

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

May 2019 | Issue No. 277

## Tokyo Marathon

*By Maurice Lee III*

After achieving my goal of running on all continents, I searched for a new goal. I came upon the Abbott World Majors. This consists of running six specific marathons - Boston, Chicago, New York, Berlin, London, and Tokyo. I had already run the U.S. marathons, so that left the international ones.

In 2017 I ran the Berlin Marathon and in 2018 I ran London, which only left Tokyo. With all of the international marathons, I first entered through their lottery, and then signed up with Marathon Tours. Marathon Tours had a guaranteed entry should I not be able to get in through the lottery. It turned out that I needed the guaranteed entry for all three races.

My travels to Tokyo took me from Oklahoma City to Dallas and then direct to Tokyo. I left on February 28, and arrived in Tokyo Friday evening, March 1. I didn't have any travel problems.

Saturday morning I had to make my way to the expo. To do so meant that I would have to navigate the Tokyo subway. It was fairly easy to use, with color coded maps and instructions in both Japanese and English.

Because Tokyo is hosting the 2020 Summer Olympics, the exposition center the marathon normally uses was under renovations. Therefore the expo was held in a series of tents. Once again things went smoothly and I returned to my hotel to prepare for the marathon on Sunday morning.



*Maurice Lee III*

See *Tokyo*, on page 6

# President's Message

By Dana Sue Campbell, Landrunner President

What a busy April in Oklahoma! Saturday, April 20 was a culmination of our spring marathon training. It was a beautiful, cool spring morning with sunshine and a light breeze! Training committee member, Matthew Wilcoxon, started off the morning with an inspirational speech to the runners reminding us to cherish this life we have been given to live. He was very encouraging and supportive. He also made mention to thank the volunteers. Most of you know that without the volunteers we could not provide the quality training runs (at no cost to the runners) that we have provided for many years.

I also want to thank the training committee and staff again! I hope that you've enjoyed training with us and celebrating a wonderful pancake breakfast at the First Church – OKC. Thank you to First Church - OKC for hosting us! I want to thank the pancake mixers, cooks, runners who brought the extra food, drinks, and the volunteers! It was Yummy. I might also mention that Mary Mikkelson makes the best and prettiest pancakes! Thank you-Mary!

Summertime is just around the corner and I have a few warm weather tips for you.

1. Wear a loose hat. Cover your head with a mesh or breathable material.
2. Run in the early mornings before the hot Oklahoma sun comes out.

3. DRINK WATER OFTEN!
4. PROTECT YOUR SKIN! Wear sunblock and a good lip balm.  
My favorites: Hawaiian Tropic SPF 45 and Burt's Bees pear and coconut SPF 25.
5. Keep your gym bag in your car. Run anywhere and run anytime!  
Oklahoma days can be hot but you never know when the temperature will drop and you can go for a quick run.
6. Join a local running club. If you like to be around runners you will love the energy and support! You will find that social runs are fun!
7. Wear light colored clothing. Sports specific running gear is the best.

We have plenty of great running stores in OKC to help you get your best summer running gear! Check them out!

You are invited to join me at the next club meeting on Monday, May 20th at Kimray 52 NW 42 Street, Okc, Ok 73118. We will have a great speaker, Craig Thompson with OK Runner and DOOR PRIZES!!

Did someone mention Ice Cream? We will host an exciting summer social on Saturday, July 13. More details to come! Stay tuned!

It always brings a smile to my face when I see you running!

Gotta run,

Dana

ourunninggirl@yahoo.com

#REMEMBERBENNETT

# Run Like Crazy

-2019-



/Run Like Crazy OKC



/runlikecrazyokc

Please join us at Stars & Stripes Park and at Lake Hefner trails for the 5K on June 8, 2019.

## REGISTER TODAY!

For more information visit:  
[runlikecrazy.org](http://runlikecrazy.org) or [lovelikecrazyfoundation.org](http://lovelikecrazyfoundation.org)

Coupon code valid through May 31, 2019

Benefiting the

## love like crazy

FOUNDATION



### Save the date: June 8, 2019

RunLikeCrazyOKC@gmail.com

Registration includes  
**RIVERSPORT**  
Day Pass!



# RIVERSPORT CHALLENGE

Join us for the  
**RIVERSPORT Challenge Kayak/Run Race!**

500m Kayak Race • 5k Run  
May 18 • 7a • RIVERSPORT Rapids  
Timed Event • Registration Now Open  
Register by May 1 to receive a race t-shirt

[riversportokc.org](http://riversportokc.org)



RIVERSPORT.

RIVERSPORT Rapids • 800 RIVERSPORT Dr. • Oklahoma City, OK 73129



# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
5/4	Oklahoma Autism Piece Walk & 5K* \$	Bricktown Ballpark @ 8:00am
5/11	Red Day Run 5K*	Edmond @ 9:00am
5/11	Oaklake Trails 5K Nude Run	Depew, OK @ 1:00pm
5/18	Riversport Challenge Kayak/Run	Riversports @ 7:00am
5/20	Club Meeting	Kimray @ 6:30pm
6/2	Scorcher Half Marathon* & 5K*	Stillwater @ 6:30am
6/8	Run Like Crazy 5K*\$	Stars & Stripes @ 7:30am
6/8	Masquerade 5K	5905 Classen Court @ 5:00pm
6/9	Equality Run 5K* / 10K*\$	Myriad Gardens @ 7:15am
6/17	Club Meeting	TBA
6/21	Sizzlin' Summer Hot 5K*\$	Stars & Stripes @ 8:00pm

\* Denotes Series Races

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

## Landrunners In Action

<u>3/16 HEELS UP HALF MARATHON, LA</u>		SHANON EICHHOLZ	3:14:59
DEBRA CHRONISTER	1:50:42	JEFF WAGNER	3:20:46
<u>3/23 3/23 PRIDE RUN PHOENIX HALF MARATHON, AZ</u>		KAITLIN SCEPANSKI	3:28:04
CHRISTOPHER LEE	2:44:17	HEATHER WARREN	3:32:34
<u>3/30 ENERGY CITY HALF MARATHON, TX</u>		GARY GREGG	3:35:10
RANDY WILSON	1:51:26	ROBERT BROWN	3:39:53
<u>4/13 GARMIN HALF MARATHON, KS</u>		ROBIN GARRETSON	3:40:14
HEATHER PUCKETT	2:25:08	CHINNI POKALA	3:45:59
CHRISTOPHER LEE	2:46:01	DEBRA CARLSON	3:47:29
<u>4/13 ROCK THE PARKWAY HALF, MO</u>		CHARLES MCFARLAND	3:48:03
CHRIS BABIN	2:01:00	CHUCK THOMAS	3:58:33
RACHEL BABIN	2:30:00	STACEY BROWN	4:01:44
<u>4/15 BOSTON MARATHON, MA</u>		CHASTITY TEETER	4:12:14
JONATHAN MORRIS	2:52:52	DINA HAMMAM	4:26:46
JONATHAN PILLOW	2:56:36	JOSEPH WARFIELD	4:28:10
JOSEPH MITRO	3:10:52	MARK BALLARD	5:27:27
		ROCKY CHEN	6:18:33

Click the link on [www.okcrunning.org/newsletter](http://www.okcrunning.org/newsletter) page to submit out of state results. Send photos and stories to [news@okcrunning.org](mailto:news@okcrunning.org)

LANDRUNNER RACE SERIES RUN



# Equality Run 2019

FREEDOM  OKLAHOMA

SUNDAY JUNE 9, 2019

5K | 10K | 1 MILE FUN RUN

FOLLOWED BY BRUNCH AT THE  
DOWNTOWN SHERATON

REGISTRATION AT [OKC.ENMOTIVE.COM](http://OKC.ENMOTIVE.COM)

[WWW.FREEDOMOKLAHOMA.ORG](http://WWW.FREEDOMOKLAHOMA.ORG)

## *Tokyo, continued*

I got up Sunday morning, went outside to check the weather, and it was overcast and looking like rain. I went back inside for breakfast in the hotel. While talking to a man at breakfast, he asked if I had a poncho. I said no and he offered an extra I could use if I wanted. I gladly accepted.

After breakfast, I left to find my starting corral, which was within walking distance from the hotel. I was in position with about 45 minutes before the start. It was already raining and I was thankful for the poncho.

The gun went off at 9:30 and it took about 10 minutes for me to cross the starting line as there were approximately 38,000 runners. There were a lot of out and back portions to the race, but there was always a timing mat at the turn around to catch people who might cut the course short. I ran at what I considered a moderate pace, and the constant rain did not affect my running. The course was well managed, and there was little possibility of missing a turn.

The race takes place completely within the city. Some of the sights we passed were The Sensoji Temple where they were playing traditional Japanese court music. We also ran past the Tokyo Skytree, and the Tokyo Tower, which looks a lot like the Eiffel Tower.

As with any international race, my primary goal was to finish in a reasonable time, but not push it and risk injury. While I was trying to keep a steady pace, around mile 18 I started to feel fatigued and began to slow down. I was still able to keep running, and managed to finish in four hours and forty-three minutes.

After finishing I was directed to pick up both my Tokyo Marathon and World Majors Finisher's Medals. I made my way back to my hotel, attended a ceremony for the finishers and had dinner.

Once one decides to do the World Majors, you go to their web site and create a profile. You fill in the race or races that you've already completed. After that, you update your profile as you finish others.

When you're ready to run your sixth World Major, you notify them. In my case, when I picked up my bib in Tokyo it had a QR Code on it, and when I finished, I was directed to a tent where they were passing out the World Majors six star medal. They scanned my code, gave me the medal, and took my picture.

During my stay in Japan, I toured the city, took an all day excursion to Mt. Fuji, sampled many different foods, and took in as much of the culture as I could.

All of the World Majors are excellent races, well run and supported. Some people complained about the tight cutoffs in Tokyo, but I felt like they were fair. If I had to pick a favorite overall, it would be Boston, because of the tradition and support. My favorite outside the USA was Tokyo, because of the city, the sights, and the support.

Now that I have finished an ultramarathon on all seven continents and the six World Majors, I'm asked what's next. I'm not sure yet. It seems as though finishing a marathon in all fifty states might be a candidate. If I make that my next goal, perhaps 100 marathons might happen along the way.





4th Annual  
OKLAHOMA LAWYERS FOR  
**MASQUERADE**

run/walk: **CELEBRATING & Block**  
**FAMILIES Party**

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5K Race • 1 Mile Fun Run/Walk • Costume Contest • Cookout

The Masquerade Run/Walk is Oklahoma Lawyers for Children's Annual 5K Race!

Bring your best masquerade costume as you run/walk our certified course in Oklahoma City. Our focus is *Celebrating Families*, and the event will include a recognition of local families that have been reunified through the juvenile justice system. All proceeds benefit OLFC's efforts to defend Oklahoma County's abused and neglected children.

Don't forget our block party is **FREE** for runners!

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Saturday, June 8, 2019 | 5:00 PM

Oklahoma County Juvenile Justice Center  
5905 Classen Ct, Oklahoma City, OK 73118

Early Bird Registration: **\$30** | Registration After June 2nd: **\$35**

Student/OKC Landrunners Registration: **\$25**

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FOR QUESTIONS OR SPONSORSHIP OPPORTUNITIES PLEASE CONTACT:

**Chelsea Abney: (405) 232-4453 or [cabney@olfc.org](mailto:cabney@olfc.org)**

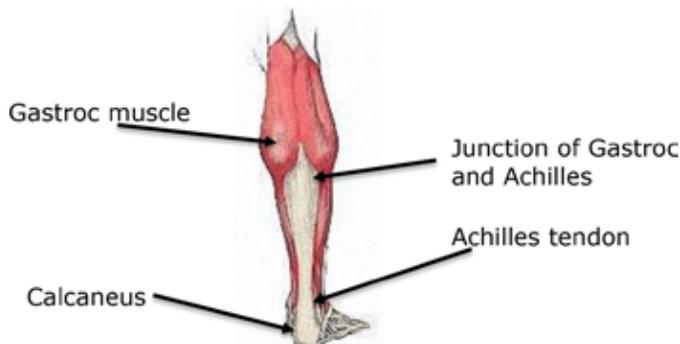
REGISTRATION AND MORE INFORMATION AT **[OLFC.ORG/RUN](http://OLFC.ORG/RUN)**

# WHERE DOES THE ACHILLES HURT?

By Tom Coniglione, MD

Show us where the Achilles hurts and we can (likely) tell you how it was injured.

### The basic pieces:



**SITE OF PAIN:** Pain along the **Gastroc** muscle is not an Achilles problem but can be confused with it. This is a strain of the Gastroc. Pain at the heel/**calcaneus** is usually on the inside of the bone. At this point there is usually a tender enlargement of the bone: pump bump/Haglund's.

On occasion the pain is between the Achilles and the tibia: **retrocalcaneal** bursitis. Pain at the **junction** of the Achilles and Gastroc is a strain in that area.

Pain along the **Achilles** can be on the (a) inside of the tendon, or (b) surrounding the entire tendon and either high on the tendon or at the heel attachment of the tendon. All of these are different. Most often in runners the pain is along the inside of the tendon.

**PAIN:** The hallmark of Achilles injuries is pain in the morning on awakening. The severity of the morning pain is proportional to the severity of the injury: the longer the pain persists, the more severe the injury.

When running, the pain is most severe at the start. As the run proceeds, the pain may decrease. Unfortunately, 2-4 hours after the run, the pain is worse than it was at the beginning. Then the next morning, it is really bad.

Immobilization, as in sitting still for a while or sleeping, causes the Achilles to stiffen, only to hurt again when we stand to walk. Often walking up stairs causes pain.

The Achilles gets injured the same way most running injuries happen: too much of something (miles, number of runs per week, hills, plyometrics, speed), the wrong shoes\* and excessive stretching.

\*The shoes may be a relative contributor to the pain. Often the runner has been wearing the same shoes for some time. Then he/she adds another activity. The combination of shoes and the second activity cause the pain.



When there is a lump in the Achilles tendon, we know two things. First, this Achilles injury has been coming on for a long time: months. Second, it will take months before this Achilles injury resolves. The Achilles tendon has a poor blood supply. Poor blood supply means quick to injure and slow to heal.

**TREATMENT:** What to do depends on why the Achilles is present. There are a couple of common principles of treatment.



If there is pronation, correct it. The pronation/movement of the foot can be in the heel, the middle of the arch or in the front of the foot. Each area is treated differently. Orthotics may help.

Definitely apply ice and rest the tendon.

Walking fast (long stride) will stress the tendon while slow running (shorter stride) causes less stress.

*See Achilles, on page 10*

# **SIZZLIN' SUMMER SERIES**



If you love summer evening fun and fitness as much as we do, we want you to join our three race series party!

## **REGISTRATION OPEN HOT 5K**

June 21, 2019

8:00 pm

Stars & Stripes Park

Oklahoma City, OK 73116

*Fundraising for Regional Food Bank of Oklahoma's  
Food for Kid's Programs*

**RUN ALL  
THREE  
RACES!**

### **HOTTER 5K**

JULY 26, 2019

8:00PM

WILEY POST PARK  
OKLAHOMA CITY, OK

### **HOTTEST 5K**

AUGUST 9, 2019

8:00PM

WHEELER PARK  
OKLAHOMA CITY, OK

**VISIT [SIZZLINSUMMERSERIES.COM](http://SIZZLINSUMMERSERIES.COM) FOR MORE INFO**



***Achilles, continued***

Raising the heel will help by taking tension off the Achilles tendon. Western style (cowboy) boots or high heels work well. Wear boots if you have them. For our bootless runners, we add 1/2" heel pads to the back of the shoe.

Achilles tendon straps and calf sleeves do not help. Taping the Achilles does not help. Gentle stretching is necessary. Overstretching will make the injury worse. Biking does not worsen Achilles tendonitis.

Achilles pain.....figure out why, correct what is correctable and be patient.

*"Patience is not the ability to wait, but to keep a good attitude while waiting." - said by someone who never had an Achilles injury*

## **Not by Running Alone: The Power of Mentoring Relationships**

By Melissa Brevetti, Ph.D.

One May afternoon, climbers were descending back down from Denali, one of the Seven Summits, which is known for its freezing winds and adverse weather conditions. How cold you might be wondering? Actual temperatures are approximately -42 F° on Denali in May. Deadly cold conditions. Suddenly, the elite climber, who was a guide for Mountain Trip, expressed concerns about an avalanche path overhead. With the warming air temperature and softer snow conditions, the threat of an avalanche was growing more and more, especially as they could not find any tracks from their ascent that would show them their route back. Investigating the path ahead, he unknowingly stepped too close to an unstable, hidden, icy edge of a crevasse—hearing the ominous sound of “crack” was reported before he vanished forever.

One of America’s most visionary climbers in history, Terry “Mugs” Stump lived his life as a dedicated adventurer and, thus, his tragic death affected many people. He had mentored many others, and his spirit of adventure lives on in all the climbers whom he guided throughout the years, continuing to pursue his dreams and pass down his drive to explore untouched alpine regions. After his death, friends brainstormed and decided to establish an annual grant and award in his name so future generations would also be inspired by his legacy of bravery and passion.

Often people need reminders, someone or something to point out what we miss or do not yet understand. The beauty of a mentor/protégé relationship is how it connects people to valuable information, in addition to providing a

teacher with real-life experiences for unforeseen challenges. Put simply, Stump recognized this type of guidance to help others achieve their goals and encouraged his protégés to take the lead in order to hone their craft.

Numerous studies show that mentoring leads to success and opportunities. A mentoring relationship can be as formal or as informal as people want; however, remember that effective mentoring does take a little bit of time and availability. Both the mentor and the protégé should be invested to practice and to take responsibility in order for growth to occur. In running, this can look like a running partner who keeps you exercising consistently and pushing the possibilities, or a veteran runner-friend who can provide the delicate balance of motivation, technical feedback, and genuine care for a novice runner. It can even be considered a mentor from a distance by reading tips and/or advice from well-known runners whom you admire, as well as watching particular races to improve your own style, cadence, or form. Mentoring exists in many forms.

The road to a “summit,” from the first training steps to the final tapering (descent) weeks, will be marked by confusion, difficulty, and, yes, even fun. Even though we may feel alone at times during our training or self-searching, we run races together, appreciating the dedication of friends and strangers around us. If you get sidetracked, pick yourself up and dust yourself off and begin again, because you, like Mugs Stump, can pass down a special legacy. People learn profound lessons when hope and dreams bind us together on the adventure—not by running alone but in community.



*Landrunner Bus trip to the A2A Races - 26.2, 20.6, 13.1 & 5K*



*Jim Roblyer & Kevin Lynes present a poster to World Record Ultrarunner Camille Herron*



**June 2, 2019  
Stillwater, Okla**

**Guaranteed T-Shirt  
Deadline May 16**

Organized by

**J|S|L**  
*Stillwater*  
**JUNIOR SERVICE LEAGUE**  
*Women Building Better Communities*

For more information and to register, visit  
[thescorcherrun.com](http://thescorcherrun.com) [facebook.com/thescorcherrun](https://facebook.com/thescorcherrun)



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May 2019

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Check your mailing label for your renewal date.

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1. Write a check for **\$20** to OKC Running Club
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](http://www.okcrunning.org)**

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



## Landrunner Club Meeting

Monday, May 20th @ 6:30pm

## Global Running Day

Wednesday June 5, 2019

## Fall Training

Starts Saturday August 3<sup>rd</sup>

Check the club's website or Facebook page for club events.