

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

December 2016

Issue No. 248

STALE and TIRED RUNNERS

By Tom Coniglione, MD

Pain is what makes the runner seek professional help. The physical reason for the pain is usually easy to diagnose; there are abnormalities that coincide with the pain. Less obvious are several exercise “injuries” where the symptoms are vague and objective signs are not present.

One subjective “injury” that resurfaces often enough, is overtraining. Overtraining is not regularly addressed in running magazines. Among ourselves, we don’t talk about training too much. We don’t talk about feeling tired or cranky or not sleeping. We don’t talk about running being a chore. Overtraining is not within the consciousness of runners.

Overtraining is a subjective “injury” because the diagnosis is made by what the runner experiences rather than by the findings on physician’s examination. There is no pain, swelling or x-ray abnormalities. Runners come to us from physicians or coaches who cannot immediately figure out what is wrong with the runner.

Runners with overtraining come to us after they have had multiple diagnostic tests. These runners have had multiple diagnoses made: depression, sleep disorder, anemia or in the case of competitive athletes, malingering. Overtraining can appear as many other biologic issues.

Overtraining is a difficult diagnosis to make. Runners and coaches do not think overtraining can be the problem.

MORNING TIREDNESS: One cardinal symptom of overtraining is tiredness noted upon awakening in the morning. Although it is true that overtraining can produce this symptom, it is likewise true that morning tiredness can be caused by psychological stress, depression, inadequate sleep, and even sleeping in too warm an environment.

HEAVY LEGS: Leg heaviness and tiredness during running is a symptom of overtraining. If you will remember the first run you had this past summer, your legs were heavy and tired and you felt that you were running in slow motion.

Heat or humidity can produce these same symptoms – not the problem in the winter. In the winter some runners who run with leg covering or tights have the same sensation of heavy legs. Incomplete recovery from a prior workout will cause leg heaviness. Also lack of sleep and certain types of medication

will cause the legs to be heavy. Attempts to lose weight while maintaining a training program will cause leg heaviness and fatigue.

Running causes muscle injury. The injury repairs in 26-48 hours. When we run on consecutive days, we run on injured muscles. The imbalance between exercise, injury and recovery is related to abnormalities in hormones that can be measured in the research labs. We can do those measurements, but they are expensive.

One point to remember is that chronic dehydration can happen in the winter.

APPETITE and WEIGHT LOSS: Runners who are over trained will note that they have no appetite and may even be losing weight. People who lose weight for whatever reason will feel stale, tired and will be unable to perform. The question is whether the weight loss preceded the staleness or the staleness preceded the weight loss. Oftentimes it is difficult to sort out the sequence. Should the staleness precede the weight loss, we are probably dealing with overtraining, but if the weight loss antedated the staleness then that stale fatigued feeling could be from loss of weight.

PULSE RATE: Measuring the pulse rate immediately upon awakening and noting it to be elevated is another indication that one has over trained. However, many runners do not know their “normal” morning heart rate. Additionally, sitting up in bed stretching and yawning, dreaming and environmental temperature can all affect morning heart rate. If you want to do this test, check your pulse rate before sitting up.

Perhaps the most famous example of overtraining was that of Emil Zatopek, who was a Czechoslovakian distance runner training for the Olympics in the 1950s. He had an illness characterized by many of the symptoms described above. He was hospitalized because he was unable to perform on the track. After several days of hospitalization, with an extensive medical search, no diagnosis could be made.

See *Stale*, on page 6

President's Letter

By Bill Goodier, President

I trust you had a Happy Thanksgiving! Where did 2016 go? And retailers are hurrying it along. Personally I want to enjoy Thanksgiving first, but the week before turkey day retailers had Christmas decorations out and radio stations were playing Christmas tunes.

December is traditionally known as the season of caring and sharing. The club has an opportunity for you to both give and receive. This month the club will treat you to a free breakfast after you volunteer at our Lake Hefner Trail Sweep. The Landrunners will meet on Saturday, December 10, at 9am in the south parking lot of Lake Hefner's Stars and Stripes Park. OKC Beautiful will provide the trash bags and gloves; you provide the labor. Once you are finished, join us for breakfast, our treat, at the Lake Hefner Golf Clubhouse. It is a great way to give back to our community and fellow athletes.

Speaking of Christmas, it's almost time for our Christmas Social! This year Diana and Greg Lindsey will host the potluck Christmas Social on Monday, December 12, at 6:00pm. Their address is 10400 Pond Meadow Drive. Please bring your favorite salad, side, main dish, or dessert! The Landrunners will provide soft drinks, wine, and beer.

I want to say "Thank You" to Nels and Donna Bentson for hosting our social for many years. In November Donna had knee replacement surgery. Needless to say, that put a damper on her (their) hosting abilities this year. Her recovery has been amazing though! Hopefully she will be running half marathons soon.

Congratulations to all of you! You survived a year of my monthly ramblings. Thank you for trusting me to be, in Justin Chan's words, "Mr. Prez." It has been an honor representing the Oklahoma City Running Club – The Landrunners. I could not have done it without an amazing team – the Board of Directors and all our volunteers. The OCRC is fortunate to have an amazing membership.

Your brave and fearless leader next year will be Matthew (Willie) Wilcoxon. Many of you know Willie from our spring and fall marathon training. He has been our Training Committee Chairperson for the past three years. Those of you who have attended our training runs know he always shares words of wisdom each week. So, I know you will enjoy his monthly President's Letter.

Your VP will be Lindie Slater. Lindie has been the club's Travel Chairperson for many years. She is the person responsible for our club's fun bus excursions. Lindie is a great ambassador for the OCRC.

I look forward to their leadership. You have a great leadership team for 2017.

Have a safe and Merry Christmas!

Cheers!

Lil' Bill

LITTER, TRASH, GARBAGE, UNWANTED DEBRIS

will disappear on Dec 10, 2016. Come and join the OKC Landrunners do their magic on the Lake Hefner Trails. The MAGIC will begin at 9:00am at Lake Hefner's Stars & Stripes Park.

Note: Breakfast will be provided by the OKC Landrunners at the Lake Hefner Golf Course Clubhouse. BE THERE for a clean-up good TIME!!!! Wear your Landrunner stuff. Trash bags and gloves will be provided. Assignments

will be given for parts of the trail/s for your cleaning convenience and enjoyment. We want to provide litter control for all the trails around Lake Hefner and parts of Bluff Creek Park. BE THERE....9:00 AM START....**PETS ARE ALLOWED ON THE TRAILS...CARS ARE NOT!!!**.....jfr litter chair!



Landrunner's Christmas Social

Hosted at the home of Diana & Greg Lindsey

Monday, December 12th @ 6:00 pm

10400 Pond Meadow Drive

Oklahoma City, OK 73151

(South of E Hefner Rd between Sooner & Air Depot)



Potluck Style – Bring your favorite salad, main dish, or dessert!

Wine & Beer will be provided by the Landrunners!

Landrunner Calendar of Events

Date Event

12/3 Little Willie Triple Dog Dare
 12/3 Holiday Hustle 5K & 10K*\$
 12/10 Landrunner Trail Sweep & Breakfast
 12/10 Nightlights 5K
 12/12 Christmas Social – Potluck @ Lindsey's
 12/31 Opening Night Finale 5K*\$
 1/21 State Games Trail Run*\$

* Denotes Series Races

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

Location/Time

Downtown OKC @ 8:00am
 OCU – Edmond @ 9:00am
 Stars & Stripes Park @ 9:00am
 Midwest City @ 5:45pm
 10400 Pond Meadow Dr @ 6:00pm
 Downtown OKC @ 4:00pm
 Nu Draper Trails @ 9:00am

Landrunners In Action

9/10 GREAT SMOKY MTN. HALF, TN

LISA GARCEZ 2:31:08

9/18 OMAHA HALF MARATHON, NE

LIZ BUSCHELMAN 2:35:23

9/25 BERLIN HALF MARATHON, GERMANY

RAY VON SCHLAGETER 4:44:28

MARGO VON SCHLAGETER 4:44:29

10/8 SOUTHERNMOST HALF MARATHON, FL

LISA GARCEZ 2:31:08

10/9 LONDON ROYAL PARKS HALF, ENGLAND

LIZ BUSCHLEMAN 2:48:35

RICK BUSCHLEMAN 2:48:35

10/9 CITY OF TREES HALF MARATHON, ID

BARBARA LUCIANO 1:41:42

10/22 WURST HALF RACE, TX

KYLE BLACKKETTER 1:29:09 – 2ND PLACE

10/30 MARINE CORP MARATHON, DC

MATTHEW WILCOXEN 3:36:39

MARY MIKKELSON 3:54:41

AMY PANNELL KROKSTROM 4:18:35

KARL KROKSTROM 4:18:37

BILL GOODIER 4:28:27

CHUCK MIKKELSON 4:44:08

MAURICE LEE III 5:22:51

PATRICK WETWISKA 5:22:53

BRIAN JOACHIMS 5:44:07

SHEILA MILLER 5:55:37

CARA NANCE 5:56:31

JENNIFER HENRY 5:56:32

10/30 ONWARD SHAY MARATHON BOISE, ID

MELISSA BREVETTI 5:06:21

JAMIE KILPATRICK 5:06:22

11/6 NEW YORK CITY MARATHON, NY

MATTHEW REILY 3:28:47

MARY JOHNSON 3:42:21

JEFF WAGNER 3:58:25

DINKY HAMMAM 4:20:28

MARY HAMMER 4:26:45

CHINNI POKALA 4:30:14

MARIYA BURDINA 4:34:01

BILL GOODIER 4:38:33

STAN BERRY 4:41:34

RAY VON SCHLAGETER 4:41:42

JOHN GONSHOR 4:43:21

JEFFERY SPRUILL 4:43:26

JOE MEANS 4:56:23

JAMIE TAYLOR 4:59:15

REBECCA CUNNINGHAM 5:02:22

PEGGY BAKULA 5:11:12

11/12 VETERAN MARATHON, IN

MATTHEW MCBEE 5:21:39

DEBBIE MCBEE 3:54:20 - HALF

Click the link on www.okcrunning.org/newsletter page to submit out of state results. Send photos and stories to news@okcrunning.org

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Stale, continued

At that point Zatopek left the hospital. With only days before his Olympic events he did not have time to return to his usual level of training. He participated in the 5K and 10K events and won gold medals in both. Then, feeling so well, he entered the Olympic Marathon - a distance he had never before run. For the first time in history, a single individual won both the 5K, 10K and the marathon events. In retrospect, Zatopek was severely over trained. The two week layoff before the Olympics corrected the problem of overtraining without eroding his running efficiency. After reviewing Zatopek’s training program, it is no surprise that he was over trained.

Immediately we must add that there are runners who maintain a similar extreme training schedule and do not get the over training syndrome; WE ARE ALL DIFFERENT.

Considering the training schedule of some of the Africans I have interviewed, it is a surprise they are not all over trained. It is also a surprise that human beings can survive some of the African’s training. When discussing their training, they will admit that their training does cause “casualties back home.”

WHAT TO DO: First, the runner needs an empathetic interaction with someone who understands the mind-set of a runner. Only with reticence does the runner accept of overtraining as a cause of the symptoms

In the nonmedical literature, there are multiple recommendations for the over trained runner: vitamins, nutritional supplements, herbs, and even acupuncture.

I THINK: Sleeping a lot is important. Then sleep some more. Cross-train. Stop the stimulants: coffee, tea, caffeinated drinks.

If the runner has to keep running, I have found that reducing one’s running to 50% of the intensity and duration for one to two weeks helps. Unfortunately, it may take a few months to completely recover; no one wants to face that possibility. Those few runners whose overtraining syndrome did not improve in one to two weeks usually go elsewhere in search of some magic cure.

Overtraining is a real phenomenon. Overtraining is associated with a variety of symptoms and measurable hormonal abnormalities. Correction involves a revision of the training program and elimination of other possible causes of the symptoms.

Sleep well, fellow runners.

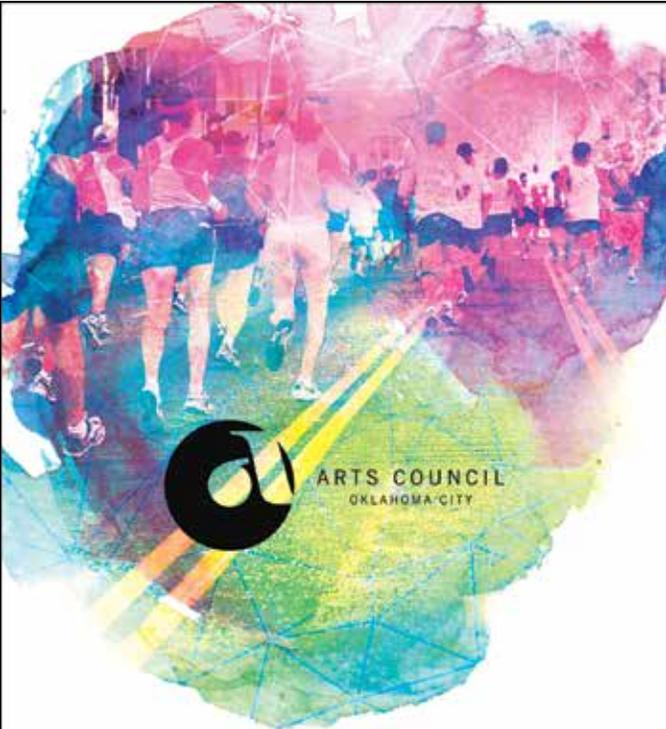
“The mind is the limit. As long as you believe you can do it, you can do it. First, you have to believe.”

There will be obstacles.

There will be doubters

There will be mistakes.

With believing and dedication to the goal,
there are no limits



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Kinlee McGahen at the Choctaw Challenge

By Brooke McGahen

Kinlee McGahen, is a six-year-old diagnosed with Rhombencephalosynapsis and Hydrocephalus from Choctaw, OK. She was elated to be a part of the Choctaw Challenge on November 5, 2016 and participate in the Landrunners OH!! WHAT A RIDE!!! program. I am so grateful to Donita Goodin with Tri-City Youth & Family Center, Inc. and Jimmy Roblyer and John Hargrove with the Oklahoma City Running Club.

As her mom, it truly brought tears to my eyes to see the love and support for my daughter. I was so proud to see such a wonderful community and organization rally around Kinlee. She enjoyed every second of the race and loved that she got to high-five runners as they ran by and blew her horn as every vehicle passed.

John Hargrove pushed Kinlee on the rolling hills of Choctaw and together they finished the 5K run in 36:31. As Kinlee’s mom, seeing her cross the finish line hearing her honk her horn and yelling with such excitement, “Yay, I won the race!” is something that will forever warm my heart.

Kinlee was also blessed to meet the OU girls’ softball team and received a signed poster, photos with the ladies and T-shirts. She also received a plaque for overall finisher, which made her feel on top of the world and even more special. This experience was truly amazing and created memories that will last a lifetime.

Sincerely,
Brooke McGahen



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Reinventing Oneself

By Matthew Wilcoxon

I'm pessimistic and I doubt myself a lot. There, I said it. I hate that it's true but I don't want to live that way anymore so it's important to say it. While I'm sure my doubts and fears are significantly different from yours, I'm also sure we all have a bit of self-doubt lingering somewhere just beneath the surface. It usually rises to the surface when we are presented with a challenge where our hearts say "Go for it!" but our heads say "Holy crap that looks hard!"

Neuroscientists are discovering that our subconscious mind controls a large portion (some say up to 90 %!) of our actions. This subconscious reaction is our brain's way of giving us quick responses and alleviating our conscious mind of having to make every decision. Our conscious minds require significantly more energy to operate than the subconscious so this is also a way in which this amazingly complex and efficient body of ours conserves energy. Over the course of our lives, our subconscious mind learns from how we react to certain situations and stores this away. Eventually it uses this stored information to automatically react to similar situations without us having to actually process what's happening. Usually this stored information is negative and our subconscious learns to react in ways to protect us from experiencing that pain or failure again. The sad reality is that when we reach a certain age we can become more automatic than conscious. We can become a machine, driven more by our past experience, not actually experiencing the world today as much as reacting to it.

That's the reason we are so often afraid to take on new challenges or to push ourselves beyond what's comfortable. We see something that excites our conscious mind but that's the moment when that subconscious monster of doubt, grown and cultivated over the years by our bad experiences and failures, takes over and wipes away the dream without us even really knowing it. We are able to get a glimpse through the crack in the door but it's immediately slammed shut and we remain in our safe room of mental comfort where we can't experience failure or pain but also can't grow.

I'm making this sound like our bodies are out to keep us down and hurt us and that's not the case. This process is the amazing way we stay safe and stay alive.

It's the most fantastic creation on this planet! You have a body that works to keep you alive and safe without much thought on your part. But in its focus on those goals, it can, if we allow it, squelch the rest of our amazing gifts and talents, sacrificing them for safety.

The great thing is that we can control and/or change our subconscious! It's still learning, even in my extremely old age. We have the power to take control of our conscious mind when presented with a challenge and cage that monster of self-doubt. We can not only cage him, but we can also teach him a new automatic response! It's not easy and he will fight, remember he's been learning our old ways since we were born, but we can change our automatic, fear based reactions and step up to new things and challenges. All it takes is to become aware of our actions, understand if they are truly coming from our heart or our head, and when possible, follow the heart instead of the head. It'll be scary and we'll probably fail at new things for a while but that's ok because where you can fail you can also succeed! You can't have the brilliant joy of victory without the risk of failure. You'll also realize that failure really isn't that bad anyway, your mind just makes it look that way when you let it think about it.

I've had a dream of qualifying for the Boston marathon for many years. The qualifying time for me is extremely challenging based on what I normally run so I've always put that dream in the category of unachievable. Well now I'm making a run at it. I realized my view of this challenge was based on how I'd performed in the past which was limiting my ability to see how good I could be in the future. I'm fighting that automatic response that says I can't run that fast and committing myself to the training. I might fail. I might succeed. I know I'll be better for having taken control of the situation and not let my past define my future.

Get out there and find out how good you can be too.

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Running With Team Stephen

By Erik Heine

I am many things to many people. I am a husband, a father, and a teacher. By the time this month's newsletter goes out, I will be in a new age group: masters. Cue the black balloons. Milestones tend to provide us with opportunity for reflection, so here are some thoughts while I'm still on the south side of 40:

Running is the one sport that everyone can do. It is not limited by gender. It is not limited by age. It is not limited by height. It is not limited by weight. It isn't even limited by speed or pace. Running is only limited by what the mind and body can do. Everyone can run. Except everyone can't. Stephen can't run. He can run about 20 yards, but that's it. One day I hope that he can make his way around a track in under four minutes, but that's far away from now. At this point in our lives, me at the cusp of 40, and Stephen at the edge of 10, he can only run if I push him. But I strive to push him as fast as I can go so that he can have the same feeling of wind in his face that we all get to enjoy.

I'm a member of many different communities. I have friends around the world in my academic field. I have runner friends and ultrarunner friends. I have friends from high school and college. I have friends in the disability

community. Some of these friends push their children or their friend's children, trying to give them the same experience as I enjoy with Stephen. Many people in the disability community just don't have the time or are able to cover the expense of a chair. So when I push Stephen, I'm not just doing it for him or for us, I'm doing it for every disabled child who doesn't get to experience running.

Right now many people in my various communities are on edge, concerned about their future. But as I approach 40, I still have half a lifetime, and hopefully more, to dedicate to helping in my communities. I can advocate on Stephen's behalf to our elected officials. I can help my students find their way, professionally and personally. I can use running to try and make my little portion of the world better for everyone who I encounter. I can inspire others through my example. I've accomplished many things this year, including founding an endowed scholarship at Oklahoma City University by running and winning the 12-hour race at 24 The Hard Way, and the next great challenge is to continue to improve the lives of those who can't do it for themselves. As I approach 40, I now know how I need to spend my time.

The Real Reason That I Love Christmas Light Runs

By Melissa Brevetti, Ph.D

In the words of Dr. Seuss, "Maybe Christmas, the Grinch thought, doesn't come from a store." For this time of year, people often prioritize spending time with people whom they love and doing activities that they love. Christmas Light Runs (walks too) have become such a fun, nighttime tradition along with the winter season. Please hear me out, Morning Running Friends. I will explain evidence-based and purely subjective benefits of Christmas Light Runs.

Throughout the year, I can understand why most runners prefer morning workouts, especially with warm weather and busy schedules, but I must admit that I enjoy evening runs a little too much. Although I have many reasons, one significant reason is the day is coming to a close, and it is time to feel free. In particular, when I can meet friends for Christmas Light Runs, we are not as rushed and usually grab dinner afterwards. Perhaps

my rebel nature is showing, because evening workouts are such fun! Researchers in one recent study, in fact, discovered runners' muscular strength is greatest toward the end of the day. This research finding means that runners can achieve their most invigorating and best effort, in addition to pushing harder in workouts, during an evening run. Another group of American researchers found evening exercise actually improves sleep/rest at night and enhances energy levels the next day.

But the real reason I love Christmas Light Runs so much is the combination of beauty and peace as the day closes out. We can find time to relax with friends and family while getting to marvel at the outside scenery. The stars, lights, and reflective gear do shine most beautifully in the winter time. To echo Dr. Seuss' words, the Christmas spirit does not come from the store or even Amazon, but feeling grateful and creating moments that fill our hearts, such as beloved Christmas Light Runs.

the state games
of oklahoma



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Running Time

By Matthew Wilcoxon

“The key is in not spending time, but in investing it.”
Stephen R. Covey

Running is the kind of activity that takes a lot of time. As a parent I've struggled with this over the years because my love of running takes me away from my kids for many hours during the week. Guilt is a common feeling among parents and I would guess most parents never feel that they spend enough time with their kids. Between work, school, kids' activities, and social events there are million things that go on in the day that keep parents from spending good quality time with our kids. Then, when all those are done, we want to go run for an hour or two?? No wonder we feel guilt.

It wasn't until a good friend of mine explained the situation in a different light that I came to peace with my running time. What she said was that taking care of yourself is the most important thing you can do for your kids. Taking time to do something physically and emotionally healthy will not only keep you around for your kids a little longer, it will make the time you have with them much more beneficial. The best gift you can give your kids is you! Doing things to ensure you will be around and physically able to be with them is how we give them that gift. So the time taken away from your kids to go run, or to go to the gym, or to do anything that keeps you healthy is not taken away from them, it's payment to their happiness now and in the future. Looking at it like that doesn't just relieve the guilt, it actually made me feel good about the time I spend taking care of myself. I'm giving my kids a gift! The gift of a healthy and happy dad.

Another thing that is often overlooked when feeling guilty about our time spent running is the great example we're setting for our kids. Our lifestyle, i.e. what we do, what we eat, where we spend our time, is the first example of a lifestyle our kids see! You may have noticed that your kids tend to model your behavior both good and bad! If you're like me, you get really embarrassed when they model your bad behaviors because that usually occurs in public and at the most inopportune times! But remember that they will always see and model your good behaviors too. When your kids see you taking time out of your busy day to care for your body they learn that it's important. When they see their parents setting personal goals, and watch their parents put forth great effort to achieve those goals, they learn the value and joy of hard work and self-discipline. That's something they can carry into their

own adult lives. Teaching your kids by example to live a healthy active lifestyle is another benefit of the time you take each day to exercise.

There is another way to relieve the guilt associated with taking time away from your kids to exercise and that is to take them with you! This one is so obvious but I have so often overlooked it. On a beautiful day when I'm itching to get out and run but my son is at home and I'm feeling that aching feeling like I should stay home and be with him, I so often forget that he could get out of the house and go with me! My son is older so he can physically run with me but if your child is younger he or she could ride their bike alongside you while you run or you can get a jogging stroller and take along even younger kids. Along with actually getting them out and moving with you, it's also wonderful to get your kids involved in WHY you're exercising. If you've set a goal for yourself, share that with them and let them see how you're progressing towards it. If it's a certain race you want to complete, make sure they are there to see you complete it. It will show them that their parent's hard work has paid off and it will allow you to share your accomplishment with them. Of all the ways to release yourself from the guilt of being away from your children, this is by far the best because you aren't away from them and you're getting them involved in something you love.

There are many things we can leave our children that will help them find their way in their lives once we are gone. While most of our immediate concerns in this regard focus on money, it's important to remember that we give our kids so much more than financial support. We give them their first example of how to live a life. What is important to us becomes important to them. Now as they grow older they find their own likes and desires that may differ from ours, but we get to lay the foundation for them. Once that foundation is planted we can only hope that we've given them the tools they need to not just survive but to prosper in their future.

Let's teach our children to love and take care of their bodies by loving and taking care of our own. Let's get our kids involved in our running and show them how fun an active lifestyle can be. Let's set high goals for ourselves and let our children see, and be a part of, how we achieve them. These activities don't take us away from our kids, they bring us closer. This may be the best lesson we can teach and the best gift we can give our kids.



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Landrunner Trash Sweep & Breakfast

Saturday, December 10 @ 9:00am

Lake Hefner Stars & Stripes Park

Landrunner Christmas Potluck Social

Monday, December 12 @ 6:00pm

Lindsey's home: 10400 Pond Meadow Dr.

Spring Marathon & Half Training

Starts January 7, 2017

Check the club's website or Facebook page for more details.