt. 66 Marathon*
 11/22 Edmond Turkey Trot 5K*\$
 11/22 OKC Turkey Tracks
 12/1 Little Willie's Triple Dog Dare
 12/1 Northcare Reindeer Run 5K & 10K*
 12/10 Landrunner Christmas Social-Potluck
 12/15 Landrunner Trail Sweep

Location/Time

OCU, 1700 NW 27th @ 8:00am
 Stars & Stripes Park @ 8:30am
 Stillwater, OK @ 9:00am
 3501 NE 10th @ 9:00am
 801 Garth Brooks, Yukon @ 9:00am
 NW 19th & Drexel @ 6:30pm
 All Soul's NW 63rd & Penn @ 6:30pm
 Midwest City @ 7:30am
 Yukon @ 4:30pm
 Tulsa, OK @ 8:00am
 Downtown Edmond @ 8:00am
 Downtown OKC @ 9:00am
 Leadership Square @ 8:00am
 4436 NW 50th @ 9:30am
 Bentson's, 2601 Warwick Dr @ 6:00pm
 Lake Hefner, S&S @ 9:00am

* Denotes Series Races

\$ Club members discount codes are listed on the Members only section @ okcrunning.org

Landrunners: Winners Again

The Oklahoma City Landrunners have won the 2012 ADOPT-A-PARK award for Ward 1 and also have been named the OVERALL winner for the entire metro area for doing an excellent job of keeping the Lake Hefner and Bluff Creek trails clean of litter for all citizens to enjoy. This award is sponsored by OKC Beautiful and the OKC Parks Department. Jim Roblyer and Kevin Lynes (both Landrunner Directors) were present to receive this prestigious award. The award will be shared with the members at the club's Fall Banquet on November 3.

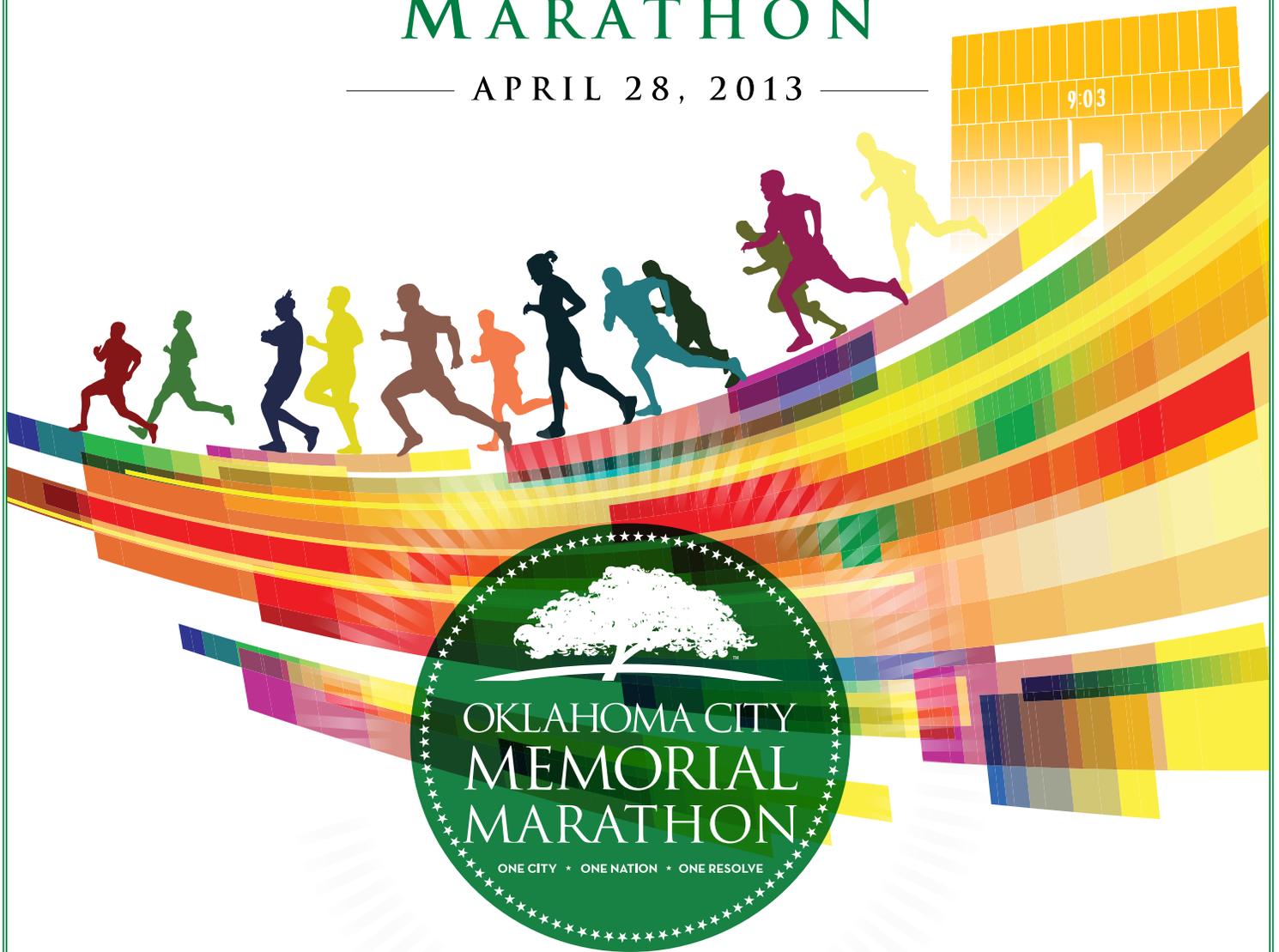
The Oklahoma City Landrunners are the original adopters of all trails at Lake Hefner (dates back to before the trails were completed around the lake). Your next opportunity to assist with trail clean-up will be Saturday, December 15.



Kevin Lynes, Vice Mayor Larry McAtee, Jim Roblyer, Melissa Brodt

THE THIRTEENTH ANNUAL
OKLAHOMA CITY MEMORIAL
MARATHON

— APRIL 28, 2013 —



RUN TO **REMEMBER**



OKCMARATHON.COM

Shoes Matter

By Camille Herron

Last week, while all the chatter on Facebook was about the political debate, I was in my own heated debate with someone about another hot topic: “minimalism.” For those who don’t know, in the past three to five years shoe companies have been providing more shoes that are lighter, less cushioned, lower-heeled, more flexible, and thus allowing one to get closer to moving according to their “natural mechanics.” Whereas the science supporting less shoe/barefoot running has been around for a very long time, it took a popular book (Born to Run), Vibram Five Finger shoes, and a mainstream research study at Harvard... to ‘finally’ get the major shoe companies to change their marketing strategy. Of course, those of us who have been minimalist for a long time, including myself, already knew the health and training benefits of less shoe (or lack-there-of), long before it was popular. I’ll share my experience, although each of us is an experiment of $n=1$.

I decided to try training in racing flats in December 2003. I had always worn regular trainers and custom orthotics (for four years); suffered lots of injuries (including seven stress fractures, IT band problem, shin splints, and hip problems); and, could never get above 60 miles per week or train more than four months at a time without something breaking down. I was taking Physics and Biomechanics at the time and had read about the African runners growing up running barefoot and in worn out shoes. I figured I would give it a try, assuming I had nothing to lose since I had been injured for most of my career. It made sense to me that I should work on **strengthening my so-called “flat, weak feet”** in order to act as better shock absorbers, resist fatigue, and injury (basically doing the opposite of what every doctor and shoe store guy told me was right for my foot type). Additionally, my mechanics were anything but perfect, being told I was an “overpronating heelstriker” and my asymmetrical hips and feet caused me to run with a ‘strained’ gait.

Just like with any new training program, I had to let my feet and legs **adapt**... and adapt, they did! I started from scratch on mileage, and built up an additional 10 miles per week each month -- my feet and ankles were stiff and sore the first three months, but I remember waking up one day and the pain was gone. On the whole, my body felt better than it ever had! I added in a little barefoot running in the spring, and by that summer I was up to 70 miles per week, the most I’d ever run! This is when my husband, Conor [Holt], took over coaching me, and away we went!

Finally, I was healthy, training consistently, and running high mileage, which led me from a 19 minute 5K down to 17+ minute time and 36+ minute for my first 10K. It almost seemed too good to be true! The past nine years, I’ve traded in the chronic, overuse-type injuries I had in regular trainers for acute freak accidents and occasionally defective shoes. Over time, I found I could run much, much higher mileage, and as it stands in 2012—I’m now a 2:37 marathoner.

While I share my experience, I tell people to be willing

to **have an open mind** when it comes to shoes -- if they find a shoe that works for them, they should stick with it! Sometimes the answer is more shoe, and sometimes the answer is less. As my friend, David Sooter, excellently stated, **“a runner should strive to run in the most minimal shoe they can without incurring injury.”** There is truth to this statement, as a recent research study (1) with 900 runners found that barefoot/minimalist runners had a 13.7 percent injury rate versus 46.7 percent wearing traditional running shoes.

Why is finding the right shoe such a tricky situation? Well, part of the reason is that how you move isn’t just a function of your feet, but rather the **balance of the whole body**. A meta-analysis (2) (~a comprehensive review of all the research) study looked at whether the prescription of various types of shoes for a given foot type (~elevated, cushioned heels, pronation control systems) is evidence-based-- looking at injury rates, performance, osteoarthritis risk, physical activity levels, and overall health/well-being. The study concluded there is no evidence to support one shoe or another being most ideal for a given foot type—this makes sense, given the complexity of how the body fits together. **Therefore, each person has to try the various shoes for themselves and go with what “feels rights” for the whole body.**

When I switched to flats nine years ago, I was of the mindset that the body is in its **most ideal balance while barefoot**, and thus a shoe should be as close to this state as possible. An excellent article (3) by podiatrist, William Rossi, talks about “Why shoes make ‘normal’ gait impossible.” He talks about how ~an elevated heel, inflexibility, tapered toebox, heavy weight, and little to no sensory feedback significantly alter the balance and stresses on the body.

In fact, 40 years ago, Bill Bowerman thought that adding more heel lift to a shoe would ‘encourage’ runners to land on their heels to lengthen their running stride and increase running speed. However, there was no prior research to determine the health impact of this, and everyone came to accept a cushioned heel and heelstriking as “the norm”. Understandably (since

See Shoes, on page 10

Camille Herron, a native Oklahoman, is a 2-time Olympic Marathon Trials qualifier with a personal best time of 2:37:14; 6-time marathon winner; and, recently represented the US Team at the 2011 Pan American Games. She’s coached by her husband and OCU Head XC/Track Coach, Conor Holt. She holds B.S. and M.S. degrees in Exercise and Sport Science. She currently runs professionally for MarathonGuide.com, Powerbar, Inov-8, 2XU, and Oakley, and serves as a volunteer assistant coach at Okla. City University. She can be contacted / followed via Facebook, Twitter, or through: www.camilleherron.com



WUOLKY

LITTLE ROCK MARATHON

MARATHON - HALF MARATHON - 10K - 5K - KIDS MARATHON

03.03.13

presented by

Arkansas Democrat  Gazette

Arkansas' *Largest* Newspaper

LittleRock
CITY LIMITLESS

benefiting
LITTLE ROCK

Parks & Recreation

WWW.LITTLEROCKMARATHON.COM



LOST AND FOUND

By Gaile Loving

It seems that as long as the Landrunners have had a marathon training program, and the first one began in 2002, there has been a lost and found box. The box is filled with the usual gloves, shirts, head bands, car keys, and water belt bottles. A few times during each training season, Bill Snipes sends out a notice for runners to take a look in the box and claim their belongings. While a few of the items would be claimed, the majority would end up being donated to a local homeless shelter. On Sunday, October 14 a new item appeared in the lost and found.

A runner with very keen eyesight, found an iPhone on their way down Broadway and placed it on the water table at the finish. The faceplate on the phone was smashed and the keypad was locked so no one could open or use the phone. When Bob and I cleaned up the finish table, the phone was still there. So began the hunt for the owner of the phone.

The phone went from the finish table into a bag with other items left at water stops on the course and then into the trunk of my car. As I made the drive home, the phone began begging attention – ring, ring, ring. Evidently the owner was searching for the phone and had several friends helping. At least seven different ring tones over the course of the 20 minute drive home, some multiple times, kept me entertained. Have you ever thought about the ring tone industry and how they choose just the right portion of the song to make you recall the song, begin singing along, and then...no more words.

Upon arriving home, the phone was forgotten as Bob and I began the process of washing and drying the water jugs and tables, and storing them until the next weekend run. This process takes about 30 – 45 minutes depending on how many jugs we used. Then it is onto getting our own gear cleaned up, a dip in the pool to cool off the leg muscles, and a hot shower.

Ring, ring, ring...was the call of the phone. I did pull out the phone and attempt to open the sliding bar, but with a shattered faceplate, the challenge was more than I had anticipated and I would occasionally pick up glass splinters in my fingers. Even though the sliding bar was getting the best of me, the names of the callers would show with each ring. Thinking that maybe one of the callers was a Landrunner and would know the owner of the phone, I logged into the club membership file and began trying to match names to the membership database.

Around 3 pm, I had not gotten any further with matching the names in the database to the callers... my solution.... leave it alone and go to the store. Ring, ring, ring... please answer me.

Ring, ring, ring... this is becoming annoying. Back from the store, the phone was still making itself known and I was still trying to get the sliding bar open. Ring, ring, ring "... enough of this", said my daughter Kat. She reached for the phone, sliding the bar through the shattered glass and TADAH – it was OPEN, and she said, "Hello".

The man on the other end of the phone identified himself as the father of the young woman who had dropped the phone. He was the "DADDY" that matched the name on the caller list. He identified the case of the phone and gave me some other details.

The mystery of how the phone came to be on the Landrunner course was a mystery no longer. His daughter, a recent graduate of OSU, had been in town visiting family during the weekend. Saturday evening she and friends went to Bricktown. Leaving one of the restaurants on Broadway late at night, she dropped her phone in the street. The faceplate shattered when it hit the street, laying there until a passing runner picked it up on Sunday morning.

And so it goes, a Landrunner, a dad, and a young girl will forever be connected by "ring, ring, ring....hello?"

See you out running!

Thank You OKC Landrunners!

Fourth Annual Reindeer Run

Thank you OKC Running Club for selecting the Reindeer Run as part of your 10K Series! Wear your craziest socks and run your socks off. Proceeds benefit NorthCare's Children's Services.



**Race Day: Saturday,
December 1, 2012**

For more race information and to register visit www.northcare.com





www.okcturkeytracks.com

November 22, 2012

Downtown Oklahoma City

8:30 am Fun Run * 9:00 am 5K Run

**JOIN THE 2012 OKC TURKEY TRACKS
TOYS FOR TOTS TOY DRIVE
AND FUND RAISING EFFORT!**



Shoes continued

99 percent of running shoes have an elevated heel), ~a recent study (4) showed that 88.9 percent of 936 recreational and sub-elite runners in a half marathon or marathon heelstrike. It wasn't until the recent Harvard barefoot running study (5) that people started questioning shoe designs with an elevated heel, since most people switch to a forefoot or flatfoot landing while barefoot, to lessen the impact on the heel. Furthermore, another study (6) showed that traditional running shoes increase the torque and stress at the hip, knee, and ankle, which the author thought was due to the elevated heel and increased material under the arch (which hinders the shock absorbing capacity of the feet).

Overall, all of this shows how shoes can significantly alter one's mechanics (for better or worse) AND change the

distribution of stress. No shoe is going to be totally perfect. One shoe may fix a problem only to cause a problem somewhere else. For this reason, it can be beneficial to rotate a variety of shoes to stress the body differently (I rotate a variety of lightweight shoes, since that's what I like). You can even be as technical as switching around insoles... or going to a pedorthist to have your shoes or insoles customized. It's up to each of us to figure out what works the best and troubleshoot problems as they arise.

1. <http://www.ncbi.nlm.nih.gov/pubmed/23007933>
2. <http://bjsm.bmj.com/content/43/3/159.short>
3. <http://www.unshod.org/pfbc/pfrossi2.htm>
4. <http://www.ncbi.nlm.nih.gov/pubmed/22092253>
5. http://www.barefootrunning.fas.harvard.edu/Nature2010_FootStrikePatternsandCollisionForces.pdf
6. [http://www.pmrjournal.org/article/S1934-1482\(09\)01367-7/fulltext](http://www.pmrjournal.org/article/S1934-1482(09)01367-7/fulltext)

Recipes to Run By

By Adi McCasland

Green Chile Chicken Soup

- 1 ½ lbs free range chicken, weighed skinless & boneless, cubed *
- 2 tsp canola or vegetable oil
- 1 medium yellow onion, diced
- 1 stalk celery, diced
- 2 tsp garlic, minced
- 4 oz roasted green chiles
- ½ tsp ground cumin
- ¼ tsp smoked paprika
- 1 tsp dried oregano
- 1 pinch ground cayenne pepper
- ¼ tsp sea salt, or more to taste
- 1 ¾ cup chicken broth
- 2 cups hominy**
- 2 cups navy or cannellini beans**
- 2 Tbs sour cream or Mexican crema

- 1) Heat oil over medium heat in a Dutch oven or wide soup pot.
- 2) Add chicken, onion, celery, garlic, and green chiles, and stirring occasionally, sauté until chicken is no longer pink.
- 3) Stir in cumin, paprika, oregano, cayenne, and salt.
- 4) Add broth, hominy, and beans. Bring just to a boil, reduce heat, and simmer uncovered for 30 minutes.
- 5) Remove from heat, stir in sour cream or crema, and serve.

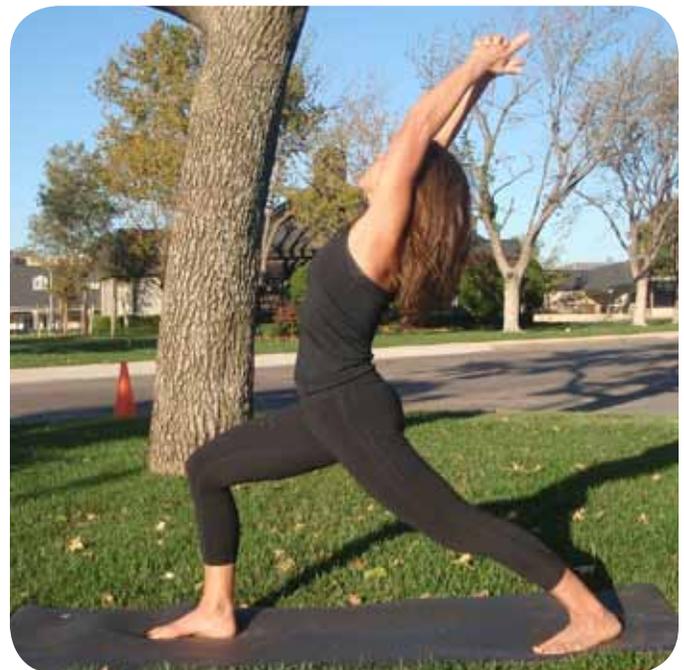
*If using pre-cooked rotisserie chicken, shred it and add it with the hominy and beans.

**If using canned beans or hominy, drain and rinse first.

Yoga Poses

By Jennifer Henry

Warrior 1 - Bend front knee keeping it aligned over ankle, working toward 90 degrees as flexibility increases. Extend arms over head, clasping hands together as long as you keep your shoulders down. Otherwise, keep arms apart. Keeping back leg strong, try to square shoulders and hips and lift the chest to begin to arch back. Modifications, legs closer together, do NOT drop bent leg to 90 degrees, arms apart and do NOT lean back. If this posture hurts the back knee, you may lift the back heel. Stretches hip flexors, groin, shoulders and works abdominals.



9th Annual

CHILL

YOUR CHEEKS



5k Run

Yukon's Christmas Run

Saturday, November 17, 2012

Chisholm Trail Park, 500 W. Vandament Ave.



Run Begins at 4:30 PM

(Course Closes at 5:30 PM)

REGISTER

Online

www.Active.com

Event ID: 2058098

By Mail

Call (405) 354-8442

www.CityofYukonOK.gov

To mail or download form

In Person

Yukon Community Center
2200 S. Holly Ave.
Yukon, OK

Day of Registration

3:00-4:15 PM

Entry Fee

\$25 Adult (\$30 after Nov. 9)

\$20 Youth (\$25 after Nov. 9)

Register by deadline to be guaranteed a shirt

RACE DAY FEE: \$35 Adult/ \$30 Youth

Race is Chip & Gun Timed

Awards based on Gun Time

Race Starts and Finishes inside the Park

Runners will be the first to run through the over 4 million twinkling Christmas lights as the run kicks off the opening of Yukon's Christmas in the Park.

Yukon
tis the season



For more information, call (405) 354-8442



Edmond



Nov. 22nd

5K - 1 Mile

Turkey Trot

Downtown Edmond

www.edmondturkeytrot.com



MONDAY, NOVEMBER 12, 2012

SALUTE THOSE WHO HAVE FOUGHT FOR OUR FREEDOM.

**VETERANS DAY
FREEDOM RUN**

MIDWEST CITY • NOVEMBER 12, 2012
WWW.VISITMIDWESTCITY.COM



**SIGN UP TODAY!
CALL 405.455.1808
WWW.VISITMIDWESTCITY.COM**

**PLEASE JOIN US IN SALUTING THOSE
WHO HAVE FOUGHT FOR THE VERY
FREEDOM WE ENJOY EVERY DAY.**



**OUR PARTNER, WARRIORS FOR FREEDOM,
WILL RECEIVE A PORTION OF THE EVENT
PROCEEDS.**

EVENT SCHEDULE

MONDAY, NOVEMBER 12, 2012

6:00 A.M. REGISTRATION

7:15 A.M. REGISTRATION IS CLOSED

7:15 A.M. OPENING CEREMONY

7:30 A.M. 5K RUN/WALK START

**AWARDS PRESENTATION WILL
FOLLOW THE RACE**

**★ RACE WILL RUN RAIN, SHINE
★ OR BLIZZARD. SORRY NO REFUNDS.**

**REMEMBER VETERANS DAY!
PARADE BEGINS AT 10 A.M.!**

**SIGN UP TODAY! CALL 405.455.1808
WWW.VISITMIDWESTCITY.COM**

EVENT SPONSORS





THANK YOU! FROM DASH FOR DAD



The 2012 DashForDad Committee wants to thank our
Sponsors, Volunteers, and Participants:

SPONSORS:

- Urology Centers of Oklahoma
- Optim Oncology
- U.S. Fleet Tracking
- Mid America Roofing & Construction/Kam's Kookery
- St. Anthony Hospital
- The Dean Group, LLC
- Ferring Pharmaceuticals
- Amgen USA
- Red Coyote

VOLUNTEERS:

- Bill Goodier
- Maurice Lee
- Debbie McBee
- Chuck Mikkelson
- Mary Mikkelson
- Lindie Slater
- Heather Twombly
- Will Warren
- Frances Williams
- Ric Williams

PARTICIPANTS:

- 148 – 5K Runners
- 324 – Half Marathoners

Little Willie's

TRIPLE DOG DARE



ADULTS | YOUTH | SOLO | RELAY
More information and Registration:
www.lwtridd.com

December 1st, 2012
8:00 AM

Downtown Oklahoma City
Leadership Square | 211 N. Robinson

Chip timed by DG Racing
Hoodies given to first 200 Registrants



OKC'S
SUPLIFIT
STAIRMASTER
CHALLENGE
FEB



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November 2012

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2. Mail Check with your mailing label (above) or new member application (available online) to:

Oklahoma City Running Club
PO Box 18113
Oklahoma City, OK 73154

Visit The Landrunners Online:

www.okcrunning.org

The Landrunner, the Official Newsletter of the Oklahoma City Running Club, is published monthly by the Oklahoma City Running Club



OKC Landrunners Trail Sweep Lake Hefner / Bluff Creek

When: Saturday, Dec. 15th @ 9:00 a.m.

Where: 7300 N. Portland

Stars & Stripes Park - South Parking Lot
Bags and gloves will be provided by OKC Beautiful
Volunteers will receive breakfast after the sweep
Questions may be addressed to the...litter chair

Jim Roblyer: jfroblyer@yahoo.com