

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

July 2014 | Issue No. 219

## Training and Running My First Marathon

By Tiffany Massie

Hello fellow Landrunners! As I am writing this letter I am still so excited about completing my first marathon ever! Even though it has been over three weeks ago, the joy and excitement continues to manifest inside me! I have the Landrunners club to thank for a part of that joy! My running experience is very novice. I have run many 5Ks and NEVER dreamed of running anything farther. Two years ago a friend of mine and I committed to run the half in the OKC Memorial Marathon. At that point in my running I thought there was NO WAY I could EVER run 13.1 miles. Needless to say, after lots of training and determination I completed my first 13.1 miles. I felt very liberated, although I felt as if that was as far as I could EVER run.

This past fall, my sister challenged me to run either the half marathon or marathon in the OKC Memorial Marathon. She was registering us and I told her whatever she wanted to run would be fine with me! (I never thought she would actually register us for the marathon). I began my training and later she told me she registered us for the marathon and that she would NOT be running it with me (due to past injuries)! At that point, I knew I had to run it for myself, the 26.2 sticker for my car, the new OKC Memorial Marathon medal AND the finisher shirt! Being a novice runner, I had no idea what the whole picture looked like as far as training was concerned. I did the best I could and knew I needed to run. Once I began the higher mile training runs, I knew I couldn't finish alone.

I have a friend who has been a member of the Landrunners for a few years. She invited me to the long training run at Lake Stanley Draper. That was my first time to run that far and run with the Landrunners. I can't even express the gratitude I had at the end of that run for this club. I continued training with the club until the end. To this day, I am in AWE of the benefits this club has to offer runners; the water, PowerAde, snacks and



*Tiffany Massie and Kevin Lynes showing off their FINISHER shirts*



*Tiffany, Her Husband Kerry, Mother Sandy, and Son Brody and Daughter Mallory*

**See Training, on page 6**

# Tell Me What You Want

*By Maurice Lee III, President*

One of my major duties as President of the Landrunners is to respond to the membership. Since I have been a member for several years and on the board for five years I've heard a lot of what members like and don't like, but we are such a large club I can't know or run with all of you. And I'm sure many of you don't really know me.

As a club we donate to various causes, help pay for shoes, sponsor school clubs and runners. What more can we do? I'd like to hear your ideas.

We are a club that also likes to have fun. We have various functions that bring us together to be able to socialize. Sometimes we do this in

conjunction with running, but not always. I'd like to hear your suggestions as to what more you'd like to see.

Do you like where we meet? Do you have a suggestion for a better venue? Let me know. Tell me what you want at [President@okcrunning.org](mailto:President@okcrunning.org) or just speak to me if you see me out and about.

*"Running should be a lifelong activity. Approach it patiently and intelligently, and it will reward you for a long, long time."*

-Michael Sargent

It is a hill of a race, Friday, July 4, 2014

6:30 am color guard  
7:00 am 10K  
7:05 am 5K run  
7:10 am 5K walk

FUNDS GO TO THE BACK TO SCHOOL BASICS PROGRAM




WINTERSMITH PARK  
Ada, Oklahoma  
Register online or more info at [www.adasunriserotary.org](http://www.adasunriserotary.org) or 580-310-4727




**SUNSET THERAPEUTIC RIDING CENTER RUN**

**Saturday, September 13, 2014**  
8:30 am • Boathouse District  
Early Registration: \$30 5K & Family Fun Trot/\$35 10K  
[www.hoofnitrun.com](http://www.hoofnitrun.com)

BENEFITING SUNSET THERAPEUTIC RIDING CENTER 



Sponsored by:



**July 4, 2014**

**Stars and Stripes Park**

**Lake Hefner**

**7:00 a.m. – Race Starts**

- \* 5th Annual Patriotic Costume Contest - \$100 Prize for winner
- \* Free T-shirt, Drinks, Snacks, & Fresh Cut Watermelon
- \* Red, White, and Blue Body Paint Station
- \* USTAF Official Timed Race | Awards for age group winners

**Register Online — [WWW.SSF5K.COM](http://WWW.SSF5K.COM)**

# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
7/4	Stars & Stripes Forever 5K	Stars & Stripes @ 7:00am
7/4	Fireball Classic 5K* & 10K*	Ada, OK @ 7:00am
7/21	Club Meeting	Devon Boathouse @ 6:30pm
7/31	Walker 2 Landrunner 5K Meeting	5600 NW 122 @ 6:30pm
8/9	Downtown Dash 5K	NW 10 & Walker @ 8:00pm
8/16	Landrunner Trail Sweep	Stars & Stripes @ 9:00am
8/16	Wet & Wild 5K \$ – rescheduled	Earlywine Park @ 5:30pm
8/16	The Blaze 5K	725 S. Lincoln Blvd @ 8:00pm
8/23	Moore War Run 5K*	Moore HS @ 7:30am
8/23	5K to Monet 5K*\$	Edmond @ 8:00am
8/23	Midnight Streak	NW 11 & Broadway @ 8:00pm
8/30	Brookhaven 5K	Norman @ 8:05am

\* Denotes Series Races

\$ Club members discount codes are listed on the Members only section @ okcrunning.org

## Landrunners In Action

### 5/12 PINE TREE MARATHON, ME

TORI DUPHORNE 6:14:58

### 5/16 OLD COLONY MARATHON, MA

TORI DUPHORNE 5:25:20

### 5/18 SHIRES OF VERMONT MARATHON, VT

BILL GOODIER 3:45:19

SHEILA MILLER 5:00:55

### 5/26 BUFFALO MARATHON, NY

BILL GOODIER 4:06:52

SHEILA MILLER 2:15:34 – HALF

### 5/28 BOULDERBOULDER 10K, CO

ROGER LEMMONS 39:42

COURTNEY LEMMONS 51:03

JOANNE HARMS 55:01

JASON BISSONNETTE 55:35

STEFANI OVIEDO 1:32:03

DJ SCOTT 1:46:24

### 6/1 WINDERMERE MARATHON, WA

DAVID BALL 3:13:58

MIKE BLAKE 3:24:09

BRENT STOVALL 3:45:59

MAURICE LEE III 4:08:28

BRYAN PETTY 4:44:47

### 6/14 LION HEART HALF MARATHON, OK

DONALD STONG 1:42:26

JENNIFER STONG 1:45:25

ERIC SHELTON 2:01:34

KEVIN LYNES 2:39:13

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

# RUN

*This Town*



**5K**

**Downtown Oklahoma City, Inc.'s Downtown Dash**

**August 9, 2014 at 8 p.m.**

This race runs through beautiful Midtown, Heritage Hills and Mesta Park! Benefits Downtown Oklahoma City Initiatives' Public Art Project. - \$35

**5K**

**Limbs for Life's Blaze**

**August 16, 2014 at 8 p.m.**

Experience a run on the peaceful Oklahoma River Trails, starting and ending in the Boathouse District. Benefits those in need of prosthetic care. - \$35

**5K**

**Oklahoma Contemporary's Midnight Streak**

**August 23, 2014 at 8 p.m.**

Race begins and ends at the future site of Oklahoma Contemporary Arts Center downtown. Benefits arts education programming. - \$35

Don't miss your chance to Run This Town during this new downtown race series, a partnership between Downtown Oklahoma City, Inc., Limbs for Life Foundation, and Oklahoma Contemporary Arts Center. Participants who register for all three races will also receive a Run This Town jacket, while supplies last!



Registration is open now!  
[DowntownOKC.com/RunThisTown](http://DowntownOKC.com/RunThisTown)

**Training continued**

course safety patrols. I may have gotten lost during our first 20 mile run. Needless to say when I arrived back to my car I had a fellow Landrunner meet me crossing Broadway. He gave me words of encouragement and congratulations! I had to be the last runner in and it was so exciting to have someone there to share that moment with. That gentleman didn't know who I was OR if I was a Landrunner member or not. He just shared the excitement with me! That is what makes this organization outstanding!

The next 20 mile training run, I was determined not to get lost. I wrote the directions on a note card and kept a runner in sight. As I caught up to my target runner, I began talking to him. As we got to know each other, I found out his daughter-in-law was my son's second grade teacher AND his name is Kevin Lynes. From that point on, he gave me wisdom, running techniques and words of encouragement to complete my first 26.2 miles.

On April 26 I sent Kevin a text to thank him for sharing his knowledge of running. He invited me to run with him at the wheelchair start. I am a special education teacher and the opportunity to meet Gracie was one I was blessed to be given! This time also afforded me the opportunity to meet so many fellow Landrunners. I was welcomed and embraced by all that I met. I was so excited that the race was able to happen as were the other thousands of runners and volunteers. As I ran across that finish line, words cannot express the emotions I was feeling. I tell everyone how much of an impact the Landrunners have on runners in this area. Even if they are not members, everyone benefits from their giving, knowledge and love for running.

As if all this giving isn't enough, the Landrunners are blessed to have "Dr. Tom" available for any and all running ailments. If one doesn't know him personally, I guarantee they have heard his name. I shared with Kevin that I had knee pain when I would engage in long runs. He suggested I talk to Dr. Tom and get his opinion. When I called Dr. Tom, he asked some questions and concluded our conversation with, "How about you come by my office Friday afternoon?"! Once again, Dr. Tom continued the Landrunners generosity. He began his thorough screening to see what my problem was. After a short time he gave his opinion, a few stretches and sent me on my way. He never once asked me to provide a membership card or membership number! THIS is GIVING!! THIS is the LANDRUNNERS!

Since the OKC Memorial Marathon training has concluded, I am continuing to run and my family and I have joined the Landrunners Club. This experience was one of which I will always remember! I will be forever grateful for the Landrunners and will once again be prepared for the next OKC Memorial Marathon in 341 days.

 **Fine Arts Institute of Edmond**  
A Non-Profit Organization



**5K to Monet**

register online @ [www.edmondfinearts.com](http://www.edmondfinearts.com)





**MOORE  
WAR  
RUN  
2014**

**Aug. 23, 2014**  
**5K  
RUN/WALK**

**7:30 am, Saturday**  
**Startline at Moore High School**

**\$30 early registration**  
**\$15 for students**  
**\$35 race day**  
**[signmeup.com/100610](http://signmeup.com/100610)**

**Pasta Party & Early Packet Pickup**  
**at Westmoore High School**

**6-8:30 pm, Friday • Tickets \$5 • Aug. 22, 2014**

- **Age group awards & finisher medals for children under 10**

**For more information: [www.MooreWarRun.com](http://www.MooreWarRun.com)**  
**405.202.1708 • #MooreWarRun**

# Perhaps We Have We Seen The Last Of These Injuries

By Tom Coniglione, MD

The minimalist craze is pretty much over: runners love them or hate them. Although runners are still tempted to try them, most continue to use the shoes they know have worked for them. Interestingly, most of the runners who use minimalist shoes are younger; there may be an anatomic or mechanical reason younger runners are better suited for minimalist shoes.

Previously, in the Landrunner Newsletter, we have commented on the injuries caused by minimalist shoes including Achilles tendonitis, plantar fasciitis, calf muscle strains and metatarsal fractures. Before the final chapter is written on minimalist shoe injuries, we have another minimalist injury to report. This injury may be related to the shoes themselves, or to the forefoot-strike that goes with use of minimalist shoes.

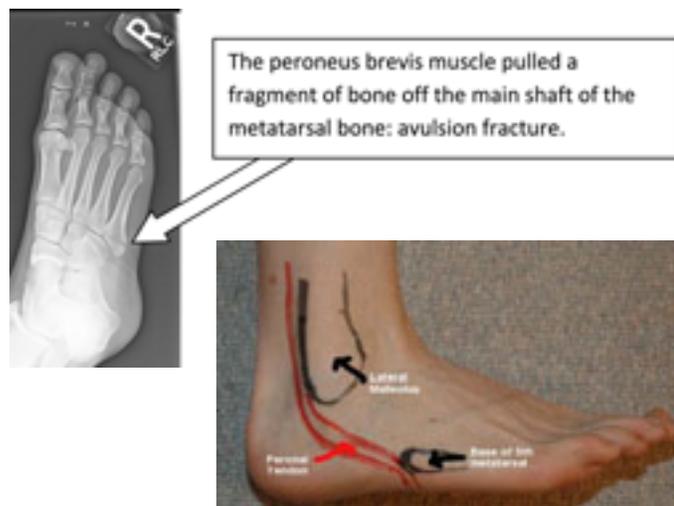
An experienced male runner who had run more than 60,000 miles in many different shoes, changed his foot strike. Well, he said he tried to change his foot strike (whether any runner can permanently change his foot strike is debatable). At the time he tried to change his foot strike, he switched from his usual shoe with a 9-11mm drop to a 4mm drop shoe. There is no standard definition of a “minimalist” shoe, but all would agree the minimalist shoe has less of a heel to toe drop off. A drop off of 4mm or less would meet most definitions for minimalist.

Over the next year, he developed pain on the outside of his right foot at the base of the smallest toe. The pain was worse when running uphill, turning to the outside or pivoting on the injured foot. On exam, stress testing of the peroneal tendons reproduced his pain. The bony prominence at the base of the smallest toe was tender. X-rays confirmed the presence of a fracture where the peroneus brevis muscle attaches.

There was a time when peroneal tendonitis was a rare running injury. Over the past 24(±) months, we have seen an increase in runners with peroneal tendonitis. At first, the increased number with this injury did not get much attention; we simply treated them. As time progressed and there were more runners with peroneal tendonitis, we tried to find the common denominators among those runners and we did. Most were wearing minimalist shoes.

When we see runners with injuries, two questions must be answered. First, what is the injury? Second, how did the injury happen? Knowing how the injury occurred helps us to figure out what the treatment program should be. Peroneal tendonitis is not a recorded minimalist shoe injury. When we did our minimalist shoe-injury research with the scientists in San Diego and Houston two years ago, peroneal tendonitis was not one of the injuries we found.

From reviewing our runner injury records, we know there is a relationship between minimalist shoes and peroneal tendonitis. Is the relationship to the shoes or to the forefoot striking? The peroneal tendons have two main functions. First, the peroneal muscles and tendons stabilize the outside of the foot and counterbalance some tendons on the inside of the foot. Second, attaching to the middle of the foot, the peroneals are used to drive the front of the foot off the ground. When the runner lands on the forefoot, there is more need to use the peroneals to propel forward off the ground.



**See Injuries, on page 10**



PHOTO BY CHRIS BARNES, DC, TALKSPORTSDOCTOR.COM

Gateway MORTGAGE GROUP • 29<sup>TH</sup> ANNUAL  
**BROOKHAVEN RUN**  
BENEFITING NORMAN & NORMAN NORTH HIGH SCHOOLS CROSS COUNTRY PROGRAMS



**AUGUST 30, 2014**  
HOME OF THE OKLAHOMA 5K RECORD • ARON RONO 13:51

**7:30 am: 1 Mile Fun Run | 8:05 am: 5K Main Event**  
**Brookhaven Village, Home of OKRUNNER, W. Robinson & NW 36th, Norman, OK**

*Oklahoma's #1 5K and one of the state's oldest running events (29 years)*  
*Run with the most elite field of professional runners in the state!*

Norman hotels available Friday night  
Run Saturday morning and cheer on the **Sooners at 6 pm in Norman**  
or cheer on the **Cowboys that evening in Arlington**

**EVENT DETAILS AND REGISTRATION: [BROOKHAVENRUN.COM](http://BROOKHAVENRUN.COM) | 405-447-8445**

### ***Injuries continued***

Knowing the boot camp and Cross Fit techniques (burpees, plyometrics and box jumps) one would assume peroneal tendonitis would be seen with some regularity with these workouts. As we try to limit our patient population to runners, we may not be the ones seeing peroneal tendonitis in the Cross Fit population.

Don't despair running friends. We understand peroneal tendonitis and there is a good treatment plan.



Here is a short update on an article published in the Landrunner Newsletter in August 2012. In that article, minimalist shoes and Daniel Lieberman's research were discussed. In short, Lieberman's lab at Harvard was funded by Vibram, maker of the Five-fingers running "shoe." Lieberman's research indicated the Five-fingers "could" reduce foot injuries by strengthening the muscles of the foot. At that time, there was no other research that showed Lieberman's assertion to be correct.

We suggested in 2012 that Lieberman could be accurate, but subsequent research was needed to know for certain if he was correct. Vibram took Lieberman's "research" and advertised that runners should use its Five-fingers to decrease foot injuries. Since then there has been no research to confirm Lieberman's theory. Actually, newer research has shown the opposite.

Earlier this year Vibram settled a lawsuit for false advertising and agreed to refund \$3.5 million to people who purchased their Five-fingers. The lawsuit involved only Vibram's sold in Massachusetts. Perhaps that suit will put an end to the Vibram claims.

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## **Dolphin Pose**

*By Jennifer Henry*

Come to knees and place forearms on ground with elbows in slightly closer than hands. Curl toes under and lift hips into air to begin to straighten legs. Pull ribs in and lift through your core to keep spine neutral. To modify keep knees bent and place block between forearms. For advanced, lift one leg. Stretches hamstrings, calves, back, shoulders and triceps.





9TH ANNUAL

# SPIRIT OF SURVIVAL

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10.05.14

USATF CERTIFIED

## Hulkin' Half Marathon

13.1 miles

## Quarter Marathon

6.55 miles

## Superhero 5K

3.1 miles

FAMILY EVENTS

## Superhero Kids Marathon

25 miles before Race Day and 1.2 miles on Race Day

## Leah M. Fitch Spirit Walk

One mile

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# Doing the Little Things: Utilizing Other Healthcare Professionals

By Camille Herron

One thing I often talk about is “Doing the Little Things” that ultimately make a big difference. One of these little things is seeking out the right “Other Healthcare Professionals”. Nothing can be more frustrating than having a pain you can’t get rid of and not knowing who to turn to! I thought it would be helpful to write about some of the people and resources I’ve utilized over the years.

## Massage Therapist

When we lived in Indiana, I had a massage therapist in Carmel that I would drive to see approximately every two weeks. I found him especially useful during the wintertime, when my body would get beat up from running on the uneven ice and snow. I first started utilizing him on a regular basis when he offered me a deal to work with him for a few months leading up to the 2008 Olympic Marathon Trials. Ironically during this time (and five weeks before the Trials), I slipped off an icy curb during a long run and tore my calf; in hindsight, I believe I fractured my fibula and trained through it! I had half-a-tennis-ball-sized hard knot in my calf. Between his work on my calf and taking hot baths, I was able to keep myself running, so I could toe the line at my first Trials.

I continued to go to him for four years, which helped with both body maintenance, which is huge when trying to perform at the highest level and stay healthy for major races, and also for troubleshooting various soft tissue pains. He got to know my body well enough to know which areas were most over-used and needed the most work and also if my mechanics ever changed, compensating for a pain elsewhere.

At the present, I’ve found massage therapy most helpful for recovering faster from marathons. The people in the Oklahoma City area I’ve utilized are Rocky Chen and Kate O’Halloran.

## Chiropractor

I’ve been visiting a chiropractor on an infrequent, and sometimes frequent, basis going back to high

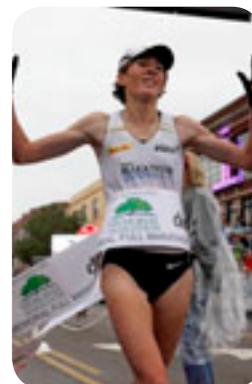
school. My experience with chiropractors is they have a different way of thinking and utilizing tools, whether with their hands or other resources. Most people probably think of chiropractors as being needed for back pain, however, I’ve rarely ever had back pain. My first time seeing a chiropractor in high school was after I fell and got trampled in a race. My hip and alignment felt off so I went to see my Dad’s longtime friend, Dr. Harold Owens. Sure enough, my alignment was off and after a few adjustments, I was good to go!

I learned over the years that Dr. Owens was much more skilled and knowledgeable beyond just chiropractic care. He’d gone to China to learn how to do acupuncture. Some issues of mine that he was able to completely cure with a few treatments included IT Band pain, sciatica, and stress fracture pain in my femur. One issue he wasn’t able to treat was hernia pain and when he couldn’t treat it, I knew I had a much more serious issue (that is it needed surgery)! It’s this sort of troubleshooting, hands-on treatment, and thinking about the whole body that usually makes me utilize a chiropractor first. If they can’t cure the pain, I know I have something more serious or need to see someone who uses different tools.

As of recent, chiropractors are getting additional training in ART (Active Release Technique) and Graston, which have proven effective for treating

**See Healthcare, on page 14**

Camille Herron, a native Oklahoman, is a 2-time Olympic Marathon Trials qualifier with a personal best time of 2:37:14; 11-time marathon winner; and represented the US Team at the 2011 Pan American Games. She’s coached by her husband and OCU Head XC/Track Coach, Conor Holt. She holds B.S. and M.S. degrees in Exercise and Sport Science. She currently runs professionally for Marathonguide.com and Powerbar, is a Research Assistant at the OUHSC, and serves as a volunteer Assistant Coach at Oklahoma City University. She can be contacted / followed via Facebook, Twitter, or through: [www.camilleherron.com](http://www.camilleherron.com)



# HITS

RUNNING FESTIVALS



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©Dr. Chris Barnes Photography and OKC Convention and Visitors Bureau

**Healthcare continued**

soft tissue injuries. I see Dr. Kevin Jones in the North Oklahoma City area. I've had some issues with high hamstring tendinopathy ("pain in the butt"), which Kevin was able to help me resolve with regular, twice-a-week ART treatments for a few months.

**Physical Therapist**

As mentioned, I had hernia surgery in 2010. Being in Indiana, I got to work with the St. Vincent Sports Medicine professionals, who work with USATF/USOC and treating some of the best U.S. stars. For four months, I worked with a PT who prescribed exercises for me to do to help my body get balanced and symmetrical. Just like with running, it was exciting to do the exercises on a regular basis and see and feel improvements. This kept me motivated to perform the exercises "to a T"! I've actually continued to do some of the exercises when I've had related issues.

More recently, I worked with PT, Terri Cassel up in Tulsa, on doing dry needling and ASTYM to treat plantar fasciitis. As with chiropractors, PTs are great at looking at the whole body as a kinetic chain and addressing an issue with whatever therapeutic means that are within their scope.

**Pedorthist**

My first experience working with a pedorthist was back in high school when I got orthotics made to help me get over my left foot issues. For those who don't know what a pedorthist is, they have specialized training in modifying shoes and creating supportive devices that address feet and lower limb issues. I got out of wearing orthotics after four years and was able to address foot deficiencies through barefoot running and wearing more minimal shoes (back in 2003).

Flash forward 9-10 years. I had a longtime peroneal/cuboid issue in my right foot from tweaking my foot back in 2009. When we moved back to Oklahoma in 2011 and I saw the local physicians, they told me to see Pedorthist/Shoe store guy, James Drain, at Elite Feet in Edmond. I was blown away by how he thinks! As mentioned about the other healthcare professionals, he has a different way of thinking and utilizing his expertise to troubleshoot issues. While he was able to modify my shoes in a

way to provide pain relief, it was his observation of my insoles and the recommendation that I needed a softer insole that ultimately solved my 3 year long foot pain!

Collectively, I hope mentioning these healthcare professionals will give others an idea on how to address their body issues. I feel fortunate to have found a great team of healthcare professionals in Oklahoma to keep me running!

*7th Annual*  
**Heels for Hope**  
*"Kicking Ovarian Cancer with Style"* FOUNDATION

9.13.14

*5k Run • 1 mile walk*  
*25-yard high heel & feather boa dash*  
*Wheeler Park on the Oklahoma River*  
*Registration at 6:30 AM*  
*Race begins at 8:00 AM*

**For more information:**  
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 Proceeds benefit the Heels for Hope Foundation  
*in memory of Rosemary Persa*  
 Ovarian Cancer Warrior
 

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NOVEMBER 22-23, 2014 | TULSA, OKLAHOMA

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July 2014

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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



### Club Meeting

Monday, July 21 @ 6:30p.m.  
Boathouse, 725 S Lincoln Blvd

### Walker to Landrunner 5K Meeting

Thursday, July 31 @ 6:30pm  
NW Library, 5600 NW 122<sup>nd</sup>

### Fall Marathon Training Starts

Saturday, Aug 2

### OKC RiverSport Group Run

every Tuesday @ 5:30pm  
Boathouse, 725 S Lincoln Blvd

Check the club's website or Facebook page for more details.