

THE LANDRUNNER

Official Newsletter of the Oklahoma City Running Club

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

June 2009 | Issue No. 158

Ahhh...the Morning After!

By Bill Snipes

Congratulations on a tremendous accomplishment! *First timers... you are now "marathoners!"* The conditions could have hardly been tougher, but you did it. Your perseverance and training paid off. It has been said that *pain is temporary, satisfaction is eternal.* Your aches and pain have hopefully diminished and have become a fading, distant memory. Whether or not you ever run another marathon or half-marathon, you will remember with great satisfaction finishing this one.

I hope everyone got some well deserved rest that afternoon and evening. Most everyone probably woke up the next day with some stiff muscles and joints. Remember that walking to loosen everything back up is helpful. The more you move around the more quickly the soreness will go away. Fluids are always vital after a marathon as well. If you would like to view something amusing, go to www.okcrunning.org,

click on *Photographs*, then click on the video about half way down on the right side of the screen titled "The Day After."

There are so many individual stories within the race. Each of you has something that motivated you to run the race in the first place. There are those who overcame an injury or illness during training and then were motivated to resume and run the race. Then, there are those stories of what motivated people during the race to finish when they were hurting and wanted to quit. Many of you have shared those stories with us and they are inspiring.

The high I experienced from working at the finish line has lasted for weeks. There is nothing in the world quite like sharing the wide range of emotions experienced by those crossing the finish line. It can be intense. Those emotions range from ecstasy and joy to sadness and sorrow, some in moderation,

others overwhelming. It was my great privilege to greet you as you finished. I'm sure Cara, Jackie, Bob, and Chisholm feel the same way.

My sincerest congratulations to each of you.

April 25, 2010, will be here before we know it...

Be sure to check out the back of the newsletter to see the Landrunners results for the 2009 OKC Memorial Marathon & Half Marathon

Summer is Almost Here!

Summer is fast approaching (or at least it feels that way with warmer temperatures and high humidity) and much has happened since my last letter. It started marathon week with our special guest speaker Amy-Palmiero Winters. She is truly an inspirational speaker and world class athlete but more importantly a world class person.

Although the weather might not have been perfect for the OKC Memorial Marathon there were a record number of finishers. 91 club members finished the full marathon and 106 finished the half-marathon plus several relay teams. Our club's Master female relay team, Jack's Rabbits took top honors in their division-team members were Mary Hammer, Gaile Loving, Mary Mikkelson, Jodie Spielman and Donna Banks. No records were kept for the marathon training group but Bill Snipes and Cara Rogers are claiming a 100% success rate and I will have to agree. Not only did the training committee put in countless hours getting us ready to run but were there to greet us all at the finish line. I am not sure if anyone got a count of Landrunners who stopped by the VIP (Medical) tent to visit Dr. Tom afterwards but David Greer claims it was the best way to re-hydrate and get a massage. Bill, Cara, Dr. Tom and the rest of your committee—Thank You, Thank You, Thank You.

The following week a small group of us went to Fort Collins for the Colorado marathon. Who would have ever thought I could take 75+ pictures and still finish in 4 hours? The weather was perfect, the run and scenery was beautiful, the beer was cold and plentiful but sharing the experience with friends was priceless. Be sure to read the Fort Collins article and check out the photos online.

Thomas Hill III was inspiring as usual for our May meeting and I guess that is why it was a great turnout. Thomas always gives credit to others for the success of the Oklahoma City Memorial Marathon but his leadership has a lot to do with its success. We are blessed to have Thomas as a member of our community.

Be sure to participate in the upcoming races and don't forget the summer social on June 20th at Steve and Deb Johnson's house. It's potluck so bring your favorite dish. Burgers and drinks will be provided.

Keep Running

Chuck Mikkelson, President

Landrunners In Action

4/26/09 BIG SUR INTERNATIONAL MARATHON, CARMEL, CA

Allison Henley	4:11:56
Kris Goforth	4:40:05
Shilpa Abbitt	4:50:46
Lance Cornman	5:37:57

5/3/09 COLORADO MARATHON, FORT COLLINS, CO

Bill Goodier	3:21:45
Matthew Wilcoxon	3:48:10
Donna Banks	3:59:37
Mary Mikkelson	3:59:40
Chuck Mikkelson	4:00:16
Troy Banks	4:00:49
Joanne Harms	4:20:43
Jane Pace	4:30:02
Jamie Pivniska	4:35:24

5/3/09 COLORADO HALF-MARATHON, FORT COLLINS, CO

Gaile Loving	2:02:17
Karen Davis	2:20:07
Alden Turic	2:23:21

5/3/09 COLORADO 5-K, FORT COLLINS, CO

Bill Snipes	26:01
Frank Willis	37:21
Bob Loving	49:20

5/16/09 BROOKINGS MARATHON, BROOKINGS, SD

Tom Briggs	5:52:49
Nels Bentson	6:11:54

5/17/09 COLFAX MARATHON, AURORA, CO

Joanne Harms	4:17:28
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Please don't forget to send your results, photos and stories to news@okcrunning.org

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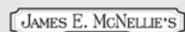


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180 Degrees in 14 Years: Reflections on the 2009 OKC Memorial Marathon

By Paul Lekawski

April 19, 1995 – the day the smiles went away and the sorrow began for so many, including Linda and myself. Losing our nephew, Scott Williams, along with 167 others to the bomb blast at the Murrah Building on that morning, was reason for the loss of so many smiles in Oklahoma City.

After hearing the beautiful song *Amazing Grace* so many times, I didn't know if I would ever be able to smile again. Watching the grief and sorrow on the news and in the paper, I didn't know if I would see this city smile again.

But now, 14 years later, I saw the 180-degree turn of the city and the smiles abounded throughout with such lifted spirits and joy. The smiles came in great abundance throughout the past week of the Oklahoma City Memorial Marathon preparation and the running of the events. So where were those smiles coming from? Well, how about:

- The smile on Suzie Bostick's face after a record finish in stuffing packets with a record number of volunteers.
- The smile on Race Director, Chet Collier, when showing off his new pup that followed him around throughout the Expo and packet stuffing.
- The ever-constant smile on Mark Bravo's face as he prepared for the Channel 4 broadcast of the marathon.
- The smiles in the photo of that quintet of fine ladies comprising "Jack's Rabbits" as they prepared for the marathon events.
- The smile on Brent Gaddis' face as we joke around at the Expo and discuss my comedy act.
- The smile on thousands of runners, their families and friends as they get their "chips" checked at the Landrunner's booth at the Expo. Especially the first time marathoners who are filled with so much excitement and a bit of apprehension.
- The smile on Jim Roblyer's face, just because it's always there, usually getting him in trouble.
- The smiles on Bill Snipes and Cara Rogers, knowing that they trained the Landrunners well (in spite of some of the most adverse weather conditions) in preparation for this marathon, and send them on their way.
- The smile on Bob Loving's face reflects the number of times he led and was always in front of the training group on every training run, always ensuring their safety.
- The smile on Doug Cunningham's face as he hands me a medal for completing a very nice 5k stroll, and telling me that "I'm glad you made it."
- The smile on Tiffany Cone as she asked Joan Benoit Samuelson to pose with her for a picture. And the smile on Chase Cone's face as he picked mom's pocket.
- The smile on Thomas Hill, III, as he munches a hamburger on the course at Lake Hefner (Really? Seriously you think that's a good idea?) along with the smile of his son who is running his first marathon.
- The smile on Brendan Brustad for his World Record for miles run on a treadmill to honor the 168 victims of the 1995 bombing.
- The smile on my wife, Linda, as I ask her if she wants her running bag for a change of clothes after the race (trying to hand it to her two blocks from the finish line – she understands my humor). Then the real smile as she crosses the finish line after such a brutal race.
- The smile on – wait a minute – no Smile on Chuck Mikkelson's face as he comes running down Broadway on to the finish line. He looks like he's hurting a bit – must be too hot – only used to running in sub-freezing temperatures in shorts! Ah, there it is, he crossed the finish line and the smile is there to greet all of the fine Landrunners.
- The smile on Jack Rector, looking down on us, knowing we made him proud (oops, a little bit of a frown and look of concern for Sherri as she got her car banged up and missed the 5k walk with me).

Yes the smiles are back as we look forward to next year's tenth running of this fine event. Of course they won't always be there every day. For me there are days that I reflect back on the short life of Scott Williams, and I'll be sad because I miss him. I believe he would have enjoyed this event, but I know he was up there with Jack, watching and smiling that always-glowing smile of his. Jack probably has him running training runs right now, leading a lot of the children of the daycare center.



JULY 4TH 2009

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Synergy: A Good Thing

By Warren Jones

There's always something new under the sun. In a recent issue of the Journal of Strength and Conditioning Research (the official journal of the National Strength and Conditioning Association), a study appeared that tells us there's another way to enhance our running potential.

For decades battles have been waged over whether "concurrent" training is helpful or harmful to one's running capacity. Concurrent training means combining running and resistance training at the same time. Not literally at the same time, but, minimally, within the same training weeks or months and, maximally, within the same training "session." That is, running, then lifting, or lifting, then running.

The research scientists from UC Berkeley and UC Santa Cruz put college athletes into two different concurrent training programs. In one, the subjects trained first with lifting, then ran at a vigorous intensity (60-84% of heart rate reserve). The lifting was at no lighter than a 12 rep max. That is, the intensities precluded the subjects being able to do more than 12 reps. Pretty heavy. In the other, the subjects did a twenty minute run at a vigorous level (approximately 63% of heart rate reserve), and then they "lifted and ran." That is, before each set of lifting, the subjects in this group, called the "integrated" group, did 30-60 seconds of vigorous running on a treadmill which, of course, elevated their heart rates during the lifting set.

The two groups were matched physiologically as well as in the training duration and intensities, both running and lifting. That is, the resistance levels, the sets, the reps were identical, and the intensity and duration of the running were identical, when including the "pre-lift" vigorous thirty to sixty second run.

The outcome? Especially for the "integrated" concurrent exercisers, all outcomes being measured by the researchers improved dramatically. Of course

both groups...through their lifting...got stronger. But there was also dramatic improvement in VO2 Max, the maximum amount of oxygen that we can consume and utilize (the gold standard marker for aerobic fitness), and there was likewise dramatic improvement in resting Blood Pressure, thereby reducing risks of heart disease and strokes. Also, there was a reduction in what the researchers called "active heart rate," telling us that at any given velocity, the heart rates were lower (a good thing) post training than pre training.

And this: The training methods in the study produced greater adaptations than "single-mode" strength or endurance training. That is, the training in the study produced better endurance results than endurance training without strength training, and better strength results than strength training without endurance training. The concurrent training produced "synergy."

And, by the way, for those few of you who only lift, there is "increasing consensus" that lifting alone reduces "aortic compliance," which is associated with increased systolic blood pressure (the first of the two blood pressure numbers...measuring pressure on your arteries when the heart pushes blood from the heart into the arteries). All the more reason to concurrently train.

In addition to the strength and running benefits of concurrent training, the study's findings support the prescription of concurrent training, as recommended by training, certifying, and medical organizations. Those would be the American College of Sports Medicine, the American Diabetes Association, and the National Strength and Conditioning Association. It's all good.

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 wěj@cox.net.





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Boston 2009:

An Insider's View from a First Timer

By Leslie Buford

Okay, I will admit it. Until last spring, I was perfectly content in the world of 10k's and fun runs and my four mile loop around the neighborhood. All of that changed after a phone call from my childhood friend challenging me to run the San Antonio marathon in November with her and her husband. We had spent the majority of our high school days running track and cross country for our respective high schools. While Abby went on to run collegiately for Texas A&M, I burnt out and was happy not running competitively (or at all) for many years.

As training began last July, I instantly worried: could I withstand a marathon? I did pretty well at the OKC Memorial Half Marathon, but didn't know if that was a fluke or not. Would training ruin my joy of running? Would I burn out again?

Luckily, I found the OKC Landrunners in August, just as training runs got longer and I needed advice on how to tackle this quest. Throughout the fall, I enjoyed learning to run longer and smarter and getting to know other runners in the group. I also found my love of running not diminished, but actually becoming stronger. When November rolled around, I found myself in San Antonio running every step of those 26.2 miles and was pleasantly surprised after crossing the finish line that I ran a 3:30:23. Once Abby finished and asked my time, she immediately said "You have to do Boston. Have to."

Of course, I had heard of the Boston Marathon, but until that point, didn't realize what a big accomplishment it was to qualify for it. I went through the motions to register and was thrilled – and scared to death -- to get my confirmation notice in December that I was "in."

After our incredible winter and spring training sessions with the Landrunners, I was excited and confident heading to Boston. That turned into awe and more than a little bit of fear upon landing at Logan Airport and seeing the thousands of runners there, most of whom were wearing their jackets from previous Boston Marathons. Throughout the weekend leading up to Marathon Monday, I met a number of runners from around the globe, many of whom gave me the dubious eyebrow lift when I told them this was only my second marathon ever when asked if this was my first Boston. Maybe I was in over my head, but by that point, there is no turning back.

Monday dawned cool and cloudy. I met up with a

fantastic new runner out of Edmond named Heather Schiete at the buses bound for Hopkinton. We both agreed that no matter what lay ahead of us, we were going to have fun with the experience. We unloaded about an hour later at the Athlete's Village in Hopkinton and took a glance at mass chaos. Runners covered the entire playing fields of the local high school while helicopters and planes circled overhead. We had been told to bring something to sit on, but sadly spent the entire time at the Village standing in line for the port o' potties.

After answering the call of nature, I answered the call for the Wave One runners to take their positions in their starting corrals. Getting there was a marathon in itself. The walk from the Athlete's Village to the starting area is around a half mile. People were joking that this was the greatest marathon they had ever walked. We arrived in time for the end of the national anthem. From my corral, all that could be seen was a mass of humanity. Chills ensued. I was about to experience the greatest marathon in the world.

Ten minutes after the starting gun was fired, my group makes it to the starting line. People take off running, only to find there is no where to run to the crowd is so thick. We slowly gain speed as we run downhill and that is where the cheering begins and doesn't end until the finish line 26 miles later.

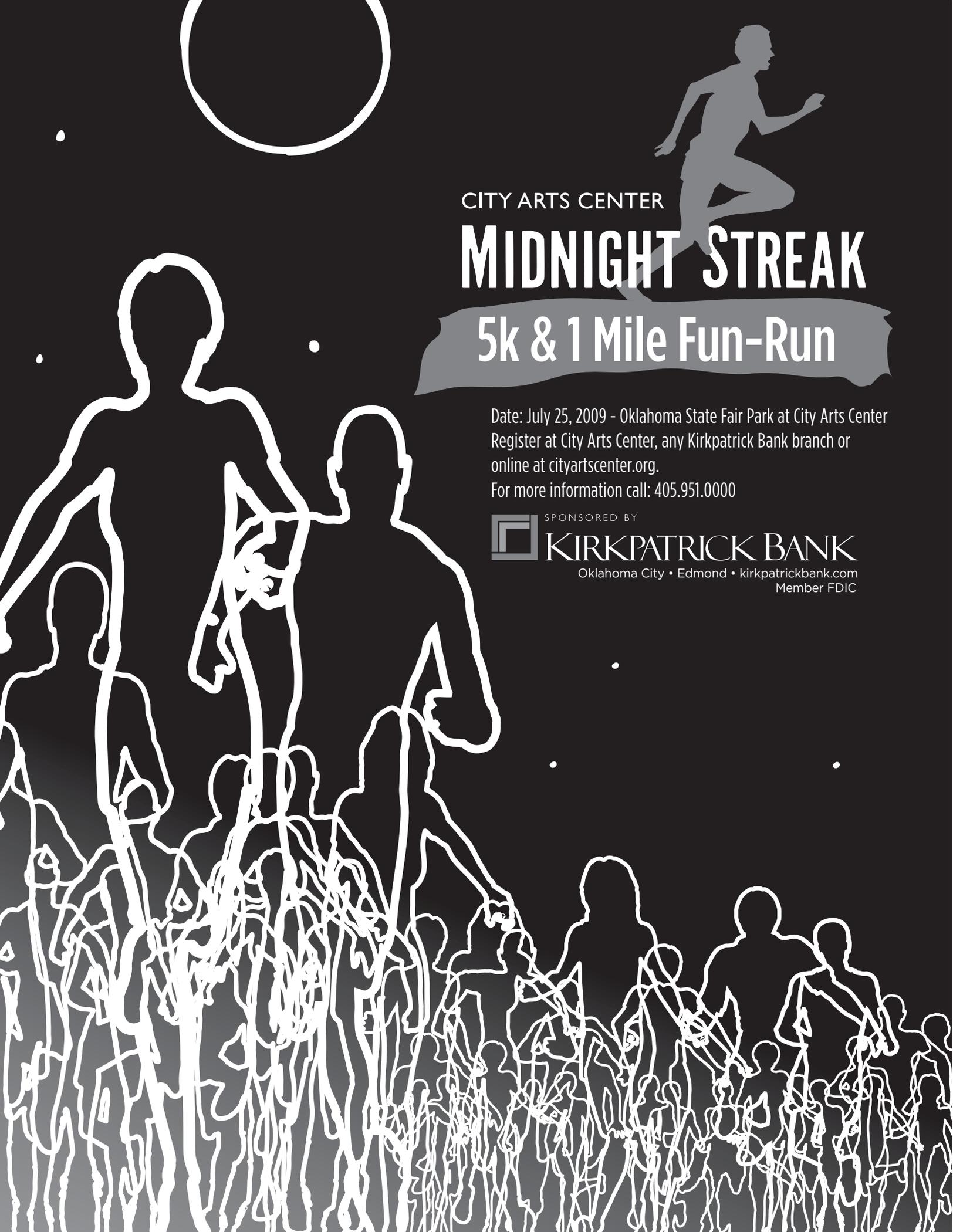
Two miles into the run, I ditch my Landrunner's long-sleeve t-shirt. I'm hoping Chuck will forgive me and let me have another!

Once the marathon is underway, I finally realize why everyone wants to run this race. It isn't just the prestige or the history of Boston, but the spectators along the route. Not one spot along the route doesn't have people cheering enthusiastically for all the runners. By the time my group came along, the elite women were finishing and the elite men were not far behind, but that does not matter to the spectators. They scream and yell for everyone as if we are all Olympic caliber runners. The best part is the kids. They get so excited when the runners give them a high five. Later on in Newton and Boston, college students with a little too much to drink also find equal enthusiasm for high fiving.

As we get ever closer to our destination, I'm tickled to hear my fellow competitors complaining about the wind. At a whopping eight miles an hour – sometimes gusting up to twelve miles an hour – it was really throwing a kink in many runners game plan. I just kept thinking back to the Beacon on the Bay race and Dr. Tom telling me that completing it would make me a better runner. I'm proud to be an Oklahoman at this point. I just feel tougher.

We make it to a mile outside of Wellesley when we

see **Boston** on page 14



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They Might See me Again Next Year

By Luke Alan Swanson

The sun wasn't yet rising whenever I was shaken awake at 5 a.m. on April 26. The sky just above the horizon wasn't even slightly pink. My legs shuffled around the house without my mind really telling them anything: bathroom, get dressed, fridge, table, sit down, stand up, bathroom again, put on shoes...

Today, I would participate for the first time in the OKC Memorial Marathon Relay with four friends from my middle school. Together we made up "Yukon's Finest." Our shirts were bright orange like a Hawaiian sunset so that we could pick each other out in a crowd. We all chose our own name to be printed on our backs. I always thought of it like branding a cow. The names were as follows: Wile E. Coyote, Road Runner, Bruce Willis, George Clooney, with myself as Don Knotts.

I slipped a leprechaun green sweat band around my wrist and tried a golden strip of cloth around my neck like a noose (I called it my "ascot"). I'd received both of these items the day before at the Expo in the Cox Center, where I'd gotten advice from my new friends Dick Beardsley and Bill Rodgers. The band represented my being a part of the Landrunners Club. My ascot came from the adjacent Arts Festival, as a monument to an occasion from years ago at the exact same activity.

The next few hours was a drowsy blur of driving, spotlights, deafening voices, reeking Port-A-Potties, and millions of shuffling shoes. Finally, my senses came back to me, and I found myself loitering beside Lake Hefner, waiting for the runner of the 3rd leg, Road Runner, to pass off to me our team's chip that records our times. After about ninety minutes of scanning the endless crowd, my eyes found the bright orange, weaving through the mob to the place where my feet were currently planted.

For the past two years, I had run cross country at my middle school. And while I definitely improved, I was still the member of the team that was the designated "cheerleader" that everyone likes, but always got a ribbon that says "PARTICIPANT" on it. The most I'd ever run without stopping to walk was two miles, and now, I was seconds away from venturing into the unknown territory of three-and-a-half miles.

Road Runner was already ripping the Velcro-ed chip off of his ankle. The moment I got it strapped to my own ankle and began to sprint down the asphalt, my bladder filled to its breaking point. Luckily, a Port-A-Potty was about a hundred feet in front of me. After the most relieving thirty seconds of my life, I continued down the course with dozens of eager runners right on my tail.

Twenty minutes and two miles later, my legs began to feel as heavy as a well-fed Golden Retriever. I wiped a few beads of sweat from my forehead with the sweat band on my wrist (I had already lost my ascot to the brutal wind). At the time, I was running through a pleasant neighborhood. Every now and then, I'd stumble across a little old lady sitting in a fold-out chair on her lawn or a group of toddlers playing on the sidewalk. I began to feel the urge to stop and walk for a few minutes, even though I knew that once I stopped, I'd never be able to get back into my stride. Then, I heard a cry that made me smile and keep going: "C'mon, Don Knotts!" I turned and saw the little old lady grinning at me from her lawn. She must've seen me faltering, or maybe she didn't, but she yelled to me at the exact right second.

The crowd is what got me through my short but wicked leg of the OKC Memorial Marathon Relay. Continuous shouts of encouragement to Don Knotts, or miniature block parties every half-mile or so, and a terrific surprise of running with my mother, who was going for the whole 26.2 enchilada, for a few minutes egged me on. And when I crossed my finish line, several comforting hands patted my back, even though their owners would never see me again in their lives. I take that back. They might see again me next year.

Landrunner Calendar of Events

<i>Date</i>	<i>Event</i>	<i>Location/Time</i>
6/6	Sooner State Games Half Mar/10K/5K	Lake Overholser @ 8:00am
6/13	Africa West 5K	Metro Tech @ 8:00am
6/13	Downtown Dash 5K/10K	St. Anthony Hospital @ 8:00pm
6/20	Super Summer 8K	Lake Hefner @ 8:00am
6/20	Club's Summer Social @ the Johnson's	5600 NW 103rd Pl @ 6:30pm
7/4	Bethany Freedom Run 3K/8K	7801 NW 23rd @ 7:30am
7/25	Midnight Streak 5K	City Arts Center @ 11:00pm
8/1	Route 66 Quarter Marathon	Tulsa, OK

Calling all OKC RUNNERS!



REGISTER FOR THE SECOND
ANNUAL AFRICA WEST
5K RUN/2K FUN WALK
JUNE 13
METRO TECH
SPRINGLAKE CAMPUS

REGISTRATION BEGINS AT 7 AM
RUN/WALK BEGINS AT 8 AM

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Fort Collins Marathon

by Mary Mikkelson

OKC Landrunners recently invaded Fort Collins to join Joanne (Jackson) Harms and run either the full marathon, the half marathon or the 5K on May 3. Those going included Donna and Troy Banks (full), Bill Goodier (full), Mary and Chuck Mikkelson (full), Randy Nance (full), Jamie Pivniska (full), Jane Pace (full), Matt Wilcoxon (full), Gaile and Bob Loving (Gaile – half, Bob – 5K), Alden Turci (half), Bill Snipes (5K), Frank Willis (5K). We also ran into Karen Davis at the expo who ran the half. The announcer at the finish line even commented about the large turnout of runners from Oklahoma.



Overall, I think everyone had a great trip and several commented they would put it on their list to run again. The course was beautiful running along a mountain stream. The weather turned out great on race day (was cloudy, dreary and raining Friday and Saturday, but the rain cleared out before the race). Although Alden was very upset as we drove the course insisting the course was uphill not downhill as advertised, she later had to admit (after setting a PR) that it was in fact a gradual downhill course (Bill tried to explain that the water in the stream does not run uphill). Chuck decided that he was going to capture the views on the course as he ran it and took a lot of great pictures throughout his run (see pictures online). The only negative I heard (and concur with) was that the last three or four miles were on a concrete bike path. You really noticed the hard surface on your legs that late in the race, although there was a dirt path you could get off on part of the way.

At the end of the race, there was a Michelob sponsored beer tent where we hung out for awhile rehydrating. We then had our picture taken in front of the Landrunners banner that Joanne's husband Hunter had hung for us. Several of us headed to the bar/restaurant where they were giving out the awards to help Joanne celebrate her first place finish in her age group. When we arrived we discovered it was free pizza and specialty brewed beer for the runners. What a treat! Others went to Mary's Mountain Cookies to refuel after their challenging runs or found margaritas to get salt back in their systems.

Joanne was a great hostess planning group dinners for all of us at a Mexican restaurant on Friday night, an Italian restaurant

on Saturday night and hosting the after party at her house Sunday evening. She also took Bill and Willie on a Sat morning warm up run to the Budweiser brewery that helped them "relax" and carb load before the marathon.

Fort Collins is a fun town to spend a weekend in with great restaurants and shopping (or so I am told as I missed out on the shopping due to work).

Spending time with your running friends on a weekend getaway enables us to really get to know one another better. For instance, we learned that Jamie is not at all shy about asking strangers at a water stop to assist her in tying her shorts—her fingers were numb from the cold at the start of the race and her gels were weighing down her shorts so she asked for assistance. I have no doubt that she now regrets telling all of us this story so casually after the race. We also learned that Donna and Troy like to read on camping trips as Donna bought Troy a "special" book for their next camping trip. There are many more stories that could be told but space is limited so ask one of us for more details on our next training run.

The best thing about the weekend was sharing it with friends—truly memorable!

My Marathon Running Experience

By Julie Costilla

For the past four years I have run on St. Anthony's relay team. This year was like all in the past—a fun bonding experience. Each year our goal is to beat Oprah Winfrey's marathon time. Sometimes we do, and sometimes...

The unexpected highlight for me was meeting Amy Palmiero-Winters. I e-mailed Amy after reading that she would give a talk at Metro Tech to ask if she could talk to our young patients in Behavioral Medicine. I was so excited when Amy said yes. After listening to Amy talk at Metro Tech my excitement grew but I was also nervous. I have brought many guests to speak to the patients but each time I hold my breath because working with children and teens you never know exactly what to expect. I was anxious to make sure the event would be successful. Friday, the scheduled day, everything was perfect. Amy talked for about 45 minutes and the kids asked many questions and commented. Amy and the patients had a connection that was so incredible I was amazed. Several times I had a lump in my throat due to the comments made by the children to Amy. After her talk Amy asked for a list of the 75 patients so she could personalize a photo for each of them that night in her hotel room.

On race day I watched Amy push Kelli Odle in a wheelchair up a hill at mile 24. It was one of those moments! I called out her name and Amy smiled. We did a High 5 and I ran a short distance with her and Kelli. It helped make the race day special.

Amy was in OKC a short time but she never stopped giving, I think she must be this way all the time. I feel like I have met Mother Theresa and she can run.

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!



**Child Abuse Prevention
Super Summer 8k**

**June 20, 2009 @ 8.00 am
Stars and Stripes Park**

**Info @ The Runner or
www.DGroadracing.com
9644 N. May AVE, Oklahoma City
405.755.8888**



Boston *continued*

are confronted with a wall of sound. We had been warned by a sign telling us to “Feel the Scream,” but nothing prepares you for the women of Wellesley College and their tremendous lung capacity. For a mile and a half, the noise is deafening. Many men stop for a kiss from the girls.

Four miles later, we are leaving Wellesley and entering Newton, home of the infamous Heartbreak Hill. At this point, I’m feeling great, but worry about the hills to come. Regardless, I decide to kick it up a notch to power past the bridge over the highway and hill number one. It wasn’t so bad, but at this point at the race, more and more runners begin walking. Determined not to be that walker, I hug the curb and focus on getting more “high fives.” Hill number two goes by. I’m feeling more confident as these weren’t even as bad as our Sooner Road runs. Heartbreak Hill looms in the distance.

Heartbreak Hill isn’t necessarily a killer hill—I actually think the hill on 19th at the end of the OKC course is worse, but Heartbreak tricks runners into a false sense of security as it has two different rises to it. People are walking in mass now. I put my mind to getting to the top and concentrate on the spectators, who, as usual, are nothing short of amazing. Finally, a lady yells to us, “Only ten more steps to go! You’ve conquered it!” I must have been grinning ear to ear as some Boston College students yelled that “Orange shirt girl is smiling!” and offered me a beer. I decline. Only five miles to go.

Those miles are a blur of people and sound. More runners become afflicted with cramps or just fatigue and start walking. I decide to kick it into high gear. We enter into Boston proper and the parade begins. The crowd of spectators is ten people deep and the runners are on display. We weave in and out of city streets, past Fenway, past more Dunkin’ Donuts than I care to count, past police holding the crowds back.

We climb Citgo Hill and make the turn to the last mile to home. I can’t remember much more than scanning the faces in the crowd in hopes of catching a glimpse of my mother and seeing the 26 mile marker painted in the street. Looking up, I see the most beautiful sight of all—the giant blue archway signaling the finish line. Everyone’s spirits lifted and we all move forward as one toward our goal. I see that blue and yellow unicorned finish line and make one final burst towards home while giving the “two thumbs up” signal to the cameramen capturing the moment overhead.

I still don’t know how she did it, but my mother snagged a prime position just past the finish line and

had made friends with the people around her. I hear “LESLIE” immediately upon slowing my legs to a halt. My mom is beaming with pride and several people ask to shake my hand. Wow.

It may not have been the fastest time of the day, and certainly not the most dramatic finish, but I would challenge any runner who claims to have had more fun on Marathon Monday than me. I gave more “high fives” than I care to count, I ran many more hills than I thought, and I learned that some people consider winds of 12 miles per hour to be horrendous. And I conquered and fell in love with Boston. It was a perfect run indeed.

Heart and Sole Helps Taft Middle School Track Team

By Kresta Logan

One of the great things about the Oklahoma City Running Club is the fact that we can help others. This was never as evident as, prior to the final 20-mile OKCMM training run, several Landrunners brought their Heart and Sole donations to help the Taft Middle School girls track team.

“We received so many donations...I couldn’t believe how much people wanted to help,” says Forrest Simpson, Taft Middle School track team assistant coach. Thanks to those donations, we were able to find shoes for two of our track runners.”

One of the young women came in second place at the all city track meet; another was part of a relay team that finished third in the all city junior high track meet at Douglass High School.

Next year Simpson will coach boys cross country and track at Northwest Classen High School, so there will be more opportunities to help our Oklahoma City students!

“Our sincerest thanks go to the Landrunners for their support and for being so willing to help our kids,” says Simpson. “The fact that we could help even one runner is so rewarding.”



Run Remembered

By Wes Berlin

On the evening of Thursday, April 23, 2009 I received a phone call from our Landrunners president, Chuck Mikkelson. Earlier that night Amy Palmiero-Winters had spoken to the club. Chuck told me that Amy was interested in helping someone complete a full marathon that might not otherwise be able to, possibly someone in a wheelchair. He remembered seeing our daughter Kelli Odle at several races in her race chair and told Amy about her. Chuck told me Amy would like to meet with us about the possibility so we did just that. They had a fun run scheduled Saturday morning in front of the marathon headquarters hotel which made a very relaxed, informal way to meet with Amy and brainstorm how



she would push Kelli through the marathon race.

What an awesome inspiring young lady Amy is! She is all about giving and sharing with others with no personal agenda. Amy decided she would push Kelli in her regular wheel chair as her racing chair is real low to the ground and Kelli wouldn't be able to stay in a kneeling position required in her racer the amount of time to do a marathon. Amy's first goal was to make the experience fun and positive. She bought Kelli a speaker box and taped it on her chair and plugged her personal I-pod into it so they could listen to loud music the whole race. Saturday afternoon Amy called to invite us to the pre-race pasta dinner held at the OKC Bombing Memorial to present Kelli with a "little something". Thru visiting with Kelli, Dora and myself Amy knew one of Kelli's goals is to eventually get involved with tri-etalons which Amy also does. We have been working on funding for a competitive hand cycle but had a ways to go on being able to purchase one as they are very expensive. At the dinner, after Amy gave her presentation, she asked Kelli to come up on stage and presented her with a check of \$1,390, the remaining balance of the hand cycle. We just couldn't believe it! But then again, that's Amy. I

don't know how many phone calls she made to make that presentation a reality, but that would be the last thing on my mind the day before running a marathon. I'm afraid I'd be worried about me, myself and I.

Sunday, we met with Amy at 5:00 am to make sure nothing was missing and to get to the starting line. News people were talking to her, photographs being taken, and she had Kelli right up there in the forefront. After the starting gun sounded Dora and I had some time to kill. I'm not use to being a spectator at a run but a participant. Walking around the starting and finish lines made me realize even more the enormous amount of work, planning, volunteering, money, etc. needed to pull off an event like the OKC Memorial Marathon. Just the finish line itself which included bleachers, tents, rails, timers, food, medical help and so much more must require hours of planning and work.

Amy and Kelli came across the finish line in 4hrs. 26 minutes and both said they felt great! Amy didn't seem tired at all but did admit the wind was hard to push Kelli against, welcome to Oklahoma! After some more photo-ops Amy left in a jog back to the hotel to catch a flight back home. Kelli now has a wonderful new friend and an experience that at 12 years of age probably won't sink in until later in life.

All of this wouldn't have been possible without folks such as Chuck Mikkelson, Jeff Kidder, and the whole Landrunners club. Without you guys Kelli, who suffers with spina bifida, wouldn't have met Amy or have the races to compete in. Your encouragement to her at our various races is one of the few arenas for a disabled child to experience a positive atmosphere surrounded by positive people. As Amy told me, we all have a disability of some sort. The OKC Memorial Marathon has always represented more than just a race. We now have one more memory from the "RACE TO REMEMBER"!



Ask Adi

Not too long ago, a few runners and I were having a conversation about favorite ice cream concoctions and fruit smoothies, and one of mine is the avocado smoothie. Of course that garnered some pretty suspicious (although intrigued) looks, so I thought I'd share the recipe. Now, this isn't an invention of mine...you can find it in most Vietnamese restaurants, but my much less sweet version follows:

Avocado Smoothie

- 1 avocado
- 2 ½ cups plain or vanilla soymilk (or regular milk)
- 1-2 Tbs. honey
- 1 tsp vanilla *optional

1. Place well-chilled ingredients in a blender or smoothie maker. Feel free to add a few ice cubes, if desired.
2. Pour into well-chilled glasses and enjoy!

**Makes 2 servings



Random Runners Tips

Well, it's finally here. We finished spring training and are taking a small break before starting plans for our fall race training. Since January, a lot of new runners have joined the group and picked up a lot of useful tips along the way. I thought this month we might turn the tables a bit and let those who are relatively new to the sport share some of the best things they've learned:

1. One plan doesn't fit all. It's important to find a training regime that works with your body and your life style.
2. It's okay to deviate from your training program. Missing a day isn't going to make or break you on race day.
3. Wear the right shoes!
4. There are no stupid questions. Even the long-time runners started at the beginning.
5. Run with people faster than you, run with people slower than you, and run with people at your speed. Every single one with help you in some way.

To all those who joined us for the first time this spring, a giant CONGRATULATIONS and THANK YOU! Veteran runners learn from you just as much as you learn from them. See you this fall!

Recipes to Run By

Recently, one of our veteran runners hosted a Love Actually party, complete with English beer, English guests, and English food, all of which was an experiment (gone well, I must say!) for most of us. That following week I received a recipe in an e-newsletter for a traditional English trifle, which just happens to feature some in-season fruit...a sure sign that it needed to be this month's recipe to run by!

Berry English Trifle

- 1 cooked pound cake, cubed
 - ¼ cup + 2 Tbs. sweet sherry
 - ½ cup berry jam, heated to a pourable consistency
 - 3 ½ cups mixed berries
 - 4 cubed peaches
 - 8 egg yolks
 - 1 tsp. vanilla
 - 1 ¼ cups sugar
 - 2 cups milk
 - 1 ½ cups whipped cream
 - Extra berries for garnish
1. Layer the pound cake in the bottom of a glass trifle dish and pour sherry over to soak.
 2. Pour jam over sherry soaked cake.
 3. Layer berries and peaches on top.
 4. Beat egg yolks, sugar, and vanilla in a double boiler until it forms a ribbon.
 5. Heat milk in a double boiler just until it starts to foam.
 6. Slowly pour hot milk into eggs, while constantly beating.
 7. Place egg mixture in a heavy sauce pan and stir over low heat until the consistency of custard (10-15 minutes).
 8. Chill custard and spread over fruit.
 9. Spread whipped cream over custard, garnish with extra berries, and serve while watching your favorite British comedy.

**Makes 8-10 servings

**Note: You can replace the peas with the same amount of your vegetable of choice. Asparagus, broccoli, or summer squash would be fantastic! Oh, and for anyone wondering why we were at the farmer's market on a Sunday evening, it's because the Roller Derby girls were playing!

4/26/09 OKLAHOMA CITY MEMORIAL HALF-MARATHON

1. Trey Cone	1:22:19	37. Ben Cherry	2:02:22	73. Brian Davie	2:25:50
2. John Oseland	1:27:27	38. Troy Banks	2:02:37	74. Karen Carothers	2:28:16
3. Zachary Harris	1:29:00	39. Chuck Butler	2:02:49	75. Michael Parker	2:29:47
4. Richard Buckley	1:34:30	40. Melissa Banks	2:03:07	76. Vincent Hodge	2:29:49
5. David Ball	1:36:35	41. Don Hawkins	2:03:39	77. Kathy Moffitt	2:32:03
6. Terry Bass	1:36:39	42. Stacy Coleman	2:04:49	78. Randy Ramirez	2:32:30
7. Steven Race	1:40:24	43. Jennifer Han	2:04:53	79. Kendra Bridges	2:32:45
8. Leslie Buford	1:40:56	44. Gary Venator	2:06:07	80. Terry Woodring	2:33:51
9. David Gillett	1:42:37	45. Eva Small	2:08:14	81. Patricia Heffley	2:35:27
10. Chad McKenney	1:43:31	46. Makenzee Highfill	2:08:32	82. Karen Greer	2:37:20
11. Vaden Dean	1:44:29	47. Crystal Marcum	2:09:35	83. Ted Withrow	2:38:41
12. Michael Clark	1:45:32	48. Michael Dillinger	2:09:38	84. Jennifer Garland	2:41:18
13. Jay Husbands	1:48:41	49. Lenice Keim	2:10:06	85. Evelyn Rowland	2:43:09
14. Laura Clay	1:49:29	50. Holly Golsen	2:10:14	86. Marion Ramirez	2:43:25
15. Daniel Weninger	1:49:53	51. Kendall Richardson	2:10:36	87. Donna Windsor	2:44:39
16. Curtis Wells	1:49:55	52. Joel McCarty	2:11:27	88. Karen Bramblett	2:45:05
17. William London	1:50:50	53. Laura Kriegel	2:14:29	89. Stephanie Cherry	2:45:09
18. Stephen Fernstrom	1:51:08	54. Dani Conover	2:15:33	90. Ralph Breckenridge	2:46:00
19. Courtney Lemmons	1:51:26	55. Ric Williams	2:16:24	91. Enrique Mosqueda	2:46:12
20. Bryan Sloan	1:51:47	56. Katrina Wilson	2:17:12	92. Nicole Flow	2:46:24
21. Randy Nance	1:51:49	57. Brian Richardson	2:17:26	93. Chris Nelson	2:46:27
22. Shawn Buttolph-Adams	1:52:33	58. Gwyn Hensley	2:17:49	94. William Morris	2:48:04
23. Ann Hadrava	1:52:50	59. Kent Frates	2:18:55	95. Jimmy Roblyer	2:52:11
24. Petr Sramek	1:56:14	60. Ronnie Ramer	2:19:16	96. Randy Graves	2:52:35
25. Jim Tabor	1:56:36	61. Dana Campbell	2:20:07	97. Linda Lekawski	2:56:49
26. Chuck Mikkelson	1:56:41	62. Ashley Loftiss	2:20:14	98. Allison Markel	2:59:52
27. Mary Hammer	1:57:32	63. Suzie Bostick	2:20:16	99. Stacey Danielson	3:03:33
28. Marcia Eustaquio	1:57:56	64. John Pinard	2:20:23	100. Susan Jones	3:12:22
29. Carole Call	1:58:33	65. Tony Maxwell	2:20:50	101. Rita Tate	3:13:10
30. Kelly O'Hagan	1:58:50	66. Robert Bell	2:21:52	102. Dr. Richard Tate	3:13:11
31. Wendi Weaver	2:00:05	67. Larry Windsor	2:23:12	103. Tamra Jennings	3:23:52
32. Allison Plant	2:00:24	68. Stephanie Sherwin	2:23:14	104. James McQuillar	3:38:21
33. Debra Chronister	2:00:30	69. Karen Davis	2:23:30	105. Angela Meier	3:41:26
34. Justin Hire	2:01:20	70. Kim Becker	2:24:05	106. Kresta Logan	4:05:51
35. Chwee Chan	2:01:36	71. Michael Edmonds	2:24:19		
36. Alyssa Morris	2:01:49	72. Frances Williams	2:25:40		

4/26/09 OKLAHOMA CITY MEMORIAL MARATHON

1. Jonathan Pillow	2:45:15	37. Mark Ballard	4:37:27	73. Patrick Gaines	5:30:16
2. David Wray	3:02:39	38. John Tasse	4:37:51	74. Matthew Pena	5:30:31
3. Roger Lemmons	3:15:02	39. Adi McCasland	4:39:53	75. Jeffrey Johnson	5:33:24
4. Paul Oseland	3:27:48	40. Jeremy Hickman	4:42:03	76. Bret Sholar	5:38:46
5. Nick Robinett	3:31:55	41. Trisha Henderson	4:43:31	77. John Hargrove	5:42:25
6. Katie Kramer	3:34:00	42. Penny Voss	4:43:53	78. Benny Meier	5:42:25
7. Jonathan Morris	3:34:59	43. Sandra Hanson	4:44:46	79. Brenda Mares-Earnhardt	5:45:54
8. Heather Brown	3:40:43	44. Kevin Lynes	4:45:42	80. Glen Stanley	5:45:54
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10. Richard Smith	3:43:43	46. Dana Burchfield	4:45:52	82. Magdalena Leon	5:48:53
11. Roger Jacobi	3:43:47	47. Peggy Wood	4:47:21	83. David Kincannon	5:55:55
12. James Carrabbia	3:45:59	48. Steve Willits	4:47:37	84. Angela Sholar	6:00:54
13. Kevin Brown	3:51:53	49. Jane Pace	4:48:44	85. Sandra Pace	6:05:43
14. Chris Robinett	3:58:37	50. Kevin Wudi	4:51:27	86. Robert Cassidy	6:18:04
15. Carol Swanson	3:59:33	51. Nick Verdea	4:53:40	87. Betty Bell	6:26:18
16. Derek Bartholomew	3:59:37	52. Eric Suski	4:55:21	88. Judson Temple	6:32:06
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19. Matthew Wilcoxon	4:07:26	55. Tori Yi	5:02:26	91. Daun Siegel	6:52:15
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25. Anitra Blanco	4:19:40	61. L. Blas Arellano	5:08:02		
26. Giovana Portugal	4:20:49	62.Carolynn Parker	5:08:12		
27. Jimmy Scroggins	4:23:12	63. Lindie Slater	5:16:06		
28. Tammy Russell	4:23:16	64. Lee Ann Poole	5:16:40		
29. Patrick Mulqueen	4:26:20	65. Monica Witt	5:19:18		
30. Hailey Burch	4:26:21	66. Crystal Manchester	5:19:23		
31. Jay Martin	4:26:40	67. Susan Weed	5:22:13		
32. Pat Burns	4:27:27	68. Jeff Redding	5:23:40		
33. Heather Copsey	4:30:53	69. Leslie Fleck	5:25:22		
34. Jim Tinch	4:31:47	70. Dora Uwudia	5:25:44		
35. Melissa Brevetti-Walker	4:33:21	71. Jeff Cockerill	5:27:00		
36. David Manguno	4:34:29	72. Suzy Lloyd	5:29:06		

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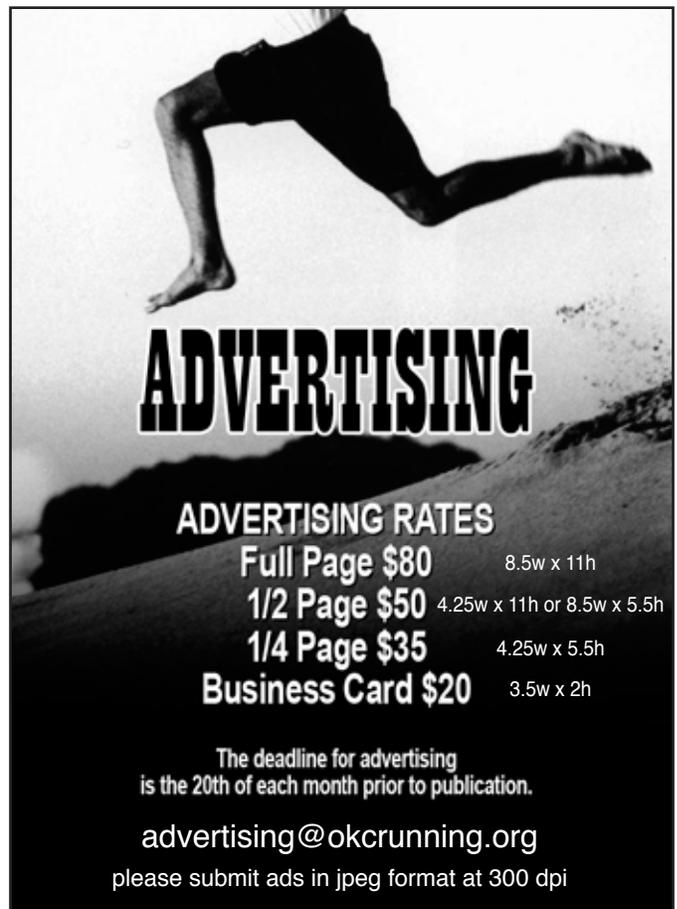
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