

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

June 2008 - Issue No. 146

The Oklahoma City Memorial Marathon: Definitely a Run to Remember

by Paul Lekawski

Most Oklahoma City Running Club members know about Linda's and my relation to the 1995 bombing and our quest to always participate in some way with the OKC Memorial Marathon. We always run in honor of our nephew, Scott Williams, who lost his life on that fateful April 19, 1995, morning. In fact, we always wear Ron Kuykendall designed shirts that have Scott's picture on the back. The first year of the marathon, Linda & I were honored with a feature article in Runner's World magazine and greeted at the finish line by Scott's mother, father, wife and Scott's daughter who never got to meet Scott. Linda's sister (Scott's mother), Connie, was so impressed that year that she and Linda made plans to run the two-person relay the next year. The Oxygen channel covered their story that year. So a lot of people got to know about Scott Williams.

This year Linda, Connie and I ran the half marathon together. It was really a lot more walking, but Linda and I had to really break into a run to keep up with Connie. I finally figured out where Scott had gotten all the speed he displayed in playing basketball and baseball in Tuttle. That Connie is one quick walker! It was a wonderful outing for all three of us to be together on what we now consider a most spiritual occasion and journey.

With the three of us running down the streets with Scott's picture on our backs, a lot of people would acknowledge

our honoring of such a great kid. One in particular, a young airman out of Sheppard Air Force Base in Wichita, came up to me and asked "what can you tell me about Scott?" I introduced him to the three of us and let him know of our relationship to Scott and then proceeded to tell him about Scott's life and the sad fate that he met on April 19, 1995. This young man was grateful for our sharing of Scott's life with him and I thanked him for his service to our great country. Hopefully he had a great marathon and enjoyed the day.

A few people approached us during the race. One group of girls commented on how handsome Scott looked and we thanked them for their compliments and

thoughts. We know Scott's on the Other Side and most likely beaming with that great smile of his over the attention that he's garnered from runners who think of him during the 168 seconds of silence, during the prayer service and during the races.

That young airman (who looked to be about Scott's age when Scott met his fate) and a great number of runners made our day a most memorable one.

We were also welcomed (as we crossed the finish line together) by Bill Snipes and Cara Rogers. They could bring a smile of relief to our faces! What a great finish!



Right: Cara Rogers greets Paul, Linda and Connie at the finish line.

Lots of Opportunities for Fun, Sun and Maybe Even a Run!

What a great time of year to be a runner – not yet too hot and certainly not too cold. Goldilocks would love our early Oklahoma summer. And there are lots of races of all distances and many opportunities to be of service to our community.

The Hefner Trails clean up will be in June, and we have the opportunity to participate in the Oklahoma City employees health fair. Check the Web site for specific times and dates for all of these activities.

Proving that runners are party people, our June meeting will be our annual picnic at Steve and Deb Johnson's home on June 21.

Another short range activity is the Diabetes Dash at 6:30 p.m. on June 2, starting from the parking area at the entrance to Stars and Stripes Park on Portland. This is a fun run, not a race and not even officially timed. Good fellowship without the stress of going for a P.R.

Longer term activities include a celebration of 25 years of the OKC Running Club and (if we have enough runners

interested) a motor coach trip to Dallas for their club sponsored half marathon this fall. Let us know if you would be interested as we think we can get a good rate for the trip and hotel.

That's all for now.

- Bill Robinson, President



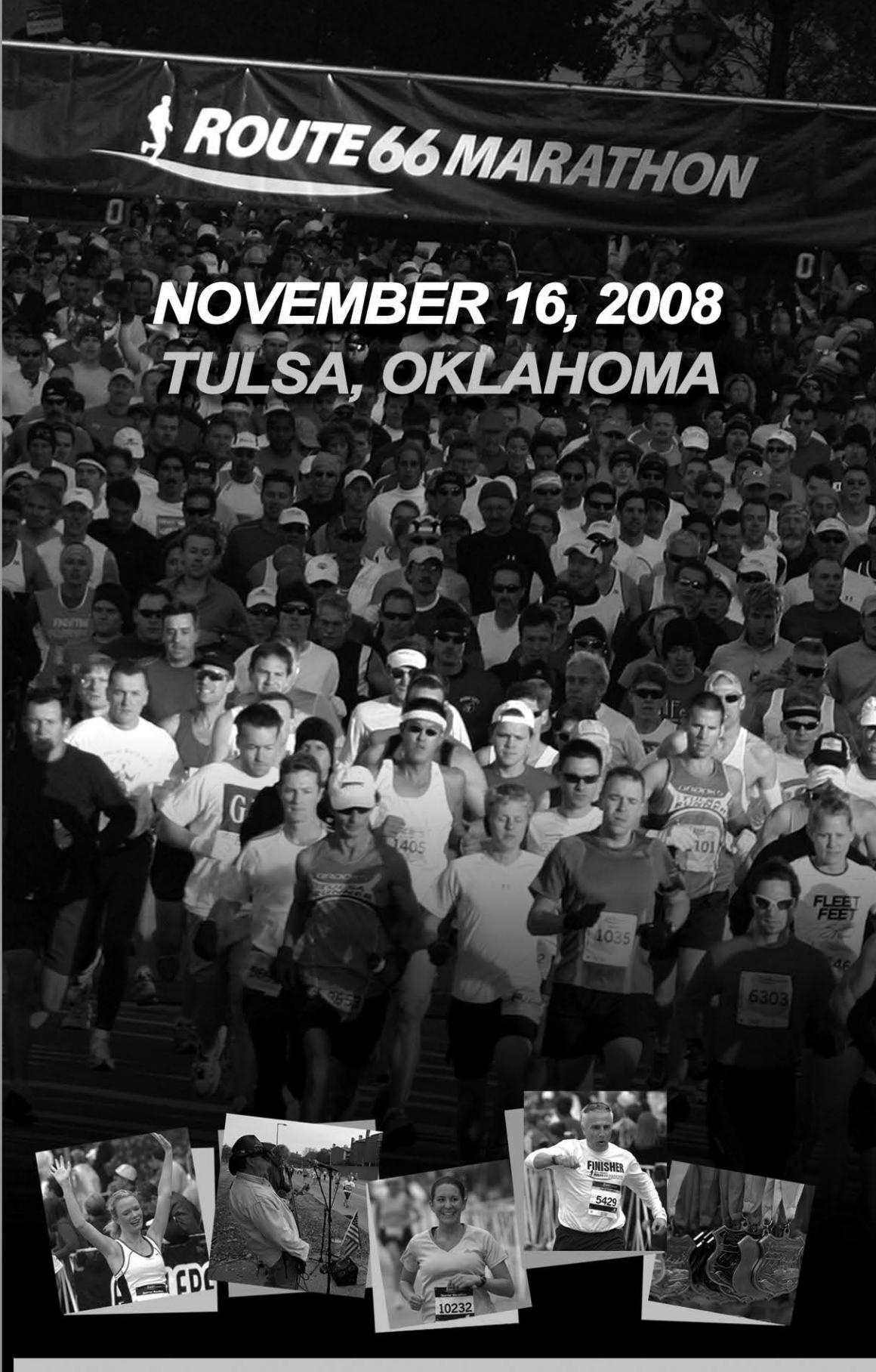
Upcoming Landrunners Meetings / Socials

<u>Date</u>	<u>Meeting / Social</u>	<u>Location / Time</u>	<u>Speaker</u>
June 21	Summer Social	The Home of Steve and Deb Johnson 5600 NW 103rd Place Oklahoma City / 6:00 pm	TBA

TULSA WORLD ROUTE 66 MARATHON



FULL MARATHON
HALF MARATHON
QUARTER MARATHON
5-PERSON FULL MARATHON RELAY
KID'S MARATHON
MAYOR'S 5K FITNESS RUN / WALK
30 LIVE BANDS ON THE COURSE
POST RACE CONCERT
CLASSIC CAR SHOW



TULSA WORLD

FLEET FEET
Sports

TULSA
RUNNER

new balance

Rex
Public Relations

FOX 23
TULSA

My Brush With Heat Exhaustion

by Tom Briggs

I had planned a 10-mile run on a varied course in my area; that meant HILLS! But a big storm was passing through in the early morning (Aug. 19, 2007), so I postponed the run until later. The weather finally cleared in the late morning, so I started out about mid-day. It was in the upper 80s by then, and very humid from the recent rain. But I'm used to heat, and carried a pint bottle of water.

I ran five miles, drank some of the water, and stashed the bottle under some brush. My idea was to run a four-mile loop, and return to the water. So I continued on. But after only two more miles, I started to get very tired. I took some walk breaks, and even rest stops in the shade. My pace slowed to a crawl, the walk breaks got longer, as did the rest stops. The last mile was a long uphill grind, which I had to walk most of. I began to have doubts whether I'd make it, but there was no choice but to go on. All I could think of was my water! I finally got there, and gulped the rest of the bottle. I tried to set out again, but I felt so extremely

fatigued, I COULDN'T RUN! Home was still a mile and a half away, and I walked it, slowly.

I never felt a headache, or dizzy, or faint, or nauseated ... Just very weak and tired. The scale showed my weight was down six pounds!

What have I learned from this misadventure?

- 1 - Running alone adds an element of risk. Carry a cell phone?
- 2 - Take account of the humidity.
- 3 - Drink water before going out in the heat.
- 4 - Have additional water on the course.
- 5 - Plan the run so as not to get too far out, in case it is necessary to abort. Short loops emanating from a central point, though maybe repetitious, would be safer. This is why I often run in Nichols Hills: I can frequently return to the car for water.

This spring I have made a study of water loss while running. More about that next month.

Top Reasons for a Bad Run

by Gaile Loving

I thought it would be fun to compose a list with some of the lines I have heard lately ...

"If I had not stopped to tie my shoe, I could have cut the time by five minutes."

"I felt race ready until the starting gun went off, then my legs begin to feel sluggish. Must have been the bowl of pasta and four beers I had for supper last night."

"I wonder if running a marathon two weeks before the Beacon on the Bay hurt my overall performance? Or could it have been donating blood on the Friday before the race?"

"My shorts kept giving me the wedgies. Next time I will use body glide."

"If I had not mistaken the Vaseline for GU at mile 21, I would have felt better during last miles of the marathon."

"I got really dehydrated on the run. Water at mile 3, 6, and 9 was frozen by the time I got there" (I heard this obviously when the weather was colder).

"Just as the Star Spangled Banner began to play, the door on the porta-potty got stuck ..."

"I am in recovery, taking it slow, don't want to hurt the healing injury, had a bicycle wreck, wore too many clothes, or holding out for a new pair of running shoes."

I hope no one is offended if I used his or her reason, but you did bring a smile to my day.



SCHOOL BELL RUN

SUNDAY, AUGUST 24, 2008
6:30 AM REGISTRATION • 7:00 AM RACE START

5K (3.1 miles) Runners & Walkers Welcome

USATF Sanctioned Race

Individual Awards

\$20 Registration Fee

Start Line: EK Gaylord (Shields) & Reno



5th Annual School Bell Run Registrant Information

Detach and return form to: OSSBA • 2801 N. Lincoln Blvd., Ste. 125 • Oklahoma City, OK 73105 • Fax (405) 528-5695

Full Name	E-mail Address	Age
School/District/Company (if applicable)	Shirt Size	Sex
Street Address	City	State
PO Box (if applicable)	Credit Card Number	Card Type
		Expiration Date

Waiver: In consideration of the acceptance of my entry in the School Bell Run, I do hereby for myself, my executors, administrators, and assignees release and discharge School Bell Run, OSSBA, CCOSA, and other sponsors and officials for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature (Parent/Guardian if under 18) _____ **Date** _____

Sponsored by the Oklahoma State School Boards Association and the Cooperative Council for Oklahoma School Administration

Ask Adi...

By Adrienne McCasland

Well, it seems I can't get away from this outdoor dining kick I've been on (see last month's newsletter) since the weather has warmed us all up. A good friend of mine and I recently frittered away an entire Sunday on his deck – cold lager in one hand, grill brush in the other – where I introduced him to the delectable (and healthful!) buffalo meat. Ounce for ounce, buffalo is leaner and has more protein than traditional beef, so I thought I'd share this with you all in this month's recipe makeover.

For the patties:

8 oz. ground buffalo
3-4 Tbs. Worcestershire Sauce
Several good turns of a black pepper mill (to suit your taste)

For the assembly:

4 slices thick sourdough or two whole wheat buns
2 roasted red peppers, diced (from a jar is fine)
2 scallions, thinly sliced
½ avocado, mashed
2 Tbs. quality reduced-fat bleu cheese dressing
Dijon mustard

- 1) Mix the patty ingredients and shape into two patties (take care not to overmix).
- 2) Grill 5-7 minutes on each side, depending on the heat of your grill (internal temperature should reach 160*)
- 3) Lightly toast bread/buns on the grill.
- 4) Spread half of the mashed avocado on one piece of bread and spread half of the bleu cheese dressing over it.
- 5) Top with half of the red pepper, half of the scallions, and one patty.
- 6) Spread Dijon mustard on one piece of bread and top your burger. Repeat with remaining ingredients, grab a napkin, and enjoy!

guess who??

This Landrunner has served two consecutive terms as the club's president. Not only is he a runner, but he is also a cycling enthusiast! Always one to lend a helping hand, he has also volunteered for many club events and races. And from what we can tell, he sure enjoys a good massage every once in a while!

The first Landrunner to e-mail the CORRECT answer will win a \$10 gift certificate to The Runner! E-mail your guess to okclandrungersnews@yahoo.com and you could be the winner!



Guess Who Winner - May

Landrunner Robert Cassidy came through with the first and correct answer for the May Guess Who... Doug Cunningham! Doug – we think you should wear ALL of these medals to the next club meeting!



This event will include something besides a boring shirt and a very special award for the winners. The 8k course is fast, flat and stocked full of fun!



The Runner's Super Summer 8k

June 28, 2008 @ 8.00 am

Stars and Stripes Park

Info @ The Runner or www.DGroadracing.com

9644 N. May AVE, Oklahoma City

405.755.8888



www.TheRunnerOKC.com

Recipes To Run By

I've got a little story for you all before I get to the 'recipe' portion of 'Recipes to Run By.' You may not know, but I'm a huge – no HUGE – ice cream lover, and every once in a while the typical two scoops in a cup doesn't cut it for me. My body starts screaming for a banana split and the voice gets increasingly louder until those calls are answered. Well, not too long ago I had what might be the world's most expensive banana split (\$332.85 to be exact) from Braum's. No, no....they didn't overcharge me by the extra \$329.00 and it wasn't dusted with gold flakes or diamond dust. The hefty price was of my own doing.

As the story goes, I walked into the restaurant on said evening just as it was getting dark and ordered the much anticipated ice cream delight to go and hopped in my car to head home. As I was getting ready to leave the parking lot, I looked left, then right (thanks, Mom, for the many driving lessons!), and turned left to head south on May Avenue. I don't know why I didn't see the jeep. Perhaps it was the dusk-lighting or I was taking care not to lose the banana split to the floorboard, but a mere second later there was a sudden screech and a small kaboom! I slowly reversed back into the parking lot, the banana split miraculously still in tact, and hopped out of my car to make sure Mr. Jeep Driver was okay. Fortunately, no one was hurt and the only damage was to his bumper (my Jetta is sturdy, if

nothing else!), and he might just be one of the kindest people I've ever met. He said multiple times that it could've been much worse, immediately agreed to settle without involving the insurance companies in order to preserve my untainted driving record, and even laughed a bit when I gave him my contact information hurriedly because "I have the most fantastic banana split melting in my car."

As it turns out, he needed a new bumper and only minimal paint touch-ups with buffing. So there you have it....the \$332.85 banana split. I think the next time that voice starts screaming, I'll just stay home and make this one instead:

The very economical and damage-free banana split (my way):

3 scoops Edy's Slow-Churned Vanilla Bean Ice Cream
 1 Tbs. chocolate syrup
 3 Tbs. melty peanutbutter, divided
 1 chilled banana, split length-wise
 2 Tbs. real whipped cream
 1 Tbs. chopped walnuts
 2 strawberries, thinly sliced

- 1) Line ice cream scoops in an oval dish and sandwich banana slices on each side.
- 2) Drizzle chocolate syrup over middle scoop and half the peanutbutter over each end scoop.
- 3) Top with whipped cream, nuts, and strawberries and enjoy in the safety of your own home!

Board Member Profile: Chuck Mikkelson

by Don Smith

Chuck is the club's efficient vice president. He was born in Kansas City and has lived in Oklahoma City since childhood. He is sort of retired (because his business is located in the path of the proposed I-40 re-route and the State of Oklahoma thinks he should move). He has a cow and bull slaughter business which he operates, dividing time between office and plant. At some point he may relocate the operation, (meaning he will no longer be sort of retired). Chuck is a golfer. About five years ago, he was golfing and working, and his wife working and running, so they saw each other only occasionally. So Chuck decided to start running and they saw each other on more occasions. He has run nine marathons including Oklahoma City. He likes the Turkey Trot race, but most of all he just likes being outside and spending time with other people.



Wingmen on the Run

by Derle Smith, Jr.

ON APRIL 27, 2008, runners from around the globe lined up on North Robinson Street in downtown Oklahoma City for the eighth running of the Oklahoma City Memorial Marathon. I was included in that crowd along with my fellow wingman, Ben Gibson.

Ben and I had been training since January of this year, diligently slogging mile after mile in rain, fog, high winds, and on days when we had to draw on lots of self-will to brave the outdoor chill.

April 4, 2008, 3 p.m.

THE PHONE RANG

"Hello?" I said.

"We still running Saturday?" It was Ben.

"Yep," I said. "Going out after work today to plant water bottles. Every five miles, right?"

"That'll work. Oh! By the way, I'll be running about a 10-minute-mile pace. You sure that's not going to be too slow for you?"

"Not a problem. I really need to work my slow twitch muscles and that pace will be perfect. See you in the morning at seven."

I imagined, "This'll make my second of three, 20-mile pre-qualifying runs for my eighth marathon and Ben's last long run for his first running of the Oklahoma City Memorial.

JUST BEFORE SUNUP

Ben's pickup pulled into the drive. My fingers pushed open the screen door.

"Hey, Ben," I said. "Come on in."

I introduced Ben to my wife, Lucie. Our pom Sparky introduced himself by growling and barking at Ben.

"Don't worry about the little ankle biter," I said.

"Nice puppy," Ben said.

After exchanging a few laughing remarks about the family dog and a brief pit stop, I grabbed my Garmin GPS watch from the kitchen counter and took it outside. Ben trailed.

"I'm going to let this thing sync with the satellites; then we'll be ready to go," I said. "Oh, one more thing ..."

Ben eyed my hickory stick. "For dogs?"

"Dogs," I said, "AKA canis poochus domesticus. I don't try to hurt 'em, just scare them or push them away."

Within minutes, we were off.

Three-mile mark

LOOKING AS A frothy white sea, a farmer's field blanketed with the dew of the near forty degree temperature shot into view.

"Ben. Check it out. It looks like an ocean out there."

"Yup," Ben said between pants, "probably due to ground fog."

For a moment, an upward floating brilliant red-orange hemisphere silenced us.

"Would you look at that?" I said.

"Beautiful," Ben said. "A red sun rising."

At once Ben's Garmin sounded; mine followed.

"Three-miles," I said.

"Yup. Twenty-three-point-two miles to go," Ben said.

Canine on the loose

A LARGE BLACK dog galloped toward us. I readied my stick. The dog's tail started wagging. That was a good sign. He trotted into formation as another runner joins the pack. I retracted my stick.

"Not to worry ... he's a friendly."

"That's good. I sure wouldn't want him for an enemy."

"Closing in on the five-mile mark," I said. "Aid station. Up ahead."

"Good," Ben said. "I could sure use some water."

I veered off the road to a familiar spot and plucked up a paper-towel-wrapped water bottle. Ben grasped it from my hand and his fingers twisted off the cap.

"Ah," he said. "It's ice cold."

"Probably from the frost last night," I said.

AS WE PLOPPED past seven miles, a pickup pulling a trailer swerved,



Ben Gibson, director of the Tinker Air Force Base Physical Fitness Center (right) and the author (left) after finishing a Jones-Choctaw, 20-mile training run on April 5, 2008, for the Eighth Annual Oklahoma City Memorial Marathon.

Derle Smith, Jr. is a freelance writer and civil engineer who works for 72 ABW/CE.

missing us by a distance way too close for comfort.

"Now that scared me," Ben said.

"Me too," I said. "All right, no more of that. I'm going to be more on my guard from this point on."

The next few miles passed without incident. I felt as if I we were in the proverbial "zone."

BEYOND NINE MILES I noticed several vehicles parked alongside the road. People were milling around as others placed glistening water bottles atop two folding tables.

"Looks like an aid station for the Redbud cyclists," I said.

"Yup," Ben said, huffing.

WHEN WE TURNED onto Britton Road, Main Street of Jones America, the 11-mile mark lay about a quarter of a mile ahead.

"Years ago I encountered a beaver crossing this road from that pond on the left there," I said.

"Oh, really? You know, I remember when we used to have those critters on the base."

"I remember some of the engineers in CE talking about the beaver dams and the problems they created."

"Oh yeah? How's that?"

"They dammed up the creeks."

Ben grinned.

We trekked past rustic old houses, snaking our way through the residential section of town and on past 12 miles onto 108th Street better known as Hefner Road. After several minutes, my Garmin chirped.

"Nearing the half-marathon mark. We'd be close to Lake Hefner at this point. That hill up ahead is about what we can expect, too."

See Wingmen, continued on page 10

QUESTION OF THE MONTH

Many of us took part in this year's Run to Remember. Several Landrunners have professed that this is their favorite marathon, and perhaps the most special. So tell us ...

Q. What was your most memorable moment from the 2008 Oklahoma City Memorial Marathon?

A. I guess it was when I couldn't find my teammate in the crowd at the first relay exchange station. After I had run 10K, I was ready to hand off. After standing around for 10 minutes, then finding out via cell phone that the rest of the team was in place, I thought I better continue. I thought, "Another 5K (second leg) ... no big deal." Somehow I forgot that I ran the full Boston just six days previously. - *Doug Cunningham*

A. My most memorable moment was a recurring thought I had throughout the race: "This is just another training run. Just as we did during the past 16 weeks, we are running in the rain, the cold, the brisk Oklahoma head winds. We'll run some hills, the south course 20 mile run, the north course 14 mile run, and end the run in sunshine with friends and family at the finish line waiting to share our stories." - *Arnie Angelici*

A. My most memorable moment was when the leader/soon-to-be winner of the men's marathon caught up to me during the last mile (I was running the half). I had the opportunity to encourage him, and he seemed to truly appreciate it. I realized at that moment exactly what it is that knits the running community together. Despite the drastic differences in abilities, we are all lovers of the sport! - *Anne Wright*

A. I've worked the finish line at a lot of races, but this was the first time at a marathon. It was a very, very different and moving experience. It was very emotional, so many people were crying. Not everyone, but to me a surprising number. Some were crying because of the cause, others for just having completed their first marathon ... just realizing that they really did it. One lady in our club who has MS and is losing muscular control, and another lady just cried in my arms, "I'm going to Boston, I'm going to Boston," she sobbed.

Then there were my friends, some joyous and some struggling, all conquering something tangible and intangible. Tiffany, Trey, John,

Steve, Jamie, and others all had such great races, many with PRs. And others who struggled some but fought through, like Little Bill and Sandra. It was an amazing perspective from which to watch so many people in so many ways for so many reasons push themselves to the limit. The human spirit is truly amazing. It was very special to share the finish with each of you ... you ran great and finished strong. I'm very proud of you! The blessing that Sunday morning was mine, the privilege of being there to share it all. There's no place I would rather have been. - *Bill Snipes*

A. My most memorable part of the OCMM 2008 involves OCMM president Thomas Hill. Thomas passed me at about mile 20 and was running well and in a few moments was out of my sight. After the turn onto 18th street (right before mile 24) I saw Thomas sitting in a lawn chair with other spectators in one of the yards in Mesta Park. He later got back on the course and was running around thanking all of the volunteers for their service. After the turn onto Hudson several women were standing in a yard playing Beatles music. Thomas ran over and started doing the twist with them. I was having such a good time watching him have fun that I forgot about how I felt and just enjoyed that last couple of miles.

Thanks, Thomas for putting on a great marathon.
- *Kevin Lynes*

A. My mom had come into town from Texas; we planned to walk the half (I had been resting my IT band for some time and was in no shape to run). Unfortunately, a health emergency landed me in the ER the night before the race. I spent all day Sunday in bed recovering. But my most memorable moment came when late Sunday night, Mom and I sat down together to watch the local coverage of the event (I had set my DVR several days earlier). It was so fun to point out people I knew, and to hear Mark Bravo's insightful words. Hopefully I'll be able to participate next year. - *Kresta Logan*

Wingmen, continued from page 9

"Good grief," Ben said.

All of a sudden we were swarmed by cyclists.

"Out doing your 20 miles?" the lead cyclist said, passing.

"Yup," Ben said.

"Good luck on your race!"

"Thanks," I said. "Go Redbud cyclists!"

WE RAN BENEATH a railroad trestle bridge that crossed Anderson Road and then we turned onto Britton Road, heading east. I glanced over my shoulder.

"I'm still with you," Ben said, breathing heavy. "Just barely, but I'm still here."

My Garmin chortled three times. "Fifteen miles," I said. Ben's Garmin chimed.

"Eleven-point-two to go," he said.

HEADING WEST ON Wilshire Road, we encountered another string of cyclists moving toward us.

"Didn't we just see you two crossing Hiwassee Road?" the lead woman cyclist said.

"Yes, indeedy," I said.

"Good for you!" she said, whizzing by. I was immediately encouraged by her words.

BEYOND THE 19-MILE mark, another dog gave chase.

"Not to worry," I said. "I've trained this one to keep his distance." I checked my Garmin. "Hey, Ben. Check it out. Looks like we're going to finish about 20 minutes ahead of schedule."

Ben looked at his. "You know, you're right."

"What happened to those 10-minute miles you were going to run?"

"I think someone named Derle Smith who was supposed to be keeping us at a steady pace got a little rambunctious. What do you think I think?"

Random Runner's Tips

Last month kicked off a new season of speedwork with Bill Snipes for many of the Landrunners and there have been a lot of new faces out at the track this far (including me!). For us newbies, I've researched a few tips from several well-known running sites to help us "get up to speed" with all the veteran track groupies.

- 1) Try to limit your speedwork to once a week.
- 2) Always, always, always begin the speed session with an easy warm-up and end with a cool-down.
- 3) Remember that the length of your recovery between intervals is just as important as the length of the intervals themselves.
- 4) Leave enough gas in the bank at the finish. The goal is to be able to complete the last interval in the same time you completed the first.
- 5) Don't forget about core strength. It helps preserve good running form, especially at faster paces.

Happy fast running!

Eleven for One!

by Warren Jones

Of course you would! Of course I would what? If you could enhance many, many, many physiological aspects of your running, with only one kind of workout and, at that, only twice a week, would you do it? Of course you would.

Scientists at University of Brighton, Eastbourne, UK, published a study in the newest International Journal of Sports Medicine to the effect that running at a velocity that is your "maximum lactate steady state (MLSS)" velocity will enhance:

1. your running speed at your lactate threshold;
2. your running speed at your MLSS;
3. your VO₂ max (your highest oxygen utilization capacity);
4. your velocity at your VO₂ max;
5. your percent of VO₂ (oxygen consumption) at submaximal speeds;
6. your heart rate at submaximal speeds;
7. your heart rate at MLSS;
8. your percent of oxygen consumption at MLSS;
9. your blood lactate at MLSS;
10. your time sustainable at MLSS; and
11. your distance sustainable at MLSS.

Well, that's good to know, but if running at YOUR MLSS velocity will produce these results, I guess we need to know what YOUR MLSS VELOCITY is. We can determine your MLSS velocity only by our actually measuring your blood lactate at different time points at different velocities on different days.

Actually, a thirty minute "bout" is technically necessary to ascertain the increase, if any, in your blood lactate between ten minutes and thirty minutes. If, though, we find a significant increase at the fifteen or twenty minute mark, we can shut down the assessment, and reconvene on another day at a different velocity. And save your breath.

Once you have your MLSS velocity, you then train (at least if we

follow the protocol in UK study) at your MLSS velocity only twice a week for only eight weeks.

The scientists in the study had half their subjects train AT MLSS velocity, and half train at a little below and a little above MLSS velocity. The results, while slightly different, were substantially the same: enhancements in all those items listed above.

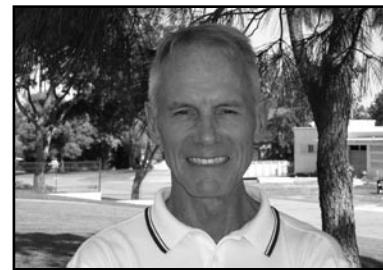
For two weeks, the exercise, the running, was only for 21 minutes, twice a week. For weeks three and four, running was for only 27 minutes, and for weeks five through eight, only 33 minutes. The subjects who trained AT MLSS velocity ran continuously for the described duration. The half that trained above and below velocity ran in three minute bouts. So, three minutes times seven repetitions equaled 21 minutes. The intermittent half (the three minute guys) started above, then below, then above, etc., finishing above.

The velocity above and below the MLSS velocity was only approximately .3 mph. Not Three Miles Per Hour. Three Tenths. So, if we determine your MLSS velocity to be 7.0 MPH, your "above" speed should be 7.3, and your "below" speed should be 6.7.

Oh, by the way, I bet these results can be achieved no matter your age or training status. The cited study and earlier studies showed the described improvements in young runners and in masters' runners.

So, eleven for one! What a deal!

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

A black and white photograph of a runner in mid-air, performing a jump or stride. The runner is wearing a dark tank top and shorts. The background is a bright, possibly snowy or sandy surface.

ADVERTISING

ADVERTISING RATES

Full Page \$80
1/2 Page \$50
1/4 Page \$35
Business Card \$20

The deadline for advertising is the 20th of each month prior to publication.

to advertise, e-mail us at: advertising@okcrunning.org