

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

October 2010 | Issue No. 174

## The Australian Outback Marathon The Seventh Continent

By Nels and Donna Bentson

Finally, a marathon completed on all seven continents: Nels ran all the marathons while Donna participated in shorter distances, volunteered, or acted as the support crew. For the last five years our travels have taken us tens of thousands of miles all over the world. We have traveled by airplanes of many different sizes and nationalities, automobiles, trains, ships, camels, horses, and strangest of all, Russian vans. While all of our adventures have been memorable we, without prior planning on our part, saved one of the best for last.

Early in 2009, we learned that Marathon Tours would not be taking a group to Australia in 2010 due to low participation for the Sydney Marathon in 2009. However, that same summer we received an email from Travelling Fit, an Australian company, announcing that they had created a new event named the Australian Outback Marathon. The Outback, located in the middle of the country, is dry, cool and hard to get to -- how could we resist?

Runners, walkers, and adventurers, participating in the Australian Outback Marathon should be toward the top of your "must do" lifetime list. The inaugural Australian Outback Marathon was held on July 31, 2010, and consisted of four events: a marathon, a half marathon, an 11K, and a 6K. It took place in Yulura (Ayers Rock), Australia, which is located approximately in the center of Australia in the heart of the Outback, an immense and sparsely populated land. We were informed that the nearest neighbors were approximately 450km from Ayers Rock and lived on a ranch the size of Belgium!



Donna and Nels

Flying into Ayers Rock we expected to see barren desert in the center of Australia, but instead recent rain had left puddles and comparatively lush vegetation covering the red dirt. We were met at the airport by Mari-Mar Walton, who, along with her husband Michael, organized the marathon. We then boarded Mercedes coaches for a short five mile ride to our hotel at Ayers Rock Resort.

**See Australia on page 6**

# Ready for Fall

After spending Labor Day weekend running the Oregon Wine Country Half Marathon, I was hoping to return to cooler fall weather. Not so as the mercury and humidity were higher than normal for the Kelsey Briggs Half Marathon. Hopefully, cooler temps will arrive for the Redman Triathlon. I am entered in the half event (1.2 swim, 56 bike, 13.1 run) and hopefully by the time you read this I will have finished, but no guarantees. So far September has been an action packed racing month for club members with many taking top honors. Congratulations to all! Looking at the race calendar, October and November will also be very busy so be sure to get out and support our local races. Volunteers are still needed for the 24THW on October 22-24 and support crews needed for the Mother Road 100 on November 13-14; contact Cara at clrogers.co@cox.net if interested.

It is still not too late to sign up for the club's bus trip to the Mother Road Marathon, Half or 5K on 10.10.10. Round trip bus fare \$20 (entry fee, meals and hotel not included).

The fall / Route 66 Marathon Training is in full swing with large turnouts every weekend. The weekend mileage is climbing and the runners are still smiling which is a good thing. Don't forget to get your new Landrunner shirts for your next race. The new Brooks shirts are in and available at The Runner, 9644 N. May.

A big thank you goes out to Tom Briggs for hosting the fall social at his home again this year. It was a nice evening and we had a great view of the sunset from his back porch. The next club meeting will be at the Kimray Conference Center on October 18th with guest speaker Kent Frates discussing Oklahoma hiking, running and biking trails. Kent has recently published the only Sooner State trail guide for hikers, runners and biker with detailed maps of our numerous trails throughout the state. I encourage everyone to attend as we will also be voting for the 2011 Club Directors.

Mark your calendars for the club's Fall Banquet which will be November 6th at the All Souls Church on NW 63rd and Penn. We have the date, place, caterer, and entertainment but some details have yet to be finalized so check the website for details.

Keep Running,  
*Chuck Mikkelson, President*

## BRINGIN' BACK THE TROLLEY TRACK



LINWOOD PLACE  
OCTOBER 23, 2010

**Kids Fun Run at 6:30 p.m.**

**5K Run at 7:00p.m.**

**1st, 2nd, and 3rd place awards  
will be given in each age group  
in the 5 k event.**

**\$20 Entry Fee Through  
Friday October 22nd**

**\$25 Entry Fee On Day of Race**

**Entry Fee Includes T-shirt  
(limited number available)**

**Times from Oct 2006 • Mose D. 17:13 Beth C. 19:50**

**•Dental Depot Presents**

**The Linwood Bringin' Back the Trolley Track Run •**

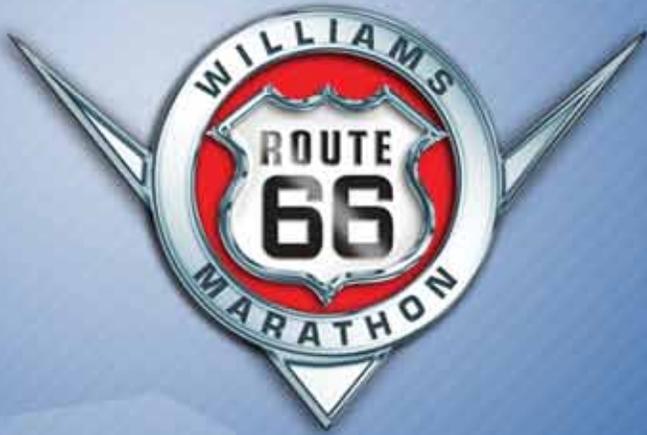
**Packet Pick Up  
Friday October 22nd  
At 23rd Street Antique Mall  
4 - 6 p.m.**

**Race Day Registration  
Saturday October 23rd  
Northwest Baptist Church Gym Foyer  
5 - 6 p.m.**

**The antique mall and church are located at Drexel and 23rd street.**

**Race Coordinated By DG Productions [www.dgroadracing.com](http://www.dgroadracing.com)**

**Online registration available at [signmeup.com](http://signmeup.com)**



# WILLIAMS ROUTE 66 MARATHON

PRESENTED BY BLUE CROSS  
BLUE SHIELD OF OKLAHOMA

11.21.2010  
TULSA, OKLAHOMA

MARATHON  
HALF MARATHON  
MARATHON RELAY  
5K RUN & WALK  
ONE MILE FUN RUN

→ REGISTER NOW!

[ROUTE66MARATHON.COM](http://ROUTE66MARATHON.COM)



BlueCross BlueShield  
of Oklahoma



# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
10/2	Moonlight Run 5K	Ponca City YMCA @ 7:30pm
10/10	Spirit of Survival 5K	Elmer Thomas Park @ 1:00pm
10/17	Fall Classic Duathlon	Purcell, OK 1:30pm
10/18	Club Meeting – Kent Frates (Oklahoma Trails)	Kimray 52 NW 42nd @ 6:30pm
10/23	Loganpalooza 5K	Guthrie-LMC @ 9:00am
10/23	Trolley Tracks 5K	NW 23rd & Drexel @ 7:00pm
10/22	24-THW-Ultra Running Championship	Bluff Creek Trails – Fri. to Sun.
10/24	Ghost Runner 5K Dog Run	Stars & Stripes, Lake Hefner @ 2:00pm
10/30	OBNEA Halloween 5K & 10K	Chesapeake Boathouse @ 8:30am
10/30	Oklahoma 4 Family 5K	Star & Stripes, Lake Hefner @ 9:00am
11/6	Race with the Stars 5K	OCU Freede Center @ 8:00am
11/6	5K to Monet	Fine Art Institute Edmond @ 8:30am
11/6	****Club's Fall Banquet *****	6400 N Penn @ 6:00pm
11/13	Streets of Gold 5K	Prague, OK @ 9:00am
11/20	2010 City Divided 5K	Regatta Park @ 9:00am
11/20	Chill Your Cheeks 5K	Yukon, Chisholm Trail Park @ 5:00pm
11/21	Route 66 Marathon, Half, 5K	Tulsa, OK
11/25	OKC Turkey Trot	Downtown OKC

## Landrunners In Action

### 7/31 AUSTRALIAN OUTBACK MARATHON

NELS BENTSON	6:20:38
DONNA BENTSON	1:11:34 (6K)

### 8/21 PIKES PEAK ASCENT, COLORADO SPRINGS, CO

SCHAD MELDRUM	3:53:16
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### 8/29 QUEBEC CITY MARATHON, QUEBEC, CANADA

TOM BRIGGS	5:14:58
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### 9/4 DEVIL DOG 5K – FT. SILL, OK

PAUL LEKAWSKI	29:17 2ND AGE 60-98
LINDA LEKAWSKI	33:55 1ST AGE 60-98

### 9/5 OREGON WINE COUNTRY HALF MARATHON, WILLAMETTE VALLEY, OR

MARY MIKKELSON	1:42:10 2ND AGE 45-49
CHUCK MIKKELSON	2:02:55

### 9/5 TUPELO MARATHON, TUPELO, MS

SHILPA ABBITT	5:06:08
CAROLYNN PARKER	5:06:09

### 9/6 AMERICA DISCOVERY TRAIL MARATHON, COLORADO SPRINGS, CO

JOANNE HARMS	4:38:15 1ST AGE 55-59
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### 9/11 LITTLE GRAND CANYON MARATHON, PRICE, UT

SHILPA ABBITT	6:21:42
CAROLYNN PARKER	6:21:48

### 9/12 FORD IRONMAN WISCONSIN, MADISON, WI

TREY CONE	11:04:32
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If you don't see your results it could be you forgot to report them so send your results, photos and stories to [news@okcrunning.org](mailto:news@okcrunning.org)



## FALL CLASSIC DUATHLON

OCTOBER 17, 2010 1:30 PM

121 N. 2nd Street

PURCELL OK

### EVENT DISTANCES:

4K RUN / 24K BIKE / 4K RUN

### TO REGISTER:

<https://www.signmeup.com/67312>

### RACE INFORMATION

11:00 Packet Pick Up Begins.

**There is NO Race Day Registration.**

11:30 Transition Opens

1:15 Packet Pick Up and Transition Close

1:15 Pre Race Meeting

1:30 RACE STARTS

Course Maps Are Available on the  
Signmeup.com Website.

We will start weekly training rides and runs in Purcell on the race course on Saturday October 2<sup>nd</sup> at 8:30 AM. We will have groups running the run course as well as riding the bike course. For more information visit the Fall Classic page at the TRI OKC website

<http://www.triokc.org/phpbb2>

Questions? Contact Ben Haizlip,  
Fall Classic Duathlon Race Director at:  
Fall\_Classic\_Duathlon@cox.net

### **Australia continued**

Six years ago Mari-Mar and Michael started planning the marathon. They are co-owners of the Australian company Travelling Fit, which sends people to all parts of the world for marathons and ultra marathons. They wanted the actual race to take place as close to Ayers Rock as possible. The planning turned into almost a full time job for Michael and Mari-Mar: they had both participated in marathons, but never planned one. The couple made many visits to the area to plan the course, negotiate with traditional land owners and authorities, plan itineraries, organize the race day activities, and plan for pre- and post- race activities. We were most impressed with their enthusiasm, attention to detail, and concern that all participants were taken care of and happy.

Ayers Rock resort area consists of three hotels, a shopping center, several swimming pools, and numerous restaurants all located a short drive from the airport. It is literally in the middle of nowhere. There is a small shuttle bus that circles the resort area every 20 minutes so all areas are easily accessible.

At our hotel we were personally met by Michael Walton, co-race director, who was so involved with every detail of the race that he gave us a personal tour of the resort and went so far as to assure us that our baggage would be delivered to our room. Michael was more than willing to spend time with us and answer all of our questions.

At packet pickup we were given an outstandingly designed coolmax shirt. After packet pickup there was a poolside buffet dinner where Michael gave a short talk and we were able to visit with others from all over the world.

The day prior to race day we all met in the hotel lobby at 5AM to board coaches for a ride to Ayers Rock to watch the spectacular sunrise. There are even specially built platforms for viewing the sunrise. We received our lunch for the day in a cool Ayers Rock backpack that was ours to keep. The sunrise viewing was followed by a tour around Ayers Rock and a visit to an Aboriginal Museum.

That evening Kelly Allen from Marathon Tours hosted a get together in the lounge for all of us who had made our arrangements through Marathon Tours. The group consisted of 43 runners. Later that evening we had the traditional Pasta Dinner, which was held in one of the resort's restaurants. It was served buffet style and consisted of many types of pasta, pizza, salads, and desserts.

The marathon is a two lap course over a mixture of red-earth tracks and bush trails. Much of this area is not open to the public. Participants had almost constant views throughout the race of Ayers Rock, 11 km away, and Kata



*Ayers Rock*

Tjuta, some 20km away. Ayers Rock and Kata Tjuta are amazing rock formations in the Outback. Ayers Rock is made of arkose sandstone and it dramatically changes color almost hourly. Kata Tjuta, which means “many heads,” is a collection of rocks that have weathered apart over millions of years to form a single giant rock formation.

The start of the race was signaled by the playing of a didgeridoo, an Australian musical instrument-- no starter's gun in the Outback! There was even a helicopter taking pictures of the runners between the 3K and 6K marks. Runners commented that the chopper made them feel like elites, and the photographer was heard reporting that he was so close that he could almost read the bib numbers. The course was in perfect condition: the lush green of the vegetation, due to the recent rains, was a perfect contrast to the deep red earth of the Outback. Race day was a perfect dawn, the sun painting Uluru a bright pink against a clear blue sky with temperatures in the 50's and 60's. There were just under 200 participants from Australia, the USA, Canada, Denmark, Germany, India Japan, Luxembourg, New Zealand, and Romania.

On the course runners came upon a few small sand dunes which were a bit tough on the legs, but not for too long. By 15 km the runners were well strung out which provided a chance to take in the scenery and enjoy the silence of the outback. There is something special about this area...its vastness, its age, its red earth and its silence. It is simply an awesome place for a marathon. Finally all participants had their pictures taken at the finish line with Ayers Rock in the background. With 99.5 percent of the field finishing (only one runner was unable to complete the course due to illness) the Australian Outback Marathon had one of the highest completion rates of any marathon on earth.

**See Australia on page 10**

THE MARIANNE VANNATTA

# RACE

WITH THE STARS

**SATURDAY, NOVEMBER 6, 2010**

**8 A.M. 5K RACE**

**8:45 A.M. 1-MILE FUN RUN/WALK**

**FREED WELLNESS CENTER  
1700 NW 27TH ST.**

Pre-registration - \$20  
Race day registration - \$30

Includes long-sleeve T-shirt  
and goody bag **while supplies last**

The Race benefits OCU's Kramer School of Nursing

To register or for more information:

**[www.okcu.edu/racewiththestars](http://www.okcu.edu/racewiththestars)  
(405) 208-STAR**



**OKLAHOMA CITY  
UNIVERSITY**

IT'S ALL ABOUT NURSES

# “TODAY” I didn’t like to run

By Tracy Woodie

Today, I didn’t like to run. The weather was humid. I woke up late. I really considered sleeping in. But once again I knew I would regret it if I didn’t get up. Does it matter if I tell you how many miles I should have ran today? Even I am not sure as to what I should have run today.

But I ran. And I didn’t like it. I made it a little over half the way and began to walk. Is that bad? Then I got really hot. The humidity was breaking me down. I was sweating more than usual and blazing through my fuel belt water bottles in nothing flat! Thank goodness for a 7-11 on every corner so that I could fill up my water bottles. I even made a point to stop at Panera Bread for their “cold filtered” water.

Then I began thinking and that is when it can become dangerous. Ha ha. Any runner, walker, athlete knows that when you begin dissecting life during an endurance training event, there will be good and bad that can come from it.

I tried the whole “self pep talk” of what doesn’t kill you will make you stronger. Another talk consisted of “if I can run in this nasty weather I can run in anything.” Lastly, I accepted the truth that today; I just didn’t like to run. I was tired. My mind wasn’t focused, the humidity was really bad and I could feel my socks actually soaked with sweat.

I felt as though if I didn’t accomplish the least amount of miles I had imposed on myself today then I shouldn’t be running at all. Then, I began to think that maybe this whole psychological battle I was going through wasn’t the best way to view it. How could I reprogram my mind at this point? I really only had about a quarter of the run to go to be finished for the day.

That’s when it dawned on me: Who REALLY likes to run? Do you? Why? Why not? As I made a visit to each 7-11 in south Oklahoma City, I would ask a random stranger, “Do you like to run? Why? Why not?”

Here are the answers I was given:

“No, I don’t like to run. I don’t know how to run. I don’t even walk very well because I get dizzy.”

“No, I don’t like to run. Every time I try it hurts my back and knees”

“Yes, I would love to run! I am too busy though. I work full-time”

“Yes, I like to run but I jog more than anything. I don’t run fast.”

“No, I don’t like to run. Who would ever want to do such a thing? It looks boring. I am in no shape to even try to run and have no desire to do so.”

After that answer, I was able to complete the reprogramming of my mind. I realized how lucky I was to be ABLE to run. I am in decent shape. But more so, I have a healthy set of lungs. I have two very strong legs, My heart beats strong. I do desire to run because it is something I can control and accomplish by myself. Does it get boring? Sometimes. Do I have to walk from time to time? Yes. Are there days that sometimes I am faster and feel stronger? Yes.

The bottom line is this, we all experience walls when we train. That is why it is called training. You aren’t meant to have an unbelievable run every single time you hit the pavement. Ultramarathon Man, Dean Karnazes, said at the Phoenix Rock and Roll marathon (I am not quoting) that he embraces the “bad” races or training days. It is in those days he finds growth and appreciation. However, if you can’t walk away from them learning something then yes, they are “bad.”

Today, I didn’t like to run. However, tomorrow is a new day and the next time I run, it will be a new experience. Embrace it.

Second Annual  
**Streets of Gold** 11.13.2010  
5K Run & 1 Mile Fun Run/Walk

PRAGUE, OKLAHOMA  
Westlawn Dr. & 13th St.

Register online  
http://www.streetsofgold5krun.weebly.com/  
Or by mail  
Valery Fulmar  
3504 4012  
Prague, OK 74964  
Make Checks Payable to: Prague Kiwanis  
Registration Form on the Website

Cost  
\$25.00 for 5K  
\$20.00 for 1 Mile/Wheelchair  
\$15.00 for T-Shirt only  
Questions?  
E-mail or call  
wfulmar@photos.com  
405-567-7317

Map showing the race route in Prague, Oklahoma, starting at the intersection of Westlawn Dr. and 13th St.



Test your  
endurance at  
Oklahoma's  
ultrarunning  
championship!

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 22 - 24, 2010**

**Friday**

1-hour **LIVE UNITED** run

**Saturday**

6, 12, and 24-hour races

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

Questions? [24thehardway@cox.net](mailto:24thehardway@cox.net)



United Way of Central Oklahoma

**Australia continued**

The final evening of our stay at Ayers Rock we were all taken by Mercedes coaches into the Outback for the world class "Sounds of Silence Dinner". After watching the amazing Australian sunset and listening to a native didgeridoo player we feasted on a buffet consisting of kangaroo meat, beef, fish, and other native foods. After dinner, a "Star Talker" pointed out the constellations in the clear southern night sky. Soon after the sunset it was so cold -- it is winter in Australia -- that our feet started to freeze. Since we called home almost daily we learned what Oklahomas were going through in late July and August. This was the best time of the year to be in Australia!

Mates, that's all from the Bentsons. As they say in Australia, you are all "lovely" runners and we hope to see all of you on Monday, December 20th, at 6PM for our "lovely" Christmas party.

## Recipes to Run By

*By Adi McCasland*

It's official. Fall is here and while the end of summer always makes me a bit sad, I do look forward to a new season of flavors. One of my favorites comes from all the varieties of apples that are more readily available this time of year, and one of my favorite things to make with them is roasted applesauce. It's fantastic on its own, spread over warm bread or spooned into yogurt.

### Homemade Roasted Applesauce

- 1/4 cup water
- 1/3 cup brown sugar
- 1/8 tsp kosher salt
- 1 tsp lemon juice
- 3 lbs apples (Jonathan, Cortland, McIntosh, & Honeycrisp all work nicely), diced
- 1 1/2 Tbs unsalted butter
- 1/2 - 3/4 tsp ground cinnamon
- 1/8 tsp ground cloves
- 1/8 tsp ground nutmeg
- 1) Combine the first 5 ingredients (through the apples) in a 9x13 baking dish & sprinkle the butter pieces on top.
- 2) Roast in a preheated oven at 425 degrees for 35-40 minutes. The apples should be very soft.
- 3) Puree in a food processor. Strain if desired, and stir in spices. For chunkier applesauce, stir in spices without straining.

\*\*makes approximately 4 cups



# 10.30.10

Chesapeake Boathouse

Oklahoma City, OK

5K/10K Run, 1 Mile Fun Walk

Walk starts at 8 am, Run starts at 8:30 am

USATF Certified & Sanctioned event

Pre-Registration \$20 – Race Day \$ 25

Kids 12 and under \$10

Awards given to top 3 in each age group

Individual and team participation

Register online at [www.dgroadracing.com](http://www.dgroadracing.com)

Website: [www.obnea.org](http://www.obnea.org)

Proceeds will benefit The Oklahoma Bureau of Narcotics Employee Association

# LITTLE ROCK MARATHON

*a medal of mythic proportions*

## MARCH 6, 2011



*presented by*

**Arkansas Democrat  Gazette**

*Arkansas' Largest Newspaper*

**LittleRock**  
CITY LIMITLESS



THE  
HATCHER  
AGENCY

*"Our Attitude is the Difference"*

*benefiting*



Parks & Recreation



Scan this code with a QR Code reader-enabled mobile phone to easily access website.

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

# Pre-Race Stretching to Run Fast? Think Again.

By Warren Jones

If you're like most runners preparing for a race, you probably include as part of your prerace preparation some time for static stretching. You typically would include stretches for your running muscles: your hamstrings, calves, quads, glutes, and hip flexors. You do so, I guess, under the assumption that such stretching will in some way help your race performance.

A study published in the newest Journal of Strength and Conditioning Research may cause you to think twice about that procedure. Exercise scientists have known for a long time that static stretching "acutely decreases muscle force production capacity." That is, static stretching lessens what one could do in one repetition maximum strength test, or a 20 meter sprint performance, or one's vertical jumping height. The new study, though, investigates the effect of static stretching on running endurance performance.

The study had a "crossover design" in the sense that the investigators had 10 fellows conduct a performance run under a "no stretch" condition and, about a week later, conduct a performance run under a "stretch" condition. Under both conditions the fellow controlled their diet for 72 hours before each condition (they ate the same thing) and performed no strenuous exercise for two days before each condition. The investigators wanted, of course, to have no "confounding" variable on the performance under the stretch and no stretch conditions.

The investigators also identified the energy cost of a 30 minute moderate intensity run between the two conditions, wanting to identify whether there was a difference in calorie burn in the moderate intensity run (approximately 65% of VO<sub>2</sub> Max... approximately 77% of heart rate Max) between the two conditions.

Let me be a bit more precise on the experiment: under the stretching conditions, the runners stretched the above described muscle groups for 30 seconds four times. Following the stretching, the runners embarked on the 30 minute moderate intensity run. They then stopped for a two-minute break before they embarked on the 30 minute performance run in which they were asked to "cover the longest distance possible." In the performance run, they were allowed to view (on the treadmill) the passage of time, and they could control the treadmill speed, but they did not know the distance covered or the actual speed at which they were running. In the "no stretch" effort, the runners merely sat for the amount of time that it took them to stretch in the "stretch" effort. With that exception, the two assessments were identical.

Here's what the investigators found. The average distance run was 3.4% greater in the non stretching versus the stretching condition. Actually, only one of the 10 runners ran slower in the non-stretching condition. One of the runners ran, in the 30 minute performance run, almost a third of a mile farther than he ran in the stretching condition.

After the stretching exercises, the average energy expended (calories burned) was significantly greater in the stretching versus the non-stretching condition. Again, only one of 10 of the runners burned more calories in the non-stretching condition.

Interestingly, even though the stretchers ran less far in the performance run, their average heart rate peaked at 193 beats per minute versus 180 beats per minute among the non-stretchers. Similarly, the rate of perceived exertion among the stretchers at the end of the 30 minutes was at approximately 18 (between very hard and all out), while the rate of perceived exertion for the non-stretchers was just above 16 (between hard and very hard).

The higher energy consumption during the moderate intensity run may indicate a decreased mechanical efficiency of the muscle system. This seems to be supported by the lower distance covered in the performance trial. A possible explanation for performance deterioration is that static stretching negatively affects the ability of the muscle tissue to produce force.

So, this study provides two key findings concerning endurance performance after a bout of static stretching. First, it expands the detrimental effects of stretching from activities requiring high force and velocity to muscle endurance performance. Second, this research suggests that static stretching increases the energy cost of running at moderate intensity exercise.

Therefore, in long-distance running, where success is related to producing work with minimal energy cost, you may want to consider not stretching before the race.

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).



OKLAHOMA RIVER - REG. OK



**2010**

**CITY DIVIDED**

**5K RUN**

Organized By **RunSkipWalk**

9:00 AM Saturday, November 20, 2010

Regatta Park, OK

Pre register online at [www.RunSkipWalk.com](http://www.RunSkipWalk.com) \$25 – 5K, \$10 – 1-mile Fun Run

Race Day registration (\$30) begins at 7:00 AM

Awards & Prizes for top finishers and most spirited dressed fans

Packet Pick up: 11/19/10 4 – 7:00 PM

@ Red Coyote Running and Fitness

Proceeds to benefit



USATF certified course and sanctioned event. Chip timing by D.G. Productions

# ELECTION of the BOARD of DIRECTORS for 2011

In accordance with the Election of the Board of Directors for 2011 policies and procedures (as published in last month's and this month's newsletters), the list of candidates are hereby listed below. Ballots will be provided at the election to be held during the October 18th Club Meeting at Kimray Conference Center (NW 42nd and Santa Fe) 6:30pm.

The 2011 elected Board of Directors will then meet in November to elect the Officers and Committees for the 2011 term.

- Arnie Angelici
- Mark Ballard
- Suzie Bostick
- Mark Bravo
- Marie Breshears
- Tom Briggs
- Tom Coniglione
- Doug Cunningham
- Vaden Dean
- Bill Goodier
- David Greer
- Jennifer Henry
- Katie Kramer
- Maurice Lee
- Bob Loving
- Kevin Lynes
- Adrienne McCasland
- Chuck Mikkelson
- Jim Roblyer
- Cara Rogers-Nance
- Linde Slater
- Bill Snipes

7th Annual  
**CHILL YOUR CHEEKS 5K**  
& Jingle Walk

**NOVEMBER 20, 2010**  
5pm - Yukon, OK  
Chisholm Trail Park - 500 W. Vandament

[www.active.com](http://www.active.com)  
\$20 \*\$25 after Nov. 12\*

For More Info Call 405-350-8920

HPC HUMAN PERFORMANCE CENTERS  
YUKON PARKS AND RECREATION  
Festival Friends  
Spanish Cove Retirement Village  
INTEGRIS Canadian Valley

## We'll Put the Pieces Together for You

Many companies are choosing to outsource the management of their employees so that they can focus on what they are good at ... their business



Contact Lance Young at  
Partners Human  
Resources Company  
405.917.1020 extension 238  
[www.Partners-HR.com](http://www.Partners-HR.com)  
[info@partners-hr.com](mailto:info@partners-hr.com)





## FINE ARTS INSTITUTE OF EDMOND

November 6, 2010

### 1 Mile "Family Fun" Run

\$10 with early registration (T-shirt included with registration by Oct. 28)  
Race day price \$15

8:00 a.m.

### Timed 5K

\$25 with early registration (T-shirt included with registration by Oct. 28)  
Race day price \$30

8:30 a.m.

*The course is certified USATF distance, and medals will be awarded to top runners in standard age groups.*

### Come join us for our inaugural road race!

This family friendly run will feature races for all ages and abilities  
Races will begin and end at the FAI's "Monet in His Garden"  
Sculpture 27 E. Edwards

Register at the Fine Arts Institute or online at [www.edmondfinearts.com](http://www.edmondfinearts.com)

*Proceeds go toward operational cost and keeping tuition and fees affordable for all ages and*

### Sponsors

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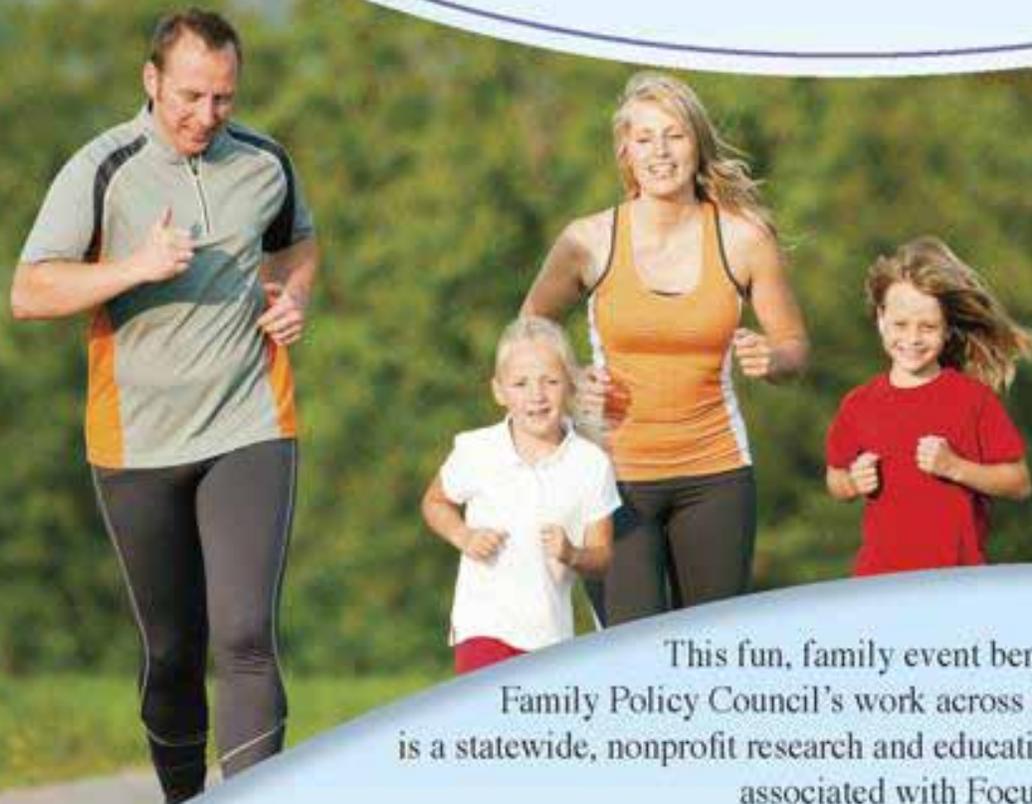
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Support Oklahoma families and have fun together at the

# Oklahomans **4** Family

## Family **FUN** Run

## & **5K** Run / Walk



OKLAHOMA  
**FAMILY  
POLICY  
COUNCIL**

This fun, family event benefits Oklahoma Family Policy Council's work across the state. OFPC is a statewide, nonprofit research and education organization associated with Focus on the Family.

## Saturday, October 30

Stars & Stripes Park, OKC (N. Portland @ Lake Hefner)

*Registration opens 7:30AM*

One-Mile Fun Walk/Run begins 8:30AM • 5K Walk/Run begins 9:00AM

**Pre-register online at [www.okfamilypc.org](http://www.okfamilypc.org)**

\$20 per person/per event

T-shirts available to first paid registrants (while supplies last).

Sponsored by:



The Runner



Partners HR



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# GHOST RUNNERS 5K DOG RUN

A Pro Plan® Rally to Rescue® Event  
Hosted by Heartland Weimaraner Rescue  
& Red Coyote Running and Fitness

## Run With Your Dog!

USATF Sanctioned event ■ Run with or without your dog  
Not a Runner? Come join us for a day of fun and activities.  
It will be a *HOWLING* good time!

Early Registration: \$25@ [www.heartlandweimrescue.org](http://www.heartlandweimrescue.org)

Race Day Registration: \$30, Noon-1:30 p.m. @ Pavilion

- ❖ Activities FREE TO THE PUBLIC!
- ❖ Booths Open From 12-6 p.m.
- ❖ Pet Photography and Education/Demonstrations
- ❖ Contests (costume, best trick, etc.)
- ❖ Micro-chipping
- ❖ Post Race Massages (dogs too!)
- ❖ Local Rescues
- ❖ Silent Auction

### PACKET PICK UP

Elephant Bar, Penn Square  
October 22  
4 - 7 p.m.

Red Coyote Running  
October 23  
12 - 4 p.m.

**Sunday, October 24**  
**Race Start Time: 2:00 p.m.**  
**Stars and Stripes Park, Hefner Lake, OKC**

### THANKS TO OUR SPONSORS!

PRO PLAN RALLY TO RESCUE ◊ RED COYOTE RUNNING AND FITNESS ◊ GENTLE CARE ANIMAL HOSPITAL  
ABBY COYLE PHOTOARTISTRY ◊ PETCO FOUNDATION ◊ BROOKS WELLNESS CENTER  
VANEK SCREENPRINTING AND SIGNS ◊ CASSIE CRAMER, KELLER WILLIAMS/NORTHPOINTE  
CENTRAL PARK DOG DAY CARE ◊ PLEASANT POOCH DOG TRAINING ◊ IBC BANK ◊ YARD DAWGS



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



# Saturday, October 23, 2010

- \* **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 offer breast healthcare for the women of our community.*

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 \_\_\_\_\_

## Complete details and registration on-line @ [LoganMedicalCenter.com](http://LoganMedicalCenter.com)





P.O. Box 18113, OKC, OK 73154

**ADDRESS SERVICE REQUESTED**

October 2010

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# Join or Renew Today!

Check your mailing label! If your mailing label reads **10/1/2010**, it is time to renew your subscription. Has your address changed? Please send us your new address!

To join or renew your subscription:

1. Write a check for **\$20** to OKC Running Club
2. Mail Check with your mailing label (above) or new member application(available online) to:

Oklahoma City Running Club  
PO Box 18113  
Oklahoma City, OK 73154

Visit The Landrunners Online:

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

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

## ADVERTISING

ADVERTISING RATES	
Full Page \$80	8.5w x 11h
1/2 Page \$50	4.25w x 11h or 8.5w x 5.5h
1/4 Page \$35	4.25w x 5.5h
Business Card \$20	3.5w x 2h

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

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please submit ads in jpeg format at 300 dpi