

# THE LANDRUNNER

Official Newsletter of the Oklahoma City Running Club

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

September 2009 | Issue No. 161

## A Member's Message: Happy Marathon Training

By Dana Campbell-Sternlof

I'm sure most of you are ready to get the marathon training season off to a fantastic start. Whether you're contemplating running your first 5K, your first marathon or you're a seasoned runner looking to set a personal record, I want to wish you the best of luck with your marathon goals and dreams. I always like to begin the fall season with setting new goals for myself and to help others with theirs. On Saturday, Aug. 1, I attended the Landrunners first marathon training run. I felt so blessed to run with Sherri Rector for the first two miles; she is an amazing lady. Then I ran with two first time marathon training runners. I remember being a first time runner and marathon training runner. It was a delight to run with my new friend, Jennifer. She is so motivated and I wish her a ton of good wishes with her running. We ended up being two of the last runners to come in after a six mile run. We talked, ran, stopped to walk for a bit and then

we finished (about 1:45:00)! It was a slow training run but we had fun and were so happy to be out there.

But that's what a group training run is all about...helping each other.

If you're planning your marathon events for the fall or next year (like I am), I hope that one of your races will be the "Tenth Annual OKC Memorial Marathon" held on April 25, 2010. Every year the OKC Marathon is larger and more exciting. I want to thank Chuck Mikkelson and Bill Snipes for the hard work getting this training run together. No matter the weather conditions during the training runs, you are sure to have an awesome time with the Landrunners. It was great to see the turnout of the Landrunners and some of ERC club members at the training run. I look forward the next one. Also, thanks to Brent G. (The Runner) and his crew for the water stops!

*Gotta run!*



## Pillow is Prized Bull...Again

By Kresta Logan

If you've never run the Run with the Bulls, you're definitely missing out. Set in Oklahoma's historic Stockyards City, this is a great out-and-back race...one you won't want to miss next year!

But hold up, gentlemen. If you think you might be looking for "Prize Bull" honors next year, you'll have to knock the current (and three-time consecutive) winner of that title of his proverbial saddle.

Jonathan Pillow won the event on Aug. 22 with a time of 16:07. That's an even better time than his 2007 and 2008 runs.

Be sure to congratulate Jonathan the next time you see him...he's the one with the giant trophy.

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# IS SUMMER ALMOST OVER?

I sure hope so! I almost need a vacation from my vacations. I recently completed my third marathon in three months so some say I now qualify to become a “marathon maniac”. Whatever that is? I conquered the hills of San Francisco for my third marathon and then took a few days off for a little R&R in wine country. The following week I went back to California but this time to the dry heat of Palm Springs for the annual guy’s golf trip. You might say marathon golf for me, playing 54 plus holes per day for four straight days in 110 degree heat. I love golf!

Fall marathon training is off and running. The group is much larger than in past years for fall training but what can you expect with an ever growing running community. What is great about this group is no matter what speed you run, there is someone to run with. I encourage all members to come out and run with us even if you are not running a fall half or full marathon. It is just fun to be around other runners.

The club will once again be manning a water stop for the Redman Triathlon on September 19 at Lake Hefner. Volunteers are needed and if you have not yet earned your volunteer points for the race series, this will count. You can sign up online at okcrunning.org. The club is also scheduled for Lake Hefner tree watering in September so check the website for times or contact Bill Robinson.

Our August meeting speaker was Jason Boag from Crossfit with some insight on the crossfit program and how it can make us faster runners. If you are interested, check them out at crossfitokc.com or check out one of his free boot camps at Lake Hefner. I would like to thank GOYE 5K, Brookhaven 5K and Makin’ Tracks 5K for donating free race entries as door prizes at our August meeting. We had 8 lucky winners. Be sure to support the many fine races on the schedule in September & October, including the all important series races.

On tap for our September 19th meeting will be Rocky Raccoon 100 miler, Maurice Lee discussing ultra running. On September 26 @ 6:00 pm Tom Briggs will once again be hosting the club’s annual fall potluck social. Bring your favorite dish and beverage of choice. Check website for details and directions.

Keep Running

—Chuck Mikkelson, President

## Election of the Board of Directors 2010

The Board of Directors shall be comprised of no more than twenty-five (25) members. At the August meeting of each calendar year, the President shall appoint a five (5) member nominating committee who shall develop a slate of Board members for the following year. Notice of the elections shall be provided to members in good standing prior to the October meeting. Board members shall be elected by a majority vote of the club members present at the October Monthly meeting of the Running Club. Board members shall serve for the calendar year following the election. If a Board member fails to attend three Board of Director meetings in succession, the said Board member shall be considered as having resigned. A vacant member’s position may be filled, by nomination and majority vote by the club membership in attendance at a monthly meeting, for the unexpired term.

2010 Nominating committee is Suzie Bostick, Chuck Mikkelson, Jamie Pivniska, Cara Rogers and Bill Snipes.

In order to aid the nominating committee the club is currently open for suggestion for nominees. Please submit your suggestions to any member of the nominating committee, to the club’s PO Box 18113 OKC, OK 73154 or use the online nominating link on the website.

A list of candidates will appear in the October newsletter and the election will be held at the club’s monthly meeting on October 19, 2009.

The 2010 newly elected Board of Directors will then meet in November to elect the Officers and Committees for the 2010 term.



# Landrunner Calendar of Events



<i>Date</i>	<i>Event</i>	<i>Location/Time</i>
9/5	Brookhaven Run 5K	Norman, OK @ 8:05 am
9/7	Labor Day Lap 5K	SCU 7210 NW 39th @ 7:30 am
9/12	Makin Tracks 5K	Piedmont @ 7:30 am
9/12	GEICO Freedom Run 5K/10K	Lake Hefner East Wharf @ 8:00 am
9/21	Club Meeting-Maurice Lee	Ingrid's Kitchen @ 6:30 pm
9/26	Renaissance Run 5K	Midwest City @ 8:30 am
9/26	Capitol Challenge 5K/10K	State Capitol @ 8:00 am
9/26	Club's Fall Potluck Social-Tom Briggs	10901 E Covell Rd. Arcadia 6:00 pm
10/3-4	Spirit of Survival 5K/half/mar.	Wichita Mountains Wildlife Refuge
10/4	Among Friends	Norman, OK @ 4:00 pm
10/10	Race for the Cure	AT&T Bricktown Ballpark @ 8:15 am
10/10	Swazi 5K	Bethany, OK @ 9:00 am
10/19	Club Meeting-Hal McKnight	Ingrid's Kitchen @ 6:30 pm
10/24	Loganpalooza	LMC, Guthrie @ 9:00 am
10/24	Oklahoma's UltraRunning Championship	Bluff Creek Trails

## Landrunners In Action



### 7/26/09 SAN FRANCISCO MARATHON

Bill Goodier	3:47:23
Matt Wilcoxon	4:01:24
Mary Mikkelson	4:07:42
Chuck Mikkelson	4:37:28
Jamie Pivniska	4:53:44

### 8/1/09 ROUTE 66 QUARTER MARATHON & 5K, TULSA, OK

Jonathan Pillow	35:46	17:08	<i>Finished 2nd place overall both races.</i>
Jay Martin	55:43		
John Hargrove	56:30		
Bret Sholar	1:04:43	34:56	
Angela Sholar	1:04:43	34:56	
Kandice Tessneer	1:12:54		
Jim Roblyer	1:18:18	43:50	

*Please don't forget to send your results, photos and stories to [news@okcrunning.org](mailto:news@okcrunning.org)*



It's a

# Natural

## Little Rock Marathon

half marathon ~ relay marathon ~ 5K ~ kids mile ~ senior mile  
little rock, arkansas

March 7, 2010

[www.littlerockmarathon.com](http://www.littlerockmarathon.com)

LittleRock  
CITY LIMITLESS

Very Walker Friendly

a project of and benefiting  
LITTLE ROCK  
  
Parks & Recreation

# To Do or Not To Do: This Is Your Life

By Warren Jones

Suppose I were to tell you that you could substantially decrease your risk of death (yes, we're all going to die, but I'm saying your risk of an early, preventable death) by doing only two things and by not doing only two things. And suppose I were to tell you that the sooner you did, and didn't do, the better your chances. And suppose I were to tell you that your doing the first two would make the other two, happily, easier not to do.

The newest (as I type) *Archives of Internal Medicine* contains a study headed by scientists at the Center for Disease Control and Prevention telling us that our risk of death is reducible by almost 80 percent if we *do* two things and *don't* do two other things. These won't surprise you. *Do* exercise. *Do* eat right. *Don't* get fat. *Don't* smoke.

To be more precise, exercise 3.5 hours per week. That's only thirty minutes per day. As you've heard me say before, the more the better, and the more intense the better, but mere "physical activity" was the term used in the study, so if you want to consider any activity that doesn't include your sitting or lying down, that will probably qualify. Get on your feet, and move.

And, to be more precise, eat fruits, veggies, whole grains, lentils, skim dairy, and lean meats. The study found significance, i.e., better results, in small amounts of red meat consumption, but I believe red meat, in lean form, would probably not be injurious to the findings.

And, to be more precise, keep your Body Mass Index lower than 30. Goodness, that'll be easy. Anything over 25 is overweight. 30 and up reflects varying degrees of obesity (the higher the BMI in the obese category, the worse the risks). So, keeping your BMI below obese isn't asking too much, especially if you're satisfying the exercise and the "eat right" recommendations.

There's no need to be more precise on the "don't smoke" recommendation. Though, if you do smoke, quitting now is better than quitting tomorrow.

These four things are all based on personal decisions, many made every day. "Many" of decisions in that we have to decide twenty times a day what twenty things we'll put in our bodies; eight to ten each day on when to exercise, whether to exercise, how long to exercise, on what apparatus, how hard to exercise, with whom to

exercise, when to keep going when we want to quit; Do I light up or do I throw the cigarettes away; do I enlist help.

The *Archives* study is not a surprise to any of us, at least any who hear, read, or see the lay press version of the science studies out there. What it does, though, is *quantify* the benefits of public health recommendations regarding exercise, nutrition, proper weight, and, of course, smoking. An 80 percent reduced risk.

The *Archives* study reminds me of another study that appeared, as well, in *Archives* back in 2005 to the effect that only 3 percent of Americans satisfied all four "healthy lifestyle" characteristics very similar to (not identical to) those four in this newest study. It's interesting to me that only 3 percent of Americans are willing to make the simple, "do-able," decisions that, when combined, reduce risks by such a large amount.

For those of you who satisfy *none* of the four characteristics described in the study, please know that merely doing one of them lessens your risks. And for those with one or two or three, know that increasing from that level to a higher level lessens your risks too. That is, further gains accrue as the number of such factors increase. Each factor contributes to risk reduction independently of the other factors.

So, do, and don't do. This is your life.

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](mailto:wej@cox.net).



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# *Williams Route 66 Marathon*

**SUNDAY, NOVEMBER 22, 2009**  
**Tulsa, Oklahoma**

*Energize Yourself!*

FULL MARATHON

HALF MARATHON

5-PERSON MARATHON RELAY

MAYORS 5K FITNESS RUN AND WALK

ONE MILE FUN RUN

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YEARS  
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## Random Runners Tips

Two weeks, one day, ten hours, and twenty-two minutes! That is a countdown to when I can take my first running step in six weeks. Does this sound familiar to anyone?? If it hasn't, there's a good possibility that it will. This is what an injured runner who isn't taking it very well sounds like. Well, because I'm obviously stewing about it, and apparently have self-torturous tendencies, I thought I'd dedicate an entire article on it. In my defense, though, I'm doing this to try to put a positive focus on being injured. Thus we have "Tips on How to Deal With Being Injured!" As best one can, anyway...

First, listen to your body. There's a good kind of hurt and a bad kind of hurt. If it's the bad kind of hurt, don't do it! I don't mean don't do it as much...just don't do it.

Secondly, follow a trustworthy doctor's advice. His ultimate goal is to get you back on your feet. He doesn't want to hear you complain any more than you want to hear yourself.

Thirdly, try some cross training to distract yourself. It doesn't always work, but the majority of the time you'll find yourself enjoying it. You may even find that you come out a stronger runner in the end.

That being said, don't kill yourself cross-training! The only thing more frustrating than not being able to run is not being able to do your back-up activity because you injured yourself overdoing that as well.

And lastly, keep up your normal routine outside of the running. If you typically meet for a run and then coffee, don't miss the coffee! You can still enjoy the social aspect of running without being on your feet, and seeing everyone else out there may just motivate you to take care of that injury.

Hopefully by print time, you'll have heard the last of my grumbles! Thanks for listening and happy, healthy running!

—Adi

## San Francisco Marathon

By Chuck Mikkelson

Several LANDRUNNERS decided to tackle the hills and Golden Gate Bridge of the San Francisco Marathon on July 26. The group consisted of Bill Goodier, Matt Wilcoxon ("Willie"), Jamie Pivniska, Shay Pivniska (support staff), Mary Mikkelson and myself, Chuck Mikkelson. Willie had run this marathon the prior year and assured all of us that the hills were minor so we thought training in the heat of Oklahoma would make this a breeze to run in the cool air of San Francisco. However, we were wrong as those "minor" hills took away any advantage the heat training may have played.

Saturday the group went to the expo which was nowhere close to the start/finish area or even the host hotel. Pickup was fairly smooth but the exhibit space was quite crowded with all the runners. After the expo, Mary, Jamie and I decided we would skip the sightseeing and hang out at the hotel and rest our legs. Bill and Willie said they would take Jamie's daughter Shay sightseeing for the afternoon (cable cars, Lombard Street, Fisherman's Wharf, etc.). Willie and a couple of his friends from California had arranged dinner in the famed North Beach District at Enrico's for the group that evening. Supposedly they filmed the movie Bullitt starring Steve McQueen at this restaurant. When leaving the restaurant, the fog had already started to roll in so we knew we should have cool, ideal temps for running in the morning.

Marathon morning: Temperature was around 50 degrees, foggy (so 100% humidity) with light winds, so a great day for running. The marathon had a wave start to ease congestion on the bridge and Bill and Willie had an earlier start time while the rest of us got a little extra rest since our corral start time was 20-30 minutes later. The start was good and not too crowded. Of course I took my camera so after a few early morning photos it was time to start. We started down Embarcadero to Pier 39 past the Fisherman's Wharf into the Presidio area and on to the Golden Gate Bridge. On the hill up to the Golden Gate Bridge I noticed a sign asking "What are the two steepest streets in San Francisco?" Next sign gave us the answer Filbert & 22nd Street at a 31.5% grade. The next sign read "Aren't you happy to be running up this hill instead?" I am then thinking back to Willie's statement that he didn't remember any hills in San Francisco. He

**Marathon** continued on page 10

OCT. 3 - 4

2009

USATF CERTIFIED

Mount Scott 5K

Mountain Marathon

Holy Half Marathon

Deer Creek Canyon 10K

Lake Elmer Thomas 5K



The 4th Annual Spirit of Survival Marathon will feature 5 USATF certified and sanctioned races originating at the Lake Elmer Thomas Recreation Area and through the Wichita Mountains Wildlife Refuge. This incredible, one-of-a-kind racing event offers several unique and challenging races sure to appeal to the most avid runners and

wildlife enthusiasts. Featuring 5 USATF certified races, this event runs through one of the nation's 547 Wildlife Refuges. For the individual looking for the ultimate wildlife racing experience, this event offers the opportunity to run while observing wildlife in its natural habitat.

**CHAMPIONCHIP® Timing**

# Spirit of Survival Marathon

09

SATURDAY OCTOBER 3

7:30 AM

**Liberty National Bank**  
Mount Scott 5K

10:00 AM

Awards Ceremony

10:00 AM - 4:00 PM

SOS Festival & Expo

1:00 PM

**Fort Sill Federal Credit Union**  
Super Kid's Marathon

1:00 - 4:00 PM

**Wal-Mart/Sam's**  
Super Kid's Zone

2:00 PM

**Leah M. Fitch Memorial 5K**  
Spirit Walk & Family Fun Run

3:00 PM

Buffalo Chip Throwing Contest

4:00 - 7:00 PM

**Sodexo Pasta Feast** – Featuring  
Bart Yasso, Chief Running Officer,  
Runner's World Magazine

SUNDAY OCTOBER 4

8:00 AM

**IBC Bank**  
Mountain Marathon

**O'Reilly Auto Parts**  
Holy Half Marathon

8:15 AM

**Lawton/Fort Sill**  
**Chamber of Commerce**  
Deer Creek Canyon 10K

**Flintco**

Lake Elmer Thomas 5K

12:00 NOON

Awards Ceremony

## RUN WILD at the Spirit of Survival

SPONSORED BY CANCER CENTERS OF SOUTHWEST OKLAHOMA

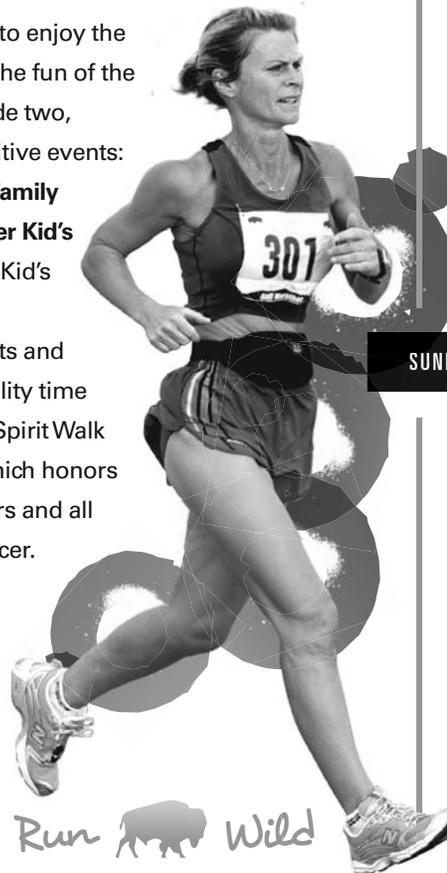
NON-COMPETITIVE

Super Kid's Marathon

5K Spirit Walk &  
Family Fun Run



For those who prefer to enjoy the thrill of the event for the fun of the experience, we provide two, exciting, non-competitive events: the **5K Spirit Walk & Family Fun Run** and the **Super Kid's Marathon**. The Super Kid's Marathon is a perfect opportunity for parents and children to spend quality time together, and the 5K Spirit Walk & Family Fun Run, which honors and supports survivors and all who have battled cancer.



Run  Wild

**Spirit of Survival**  
MARATHON

**Marathon** *continued...*

has come to regret this statement! There were three lanes of traffic shut down for crossing the Golden Gate Bridge - one to run over, a second to run back, and the third lane was a buffer from the traffic so it was quite crowded with runners and difficult to maintain a pace. Due to the fog, we could not see much crossing the bridge but I did manage to take a few photos. The fog was not a problem once off the bridge. After the bridge you had a long downhill stretch with nice views of the Pacific coast.



The halfway point was getting closer and into Golden Gate Park for the next 6 miles of rolling hills. I managed a photo on a Harley at mile 13 and a beer break at mile 15. Once out of the park, there were more hills and I was really starting to notice the steep downhill grades were taking their toll on the feet. Around mile 20 my camera died, now what was I suppose to do - just run without taking pictures? I tried but I love to run and take photos

so I really started feeling tired. Luckily the course was not very scenic the next several miles so I did not feel too bad. I did manage one more photo at mile 25 of the Giants ballpark but that was my last. So with no camera battery, all there was left to do was finish. I checked my garmin and noticed it too had died. Amazingly, I did finish without the aid of my camera or garmin.

I enjoyed the marathon; however, the small 5oz. cups used at the water stops and only a single bottle of water at the finish, very limited food and the steep downhill are probably the reason I would not run this one again.

The group enjoyed a little sightseeing that afternoon and dinner on the wharf. On Monday, Willie, Bill, Jamie and Shay headed home. Mary and I drove north to the wine country. We wish the others could have joined us because the weather, wine and food were a perfect after marathon treat. We love the Sonoma area, especially around the Dry Creek area. The wineries are small and friendly. We tasted some really great wines and even did a barrel tasting of a zinfandel which won't be bottled until next March. We enjoyed our first taste of Paella in the small town of Healdsburg by Northern California's famous chef, Gerard Nebesky. Paella is a Spanish rice dish and Gerard recently defeated the food network's own Bobby Flay in a throwdown. I watched and joked with Gerard as he was cooking two different paella - a black ink seafood paella and a chicken paella in large 4 foot paella pans. We enjoyed the paella at a sidewalk table with a bottle of wine while listening to the live music in the town square one evening. A great way to recover from a marathon. We hated to come home but I guess you can't sample wine forever (but maybe beer).



# AMONG FRIENDS 5K & Fun Run

Proceeds will benefit  
AMONG FRIENDS...an activity  
center for Adults with special  
needs & disabilities.

**SUNDAY, OCTOBER 4**

**5K Run starts at 4:00 pm .**

**FUN RUN starts at 3:30 pm . The Fun  
Run is a 1K course for anyone including  
walkers and wheelchairs.  
NO pets or bicycles.**

**Check-in & registration for all races  
begins at 2:00pm at the Community Services  
Building, 1183 East Main in Norman...  
South Side of building.**

**ENTRY FEE: \$20 per entry.  
(T-shirts provided to all participants)**

Online Registration at [www.signmeup.com/61759](http://www.signmeup.com/61759)  
Course is a USATF/Oklahoma LDR certified & sanc-  
tioned 5K flat course with accurate splits each kilo-  
meter.

**For more information or to register call:  
Catherine Fox at 405-364-8118**



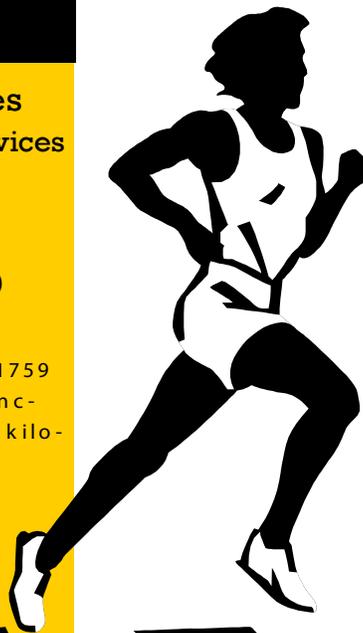
First, Second, &  
Third place medals.  
Water supply stops,  
and snacks.

Sponsored by:  
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Hospital



Mail form &  
\$20 entry fee to:

Catherine Fox  
Among Friends  
4101 Heritage Place Dr.  
Norman, OK 73072

405-364-8118  
Email: [cathefox@cox.net](mailto:cathefox@cox.net)

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Check one: 5K \_\_\_\_\_  
Fun Run \_\_\_\_\_

T-shirt Size: S M L XL 2X 3X

Sex: male female Age on Race Day: \_\_\_\_\_

Waiver: In consideration of my entry acceptance in the  
Among Friends 5K Run, I do hereby for myself, my  
executors, administrators, assignees, release and officials  
discharge Among Friends 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: \_\_\_\_\_ Date: \_\_\_\_\_  
(parent or guardian if participant is under 18)

# Swazi 5K

## BETHANY, OKLAHOMA SATURDAY, OCTOBER 10, 2009

5KM RUN/WALK – 9:00AM  
1 MILE FUN RUN/WALK – 8:30AM  
INDOOR WALK/SNU'S SAWYER CENTER – 8:30AM

FOR MORE INFORMATION GO TO  
[WWW.BETHANYNAZ.ORG/SWAZI-5K-BENEFIT](http://WWW.BETHANYNAZ.ORG/SWAZI-5K-BENEFIT)

Entry Fees:  
5K Run/Walk  
\$20 Pre-register  
\$25 Race Day

Indoor/Outdoor 1 Mile Fun Walk/Run:  
\$15 Pre-register  
\$20 Race Day



The Swazi 5K supports the Swaziland Partnership. Our goal is to reduce HIV/AIDS in the nation of Swaziland through compassionate, spiritual, and educational resources. Proceeds from this event will be used for volunteer scholarships and water filtration systems.

5K race is USA Track and Field Sanctioned. Race will be held rain or shine.

### OUR THANKS AND APPRECIATION TO OUR SPONSORS

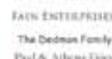


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# GEICO CFC Race For Freedom



## 5 km & 10 km Run

**Saturday, September 12, 2009**

8:00 a.m. 5 km and 10 km

Competitive Run & 2 Mile Fun Run/Walk  
Lake Hefner - East Wharf Oklahoma City, OK

**USATF Certified and Sanctioned**

\$15.00 per person until Sept. 9

\$20.00 per person thereafter (includes T-shirt)

Race Day Registration begins at 7:00 a.m.

Prizes and Awards following events!

mail generic race entry form to:

GEICO CFC Race For Freedom

Attn: Kim Sheppard, AMP-1

P.O. Box 25082

Oklahoma City, OK 73125

Sponsored by: GEICO, Blue Cross Blue Shield of Oklahoma,  
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For more information contact: Kim Sheppard  
(405) 954-7707 or email [kim.k.sheppard@faa.gov](mailto:kim.k.sheppard@faa.gov)

**[www.raceforfreedom.org](http://www.raceforfreedom.org)**

Benefiting: Combined Federal Campaign



## CAPITOL CHALLENGE

**10K, 5K, 1 MILE FUN RUN WALK AND CHILDREN'S EVENT • SATURDAY, SEPTEMBER 26, 8 A.M.**

Presented by:



BlueCross BlueShield  
of Oklahoma

Proceeds benefit:



**EVENT INFO AND REGISTRATION  
AT [WWW.CAPITOLCHALLENGE.ORG](http://WWW.CAPITOLCHALLENGE.ORG)**



**5K Run**  
**1 Mile Fun Run/Walk**  
**USATF Sanctioned Race**  
**Coordinated by DG Productions**

Loganpalooza



# Saturday, October 24, 2009

- \* **Cash Prizes for Overall Male and Female winner**
- \* **Free special t-shirts for first 50 entries**
- \* **Each race will begin and finish in front of LMC parking lot**



*Help fight breast cancer. Proceeds benefit the LMC Foundation effort to raise money for new mammography equipment at LMC.*

Detach and return form to: LMC Loganpalooza- P.O. Box 1017 - Guthrie, OK 73044

Full Name \_\_\_\_\_ E-mail address \_\_\_\_\_ Age \_\_\_\_\_ Shirt Size \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Indicate which race you would like to participate in. Please complete separate entry form for each participant.

8:30am 1 Mile Fun Run/Walk- \$10 (all ages)    9:00 5K Run - \$20 (all ages)    10:00am Kids Run - Free (kids under 12)    Day of Race - \$25

**Sign the Waiver** I understand that an event such as a 5K run is a potentially dangerous activity. I should not participate unless I am medically able and properly trained. I assume any and all risks associated with participating in this event, include, but not limited to temperature, conditions or athlete's equipment, vehicular traffic, contact with other participants, action of volunteers, spectators, and procedures of the event and lack of hydration, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my fees, I hereby for myself or anyone else who might claim on my behalf consent not to sue, and waive and release every kind of nature whatsoever, foreseen or unforeseen, known and unknown. The undersigned further grants full permission to Logan Medical Center to use photographs, videotapes, recording or other records of this event for any purpose.  
 APPLICATIONS FOR MINORS WILL BE ACCEPTED ONLY WITH PARENT'S SIGNATURE.

Signature \_\_\_\_\_



# MPACT. MAKE ONE.

Whether you run, walk or stroll, discover with every step your power to change the world. Join the Susan G. Komen Race for the Cure® and the movement that started it all. Together, we promise to end breast cancer forever.

## Susan G. Komen Oklahoma City Race for the Cure®



 susan g. komen  
**race**  
FOR THE **cure**®

**WALK WITH US • REGISTER TODAY**  
Sunday, October 10, 2009  
[komentralok.org](http://komentralok.org)  
Presented locally by  **MIDFIRST BANK**

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Test Your Endurance at  
Oklahoma's First  
UltraRunning Championship!

**24  
THE  
HARD  
WAY**

**DOUBLE  
DIRTY  
DOZEN**

Pound the pavement or go off-road in one of four timed races ranging from one to 24 hours along the Bluff Creek Trails. Benefitting United Way of Central Oklahoma.

**October 23-25, 2009**

1-hour LIVE UNITED race on Saturday • 6, 12 and 24-hour races on Sunday

[www.24thehardway.com](http://www.24thehardway.com)

[www.doubledirtydozen.com](http://www.doubledirtydozen.com)