

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

December 2011

Issue No. 188

Some Pain All Gain in the Big Apple

By Courtney Lemmons

Roger and I made our first trip to New York City this past November. I was excited to go, but also apprehensive. I was unsure if I'd be able to run the New York City marathon since I injured my foot racing the Tulsa Run and spent the next few days on crutches! We planned to run the marathon together without any major time goals but now we were worried that I might not be able to run.

We arrived at "our NYC apartment" on Friday evening and decided to take a run along the East River to see how I felt as I had to decide in the next twelve hours whether to run or defer to the 2012 marathon. It was a nice evening and running along the river bike trail was filled with many wonderful views; best of all, my foot had improved! But I was still undecided. What if my foot became worse during the marathon and I had to DNF or couldn't walk? What if I made the injury so bad I had to take off from running long-term? What if next year we couldn't come back? So many worries went through my mind our first night in NYC.

The next morning I made my decision. The "city that never sleeps" was jazzed with marathon fever. I wanted to run this marathon! I would do my best for as long as possible and hopefully finish. We went to the expo for packet pick-up and although it was the largest I had ever seen, we didn't stay long so I could stay off my feet. We grabbed lunch at Amy's Bread (highly recommend!), saw a matinee of Phantom of the Opera on Broadway (AMAZING), and then back to our place to rest before the big day. NYC is noisy,



Courtney & Roger Lemmons

even in neighborhoods. Sirens, incessant honking, partygoers at 2 a.m., midnight garbage collection and we were on the first floor. Deep sleep? Impossible!

The alarm went off at 4:30 a.m. and after eating we were off to the Staten Island Ferry via taxi. It was a busy place with anxious and excited marathoners

See Pain, on page 8

President's Letter

I woke up this morning at four, and Randy and I picked up David Ball and Jen Henry before heading to Tulsa for the Williams Tulsa Route 66 Marathon and Half Marathon. Randy, Jen and I were doing the half with Todd. Todd is a special needs person with cerebral palsy who could only be able to do a half marathon if he were in a pushed wheelchair.

Earlier this year, The Landrunners were given a racing wheelchair. Jim Roblyer got very excited and went on a mission to fill the chair for the Route 66 Marathon and Half Marathon. He searched high and low and found a facility in Tulsa, The Center. They had the perfect person to fill the chair, Todd. Jim also found the perfect person to push the chair, Kevin Lynes. Kevin practiced running with the chair for several months before the debut. He even enlisted a kid from his neighborhood to ride in the chair for a better feel.

We met close to the finish line; got Todd bundled up, along with ourselves, and headed to the start line. We got to take off with the wheelchairs 2 minutes ahead of the other runners. Kevin pushed up the hills and held on going downhill. He was awesome and you could see it on his face that he loved this as much as Todd. Randy, Jen and I ran alongside and cheered Todd on. Todd was having the time of his life. Everyone was yelling "Go Todd" and he was giving them the "thumbs up" sign. Jen would run ahead and get lots of pictures and post them on Facebook while we were running. She is quite the talent. This was such a great opportunity to be involved in something so special. As Jen said, "what an honor" to run with Todd. Thanks to everyone that helped make this happen, especially Jim Roblyer. What a great spirit.

*Cara Rogers-Nance
OCRC President*

DG Productions Presents the

Naughty or Nice 8K Run

9:00 am Saturday December 17th

**Stars & Stripes Park
Oklahoma City, OK.**

See you there!




www.dgroadracing.com

DG Productions Presents

2012 New Years Day 5K

9:00 am Sunday January 1st

**Stars & Stripes Park
Oklahoma City, OK.**



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12TH ANNUAL WE RUN TO REMEMBER

APRIL 29TH, 2012

THE TWELFTH ANNUAL

OKLAHOMA CITY MEMORIAL MARATHON

OKCMARATHON.COM



OKLAHOMA CITY



Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
12/3	Northcare Reindeer Run 5K, 10K*	4436 NW 50th @ 9:30am
12/10	Sandridge Santa Run	211 N Robinson @ 9:00am
12/10	Faster than the Pastor 5K	Mustang, OK @ 9:30am
12/10	Nightlight Run 5K*	Midwest City @ 5:45pm
12/17	Naughty or Nice 8K	Stars & Stripes @ 9:00am
12/19	Christmas Social @ Bentson's	2601 Warwick Dr @ 6:00pm
12/31	Race Into the New Year	Tulsa, OK @ 11:45pm
1/1	New Year Day 5K	Stars & Stripes @ 9:00am
1/1	Tatur's Polar Bear Plunge	Tulsa, OK @ 2:00pm
1/7	Elvis Run 5K & 10K	Regatta Park @ 9:00am

* Denotes Series Races

Landrunners In Action

9/25 BERLIN MARATHON, GERMANY

KEVIN LYNES 4:44:33

10/16 NIKE WOMEN MARATHON, SAN FRANCISCO, CA

DARLENE SPRY 5:31:22

10/23 DOGWOOD CANYON 25K TR, LAMPE, MO

ADRIAN WOLFORD 3:36:51

10/23 ROCKNROLL MARATHON, ST. LOUIS, MO

DAVID BALL 3:29:05
 WILL WARREN 3:35:51
 HEATHER WARREN 3:43:20
 MARY MIKKELSON 3:45:24
 MARY HAMMER 4:08:00
 MARK BALLARD 4:20:46
 MARCI RIGNAULT 4:56:06
 CHUCK MIKKELSON 5:59:44
 SHEILA MILLER 2:50:31 - HALF

10/23 PAN AMERICAN GAMES, GUADALAJARA, MEXICO

CAMILLE HERRON 2:51:29 – 9TH WOMEN'S MARATHON

11/5 ROCKY RACCOON 25K TR, HUNTSVILLE, TX

ADRIAN WOLFORD 2:57:26

11/6 TURKEY MT 25K TR, TULSA, OK

NELS BENTSON 3:55:18

JOHN HARGROVE 4:14:55

11/6 NEW YORK CITY MARATHON, NY

CAMILLE HERRON 2:40:06 3RD USA FEMALE
 RUSSELL INGRAM 2:45:47
 PATRICK MULQUEEN 3:51:17
 MARK GANDY 4:00:37
 MAURICE LEE III 4:10:26
 SHARON HALEY 4:15:11
 ROGER LEMMONS 4:24:49
 COURTNEY LEMMONS 4:24:50
 JAMIE KILPATRICK 4:49:48
 JEFF SULLIVAN 5:07:17
 RANDY NANCE 5:16:01
 CARA ROGERS-NANCE 5:16:01

11/12 RICHMOND MARATHON, VA

MARY MIKKELSON 3:32:12
 CHUCK MIKKELSON 4:49:00
 MARCIA RIGNAULT 4:52:01

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



10TH ANNUAL

CELEBRATE

**LITTLE ROCK
MARATHON**

MARCH 3-4, 2012

presented by
Arkansas Democrat Gazette
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LittleRock
Arkansas' Largest Newspaper

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Our Fitness Today Versus Forty Years Ago

By Warren Jones

Cardiorespiratory fitness has been shown to be an independent predictor of all cause and cardiovascular mortality as well as health outcomes such as cardiovascular disease, hypertension, diabetes mellitus, and the metabolic syndrome.

During the last four decades, national guidelines for physical activity and health have emerged in an ongoing effort to improve health outcomes including enhanced cardiorespiratory fitness of the United States population.

As the largest database available with an objective measurement of cardiorespiratory fitness, the Cooper Center Longitudinal Study offers a unique opportunity to examine trends in cardiorespiratory fitness during an extended period.

The purpose of a study (conducted at the Cooper Clinic) which appeared in the November issue of *Medicine and Science in Sports and Exercise*, the official journal of the American College of Sports Medicine, was to describe the trend of cardiorespiratory fitness during four decades in a large sample of men enrolled in the Cooper Center Longitudinal Study.

Cardiorespiratory fitness on 52,785 men was assessed (in men who completed a preventive medicine examination at the Cooper Clinic) by the duration of performance achieved on a maximal treadmill test. The test protocol and its administration have remained constant during the past four decades.

What were the results? Early in those years, the average cardiorespiratory fitness increased in each of five age groups, 20 to 34, 35 to 44, 45 to 54, 55 to 64, and the 65 to 74. Sad to say, though, the average cardiorespiratory fitness decreased in each of the five age groups in the most recent decade. That is, the cardiorespiratory fitness increased in the 80s (vs. the

70s), and in the 90s (vs. the 80s), but has decreased in the 2000s (vs. the 90s).

It is interesting, and confusing, to me that the results are what they are given the high level of attention of public health authorities to the message of exercise and fitness. Regular physical activity or participation in an exercise program is known to improve fitness over time with a “dose-response” relationship for both exercise intensity and volume. That is, the greater the intensity, or volume, or both, the greater, the better, the return.

During the four decades, the average increase in body weight was approximately 18 pounds. That is, there was an 18 pound difference in the average body weight (among the 52,785 men) from the seventies to the most recent decade. It is arguable that the effect of increased body weight (and obesity linked to sedentary behaviors) could be a counterproductive influence on maintenance and development of healthy cardiorespiratory fitness levels.

By the way, while the level of fitness for all five age groups declined in the most recent decade, the greatest decline was seen in age group 20 to 34. As the authors concluded, “the drift downward in cardiorespiratory fitness among the younger age group is disturbing and supports continuing efforts to promote physical activity and fitness especially among younger individuals.”

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.





Starts January 1st 2012

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April 21st Run to Stop 5k-OCU Campus-Free entry/T-Shirt to this 5k as part of the program

Cost: \$100.00

All proceeds go to the Oklahoma City University Cross Country and Track Program

**More Information-Contact Conor Holt
405-208-5319
Email address: cholt@okcu.edu**

Pain continued

ready to board at 6 a.m. Once underway, from one side of the boat we had our very first glimpse of the Statue of Liberty. WOW! On the opposite side...a beautiful view of the sunrise and a Coast Guard escort. Could someone please pinch me?

Upon disembarking, we were directed to load onto buses that would take us the rest of the way to the Athlete's Village where we waited for our 9:40 start. Roger and I claimed a spot on one of the few grassy areas left where we waited, shivered, snacked, shivered, etc. for about an hour and a half. We ran into Maurice Lee and Sharon Haley in our Village and spent the rest of our time hanging out with them. Time flew and it was time to walk to the Verrazano Bridge for the Wave 1 start. Music blared while we stood there. Sharon and I couldn't resist the urge to have some fun and do a little dancing for our warm-up (there wasn't room to do any jogging).

Just after the National Anthem, Frank Sinatra's "New York, New York" begins and then it's Gun Time! A sea of runners in front and behind, we move across the first of five bridges. Helicopters fly on both sides capturing the start of the marathon. I'm thinking to myself, no matter what happens during this run, everything up to this point has been an amazing experience, and I am very thankful that I even have the opportunity to be here.

By mile 6, the sun was heating things up and I got rid of my long sleeve shirt. Roger and I were taking it all in including stopping for photos with firefighters and policemen. One of my favorite things early on was a group of people standing on the Brooklyn Bridge yelling, "WELCOME TO BROOKLYN!" The crowd support for the entire run was amazing with estimates of 300,000 cheering on the 47,000 marathoners. The numerous signs were fabulous and also funny! Someone had written on one, "Black Toenails R SEXY." That's great, because I now have three of them.

Mile 13.1 and we are on the Pulaski Bridge! We stop to take more scenic pictures and continued on. After mile 15 we ran over the Queensboro Bridge which was relatively quiet. There are no crowds here, just the sounds of running. At mile 16 the running



Maurice Lee, Sharon Haley, Courtney & Roger Lemmons

got tougher. Various injuries hurt worse for both of us. Roger noted that I was running in a "jacked-up" way, one shoulder about an inch higher than the other! My running form was shot from compensating for my foot and it was affecting my whole body. But he also says to me, "Just think, it's just a lap around Hefner until the finish line. You can do it." With this knowledge and the unbelievable crowd support, I am determined to finish!

We were both excited to reach mile 21 because we had crossed the final bridge. The course is not flat due to these bridge "hills" and a few other hilly portions. We were heading back into Manhattan soon to be running in Central Park, the most beautiful part of the marathon. I loved seeing the trees and the falling leaves. Gorgeous! In the last few miles, crowds with deafening cheers continued to line the street holding numerous encouraging signs. There was even a sign with a marriage proposal for a participant!

We were almost done. I remember thinking how it hadn't been that long ago that Roger and I had watched the 2010 NYC Marathon on TV, and now here we were finishing it. Roger and I crossed the line together (although he somehow finished one second ahead of me in the results!), clasping hands as I limped along. Every marathon is an experience, but running 26.2 miles through the five boroughs of NYC - Staten Island, Brooklyn, Queens, Manhattan, the Bronx = an experience of a lifetime!

NEW YEARS DOUBLE HEADER

TATUR'S POLAR BEAR PLUNGE



RIVERPARKS WEST
1.1.12
2PM

2 MILE RUN & PLUNGE



PLUNGERS WILL RECEIVE A HUGE 4.5" FINISHERS MEDAL

RACE INTO THE NEW YEAR



RIVER PARKS WEST

NEW YEARS EVE

11:45 PM START TIME

FIREWORKS AT MIDNIGHT

LIVE MUSIC

FAMILY FRIENDLY

RunnersWorld



T U L S A

PROCEEDS TO BENEFIT



24 The Hard Way

By Kelly Emmert

After running the 12 hour race in 2010 and doing well, I thought I needed to “kick it up a notch” and go for my next goal of 24 hours as I am always looking to push myself to the next level.

My training began in mid-July. I am not a pro when it comes to training nor do I follow any training plan. I always just do what feels good to me at the time. My primary plan was to just run and keep running. Since this was my second ultra, I knew that it is not about speed but time on your feet. Training for me went with no set schedule. There were many 2 am runs, 4 am runs, 6 pm to midnight runs, mid-afternoon runs, etc. – just trying to get as many runs in as possible and during off hours. I was also trying to run around 80-100 miles each week. Running during the off hours never bothered me much as it was actually nice to beat the heat and have my run completed for more gym time. My training consisted of running and trying to hit the gym as much as possible so there were a lot of two-a-day workouts. My gym time generally averaged 2.5 hours of cross training (elliptical, stair master, weights or circuit classes). If you asked my husband he would say my life consisted of run, gym, run, then run some more, then talk about running.

During my training, I don't think I met anyone who didn't tell me I was crazy for planning to run 24 hours. Even we ultra-runners consider ourselves to be somewhat on the crazy side. I mean don't you have to be “just a little”.

Most of us have a goal in mind when we are training for any event. Being the competitive person that I am, I had three goals for myself – (1) to win is always my first vision, (2) realistic goal of completing 100 miles and (3) my personal goal to run 107-110 miles.



Starting of the 24THW

Since this was my first 24 hour event, I wanted to make sure I had too many supplies rather than not enough. Even though I knew the event provided a well-stocked aid station, I wanted to have my own food supply as well. I packed a variety of foods and snacks that I thought might sound good at 3 am and I packed foods and snacks that my body would need. This included potatoes, smokies, bagels etc., and my favorite snacks that I brought had to be my chex mix and M&M's. Everything I packed was high calories and sweet. After all, why not take advantage of this when you are going to be running it off.

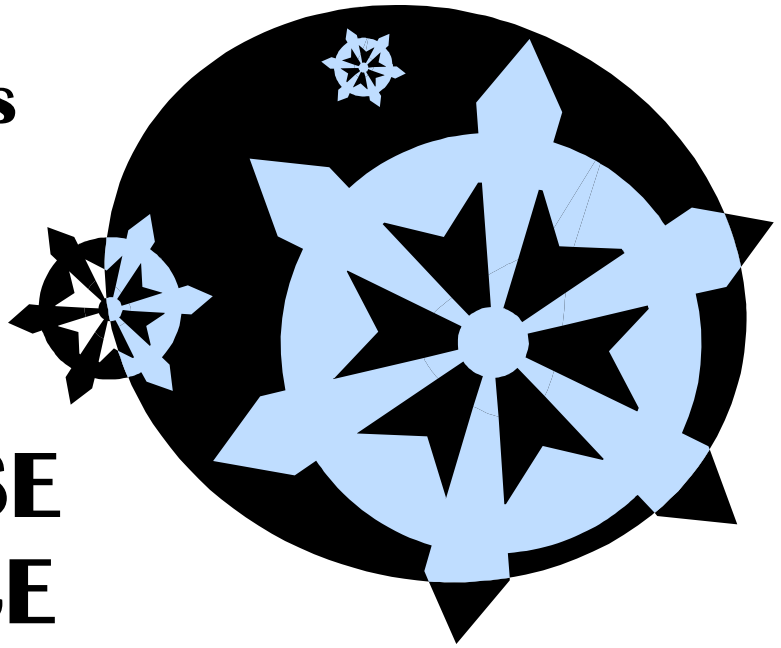
I also packed a variety of clothing in case the weather changed or I wanted fresh clothes after a number of hours. However, even though it did rain, I didn't change my clothing or shoes. I did have to break out the sleeves, gloves and ear muffs in the early morning hours, though, when the temperatures dropped.

The weather played a huge factor in the run. Although it was a 24 hour run, the race was halted for approximately one hour due to storms that passed through so technically we only ran 23 hours. During that hour of downtime, my key focus was to try and keep my muscles loose and stay warm. I jumped on a

See 24, on page 12

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SERIES**



- * January 1st - New Years Day 5K
Stars & Stripes Park / 9:00 am**
- * January 7th - Elvis Run 5K & 10K
Regatta Park / 9:00 am**
- * February 4th - Groundhog Run 8K
Route 66 Park / 9:00 am**
- * February 18th - Queen of Hearts 5K & 10K
Wheeler Park / 9:00 am**

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for all the details.**



24 continued

massage table and tried not to panic about how much time we would be losing as I was worried about hitting my goals.

I knew for some time during the run that I was the leading female. With my husband there crewing for me, he kept me informed on anything I needed or needed to know. So my focus became not just on winning but also hitting my personal goal. Once I crossed the mat as the first place female with 106.75 miles, I saw my family and husband and my emotions began overwhelming me. I had set a goal and made it! All of the sleepless nights, the hours on my feet, the time away from my family, and all the mood swings had finally paid off. Tears filled my eyes and my family's eyes. I will always remember my father-in-law saying to me right as I crossed the mat "That's how a champion finishes" and at that moment I felt like a champion.

After the race I hobbled to the truck and my family drove me to IHOP where I enjoyed a real meal rather than watching every calorie. Next was home to a hot shower and my bed where I laid for 24 hours. Surprisingly enough, though, I did not do much sleeping. My body was screaming for sleep but my mind was not shutting down. Navigating the stairs in our two-story house the day after was difficult for me with my husband at work so I tried to stockpile what I might need on my bed to minimize the trips. By Tuesday I was more mobile and even jumped on the elliptical for a short time to spin out the stiffness.

My advice to anyone considering tackling a 24 hour event is to make sure you have a great support system. Training takes a lot of time. There are a lot of sleepless nights and early mornings and more mood swings than you will ever realize you can have in just one day. Set your goals and prepare yourself mentally for the challenge. Any endurance event is not only about running but it is just as tough mentally. I have to give my husband a huge "Thank You" for



Kelly & Cory Emmert

without him I would not have been able to compete and check this off my to do list. Through all the late night and early morning runs, the sweat and tears, he was there and was there for me every mile and every hour of this race. He was my rock through this all and my biggest fan along with my daughter, Ashlyn.

My second piece of advice is to find a running partner who is just as determined as you are. Adi McCasland and I spent many, many hours and miles together. Nothing makes a run more enjoyable than a great friend who you jive with. We became attached at the hip. It was never an issue on how many miles or hours we would put in, we were both always ready and willing and having someone push you is just what you need during that 2 am run. I know without a doubt that without Adi, none of these miles would have happened. Having a training partner is crucial and I am glad I found my perfect match. So what's next, Adi??

I am not sure what my next goal will be as I promised my husband after this race that I would step back from training, eat a few hamburgers and we want to add to our family. BUT you never know what could happen. Maybe I'll be the first pregnant women running 24 hours or maybe it will be my come back run. Either way, it will be on my mind.

Recipes to Run By

By *Adi McCasland*

It's a holiday! We have 364 other days in the year to worry about fat and calories!

Cranberry Upside-down Cake

¾ cup unsalted butter, melted, divided

10 Tbs brown sugar

1 Tbs molasses

¼ cup water

2 cups unbleached flour

¾ cup granulated sugar

1 tsp salt

2 tsp baking powder

3 eggs

1 cup sour cream or plain yogurt

½ tsp vanilla

1 Tbs orange juice

2 cups cranberries

1) Bring ¼ cup of butter, molasses, brown sugar, and water to a boil over medium heat in a 9" cast iron skillet. *alternatively, you can boil the sugar mixture in a sauce pan and pour into a greased 9" cake pan

2) Combine flour, granulated sugar, salt, and baking powder.

3) In a separate bowl, beat the eggs and sour cream or yogurt together. Add the remaining ½ cup butter, vanilla, and orange juice. Add flour mixture and beat just until smooth.

4) Sprinkle the cranberries into the bottom of the skillet into an even layer. Spoon the batter over the cranberries and bake in a 375° oven for approximately 35 minutes, until it passes the toothpick test.

5) Let cool for 10 minutes and turn over onto a platter and serve. This is delicious with vanilla bean ice cream or real whipped cream!

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Landrunner's Fall Banquet

By Bill Snipes

On November 19th over 100 Landrunners gathered at All Souls Church to enjoy the annual Landrunners' Fall Banquet. This year we honored two recipients of the newly established Landrunner Distinguished Service Award. The first recipient was the late Jack Rector. Jack was honored for his long service to the club and for establishing the marathon training group in 2001. Through the training group Jack became a tremendously effective and prominent ambassador for running and the club. Accepting the award on his behalf was his wife, Sherri Rector. The second recipient of the award was Dr. Tom Coniglione. "Dr. Tom", as he is affectionately known, was honored for his tireless work in the running community: medical director

for events, teacher and spokesperson, advisor and motivator, and regular physician at the group training runs. The awards were presented by Cara Nance, club president, and Mark Ballard, Chairman of the Committee to Honor.

Prior to the award presentations a wonderful Italian buffet dinner was served by Landrunner and caterer, Kamala Gamble. Her delicious dinners have become a staple of our annual banquets. Following the presentation the crowd was entertained by Landrunner Katie Kramer who sang several of her favorite songs. Everyone seemed to have a wonderful time. Our thanks also go out to Marie Breshears and Alden Snipes for the festive table decorations.



See more banquet photos on the website

Happy Holidays

from the



Landrunner Marathon Training
for the OKC Memorial Marathon
will start Saturday, January 7th

2012 Landrunner Race Series

The Race Series is a friendly competition of selected races primarily in the Oklahoma City metro area, where members compete and volunteer in the races in a calendar year earning points and standing among their peers within their age groups. You must be a member of the Oklahoma City Running Club to participate. New in 2012 – you must register to participate in the race series. Read the rules and register by going to the Oklahoma City Running Club website. Register before you participate in your first series race to receive the maximum number of points. Standings will be published periodically on the website.



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December 2011

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