

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

November 2018

Issue No. 271

Group Run for Beauty and Bling

By Lissa Wohltmann

Picture this. Bar Harbor, Maine, September 15, 2018. The temperature was perfect for running, no wind, blue skies and no corrals at the start of the 41st Annual Bar Harbor Bank & Trust Half Marathon. Yes, that's what it was like when seven of us from the Bagel Bunch (formerly the Edmond Running Club-light) ran inside the Acadia National Park. We usually pick a destination half every year and this one was chosen, in part, because it was capped at 400 runners. The Park could not handle more participants plus I saw the photos of people running under these beautifully sculpted arched bridges created from natural rock and I was hooked.

Running with only 399 other people, for me, is a lot more fun because I don't get all worked up, nervous and out-of-breath before even taking my first step. It's pretty relaxing despite the undulating (read: killer) hills. I got to talk to people from all over who actually helped increase my pace and made me forget I was running uphill.

For example, Mr. Redshirt, aka Ben, and I got to talking about both Maine and American politics. The discussions became so engrossing that we were eventually running about 25 percent faster than our regular pace (and we had similar views!) After the fifth water stop, though, I had to take a break and let Ben move on. He thanked me for the extra running boost as I stopped to sip some Gatorade-like substance. I'm glad I did, though, because the view really was literally breath-taking. I nearly fell into another runner who was also ogling Mother Nature's trees, mountains and waterways. After about four minutes of "ooh ah" and "oh wow" and "OMG –

that is unbelievably beautiful", I finally moved on. It wasn't until mile 10 or 11 that I realized there were hills and this was an extremely difficult run.

"Some of us realized there were hills around mile one," Layne Hamilton joked. "Including a 10 mile hill between mile posts six and seven."

All of our times were slower and more painful than normal, yet our group did return with some well-earned bling in the 10-year age groups. Linda Kessinger won first in her age group; Layne Hamilton and Rick Buschelman were second and third, respectively, in their age group. The competition was so fierce that the overall winner ran the entire race in 1:09. Perhaps he never stopped to take pics of all the gorgeous scenery.



Lee Kessinger, Linda Kessinger, Lissa Wohltmann, Layne Hamilton, Carole Call, Rick Buschelman, Liz Buschelman and Elizabeth Aranda

President's Message

By Dana Sue Campbell, Landrunner President

It makes me giddy to be part of a supportive running group! The Landrunners have many runners that give so much of their time volunteering and it make me so PROUD! I have been busy and it has led me to find my happiness in being your leader and being your friend in the running community! I absolutely love volunteering and making it all about you! You Matter to me! Now as my time as the Landrunner President nears an end, I will be reflecting on many fun happenings in 2018!

1. My first bus ride: Oh what a ride! I was super scared to ride a bus to Ardmore, Oklahoma. I could not have made the trip if the Landrunners did not support me. I managed to have a fun ride. I ran in the A2A half marathon. My run time made me happy as I ran 2:07:11 and I placed in my age group and the best part of the whole race was going back out on the course and helping other runners run in! It was such a beautiful course.
2. The week prior to the race. I was in the Arbuckles for two nights to be in a Sci fi film called *Dawnseekers*. It will be on Netflix for rent or sale this month. It is kind of cool to be an extra on a movie set. I only got the role because I was a runner and Native American.
3. Running in Cowtown and running in the OKCMM! I have many, many stories and I will share with you next letter.

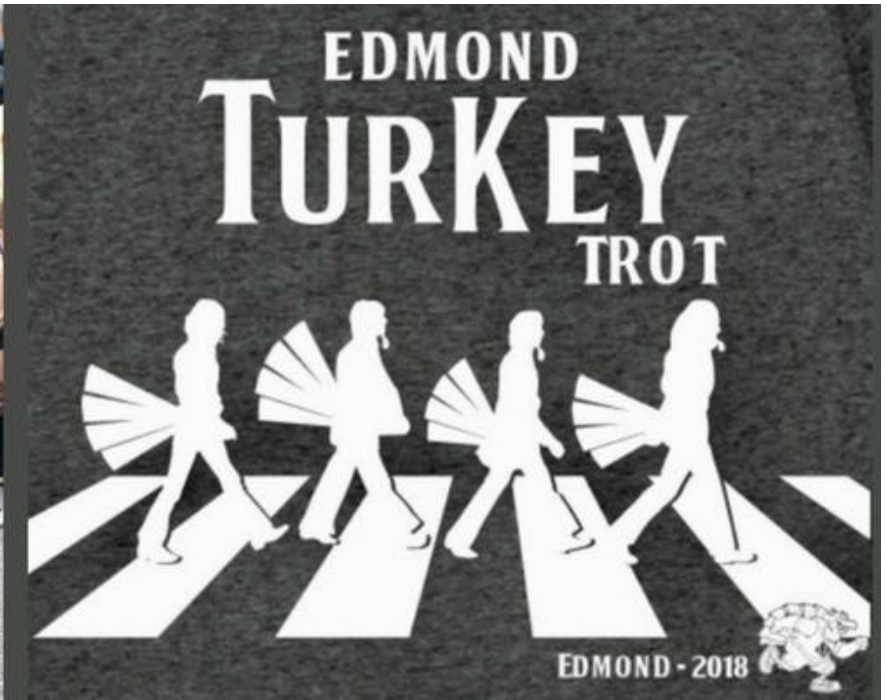
As a runner and being a Pawnee Native American, it has made me aware of family values, time spent with family and being more respectful to others. I have always respected my parents, teachers, running friends and close friends. I feel a tranquil spirit over me as I run in many of the beautiful towns in Oklahoma - Kingfisher, Ardmore, Elk City, Owasso,

Pryor, and Andarko to name just a few. When I run I'm in a reposeful mood. I'm more peaceful and calmer. I look up at the sky and when I see an eagle, I feel as free an eagle! When I see a deer at a park or trail, I become calm in the beauty of the deer. The Pawnee traditions like being hunters, runners, and family are a part of me. Although I do not hunt, I respect the buffalo, coyote, deer, rabbit, and many animals that hunt for food. Fun facts about Pawnee, they are light footed and spiritual people. Pawnee people helped the soldiers steal horses because they are light footed and speedy runners. As I grow older I am not feeling so light footed or speedy but I'm feeling more passionate for the last runners who come in at the back of the training run / race. I feel more passionate to be a part of the support crew/training committee. I'm honored to be a very small part of it.

We could never have the training runs without our training committee leaders: Chuck Mikkelson, Mary Mikkelson, Dr. Tom Coniglione, Steve Wells, Diana Lindsey and Matthew Wilcoxon. Also thanks to the merchandise committee members for coming out to the training runs to sell hydrapouches, shirts, buffs, etc. - Lacey Norton, Gaile Loving, and Barb Wells. A HUGE shout out to our awesome water stop volunteers for the fall training cycle - Stephen Abernathy (Amazing Realty), the Boeing Running Club, Select Physical Therapy, Allegiance Credit Union, and Heels for Hope.

As always, I INVITE you to join or be a part of a VOLUNTEER GROUP. TRUST ME – THIS IS THE BEST DECISION THAT I'VE EVER MADE! This has been the best year! Love **MY LANDRUNNERS!**

Dana Campbell, President



EdmondTurkeyTrot.com

**Nov.
22nd 2018**



5k, 1 Mile - Family Friendly

- Proceeds Benefit Turning Point Ministries -

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
11/3	SNU Homecoming 5K	SNU Football Stadium @ 8:00am
11/3	PC Cancer Classic 5K	Wheeler Park @ 8:30am
11/3	Miles against Melanoma OK 5K	Edmond Mitch Park @ 8:30am
11/3	Little Heart Run 5K*	Regatta Park @ 10:00am
11/17	Chill Your Cheeks 5K*\$	Yukon Chisholm Trail Park @ 5:00pm
11/18	Route 66 Marathon*	Tulsa @ 8:00am
11/22	Edmond Turkey Trot*\$	Edmond @ 8:00am
11/24	The Creek Run 5K*\$	Quail Creek @ 9:30am
12/8	Sandridge Santa Run 5K\$	Downtown OKC @ 9:00am
12/11	Christmas Potluck Social - Deer Creek Village Clubhouse, 6101 NW 155th St	@ 6:30pm
12/31	Opening Night Finale 5K	Bicentennial Park @ 3:00pm

* Denotes Series Races

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

Landrunners In Action

6/3 SAN DIEGO HALF MARATHON, CA

GREG HARPER 2:33:35

9/7 GREAT SMOKY MOUNTAIN HALF & 5K, TN

MARIO ABRAMSON 2:08:44 – HALF
MARIO ABRANSON 26:17 – 5K

9/15 BAR HARBOR HALF MARATHON, ME

RICK BUSCHELMAN 1:51:25
LAYNE HAMILTON 1:51:38
CAROL CALL 2:23:46
LINDA KESSENGER 2:30:23
LISSA WOHLTMANN 2:40:04
LIZ BUSCHELMAN 2:48:15

9/16 XTERRA TRAIL NATIONALS, UT

ADRIAN WOLFORD 3:39:50 – 21K

9/16 TWO BEAR HALF MARATHON, MT

JULIA ELLIS 2:16:14

9/29 MOTHER ROAD HALF MARATHON, KS-MO

HEATHER PUCKETT 2:28:17

10/7 CHICAGO MARATHON, IL

ROBERT BROWN 3:36:27

10/7 TWIN CITIES MARATHON, MN

STEVE WELLS 4:17:06
JAMIE KILPATRICK 4:44:47

10/14 PRAIRIE FIRE HALF MARATHON, KS

RANDALL WARD 6:17:16
JERRY GLASGOW 1:58:01 – HALF
BETSY HILBURN 2:13:18 – HALF
KELLY HILBURN 2:26:28 – HALF

10/21 DETROIT FREE PRESS INTERNATIONAL, MI

DONNA KIPER 3:29:13 – HALF

Click the link on www.okcrunning.org/newsletter page to submit out of state results. Send photos and stories to news@okcrunning.org

Saturday
November 17

5K Run — 5:00 p.m.

Chisholm Trail
Pavilion

CHILL YOUR CHEEKS




5K


Yukon's
BEST
OKLAHOMA

TIS THE SEASON

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Registration
5K Run

Online	Early Bird		Day Of
RaceEntry.com by Nov. 14	Through Oct. 26	After Oct. 26	November 17
	\$25 Adult \$20 Youth	\$30 Adult \$25 Youth	\$40 Adult \$35 Youth

For more information, please call 405.350.8920



Jingle Walk

Enjoy a one mile stroll through the millions
of beautiful Christmas lights!

4:30 p.m. - Mascot Jog | 5:00 p.m. - 5K Run | 5:30 p.m. - Jingle Walk

Who Is This?

Tom Coniglione, MD (No, this is not me 😊)

Some people are chronically depressed. Others become depressed intermittently based on situations or circumstances.

Let's skip the whys, hows and chemistry of depression and get to the "what to do."

There are biological, cognitive and social aspects to depression. Depressed people tend to isolate themselves. So getting into an environment where you are not isolated is important. Think about the long weekend runs: good medicine for depression.

For depression, doctors can prescribe medication, herbal remedies or cognitive behavioral therapy (CBT).

What works as well as drugs, potions or therapists? You guessed it: exercise.

Joining a group for some collective exercise may add to the exercise benefits for depression. Think of collective exercise as team sports. Collective exercise adds accountability to the equation.

Think of collective exercise as being part of a running group. When you do not show up for a group run (or two), people start asking where you were.

A final thought on the anti-depression effects of running. Most of us have had something go wrong with our running program - injury. At times, to treat the running injury, we have to stop or cut back on our running. When you reach this point, you know what depression is.

HUMAN BEINGS ARE SOCIAL. BEING SOCIAL MEANS INTERACTING WITH OTHERS. WHEN WE RUN, WE ARE INTERACTING, WE ARE ACCOUNTABLE AND DOING SOMETHING VERY IMPORTANT TO LONG TERM HEALTH.

RUNNING IS THE BEST MEDICINE FOR DEPRESSION!!



EVERYONE IS INVITED TO THE
CREEK RUN

5K and 1 Mile Turkey Trot

Saturday, November 24th, 2018

9:30 am



Join us for the 3rd Annual Quail Creek Run, located throughout the wonderful neighborhood of Quail Creek. This run is a Turkey Trot for experienced runners, 1st time 5k runners, strollers, walkers and children to enjoy through a beautiful neighborhood.

Join us immediately following the race for Party in the Park where you can enjoy delicious food from some of OKC's local food trucks, as well as music and holiday adult beverages for purchase. Santa will be making an appearance so be sure to bring your kids and pets for pictures!

**Quail Creek Park
Oklahoma City**

**Party in the Park
(following the run)
10:00 am – 12:00pm**



Quail Creek
HOMEOWNERS ASSOCIATION



FIRSTLIBERTY
BANK

Registration & More Information www.QuailCreek.org

Get What You Give

By Matthew Wilcoxon

There was a time in my life when I played quite a bit of golf. I started playing back in high school and continued to play through much of my time in the Air Force. In fact, my graduation present was a custom set of golf clubs. My primary sport was running but my secret passion, for much of my early life, was golf. I worked at the local golf course just enough, so I could play for free every now and then. I talked to pros and played with people much better than me hoping maybe I could catch a tip or two that would improve my game. If I hadn't found the cross-country team early, I'm sure I would have been on the golf team.

With all the time, money, and effort I put into playing golf I never got any better. I found my golf scores were the same year after year, only varying slightly, usually due to the amount of beer I drank on the course that day. I'm convinced I could have played every day for the rest of my life and not lowered my scores by any significant amount. Golf just isn't one of those sports where increased effort will easily bring about improvement. No, to improve in golf requires a focus on the small details of the game. You need more than just more time on the course.

Running, however, is one of those rare sports with a direct correlation between singular effort input and results. Although a good training plan helps greatly, you can usually just increase your weekly mileage (safely of course) and see improvements in your running. The more you run, the better you feel, and the better you feel the more you want to run. The best motivation for continuing an activity is feeling better and getting better and running, more than most other activities, gives you that. Whether it's the endorphins that flood our body after a good hard run, or the self confidence that comes from finishing a new distance, those warm internal feelings of accomplishment stick with us long after the competitive drive, or some vain desire for external validation fade away. Maybe without even realizing it, our subconscious learns that the more we run, the better we feel, and it drives us to want to do it more and more.

The evidence of this is all around us in our club. One of my favorite things is to talk with a new runner on week one of our training and then again on week 10. On week one, they will usually downplay their ability to run and question whether they can make the distances on our training plan. They'll say why they are only going to train for this one half or full marathon and then they'll be done with running. Then on week 10 they will talk about what race they want to run next or how they want to run a longer race now. The transformative power of running is on display every training season. It makes my heart smile to see these achievements year after year and it also make me love this sport of ours just a little bit more. I can think of no other activity that transforms people like running can and much of this is due to its unique effort-based results.

We all run for different reasons. We all come from different places. We have different views on the world. In so many ways we are different, but we are drawn to one another because we share the common phenomenon of a good run.

FINALE
OPENING NIGHT

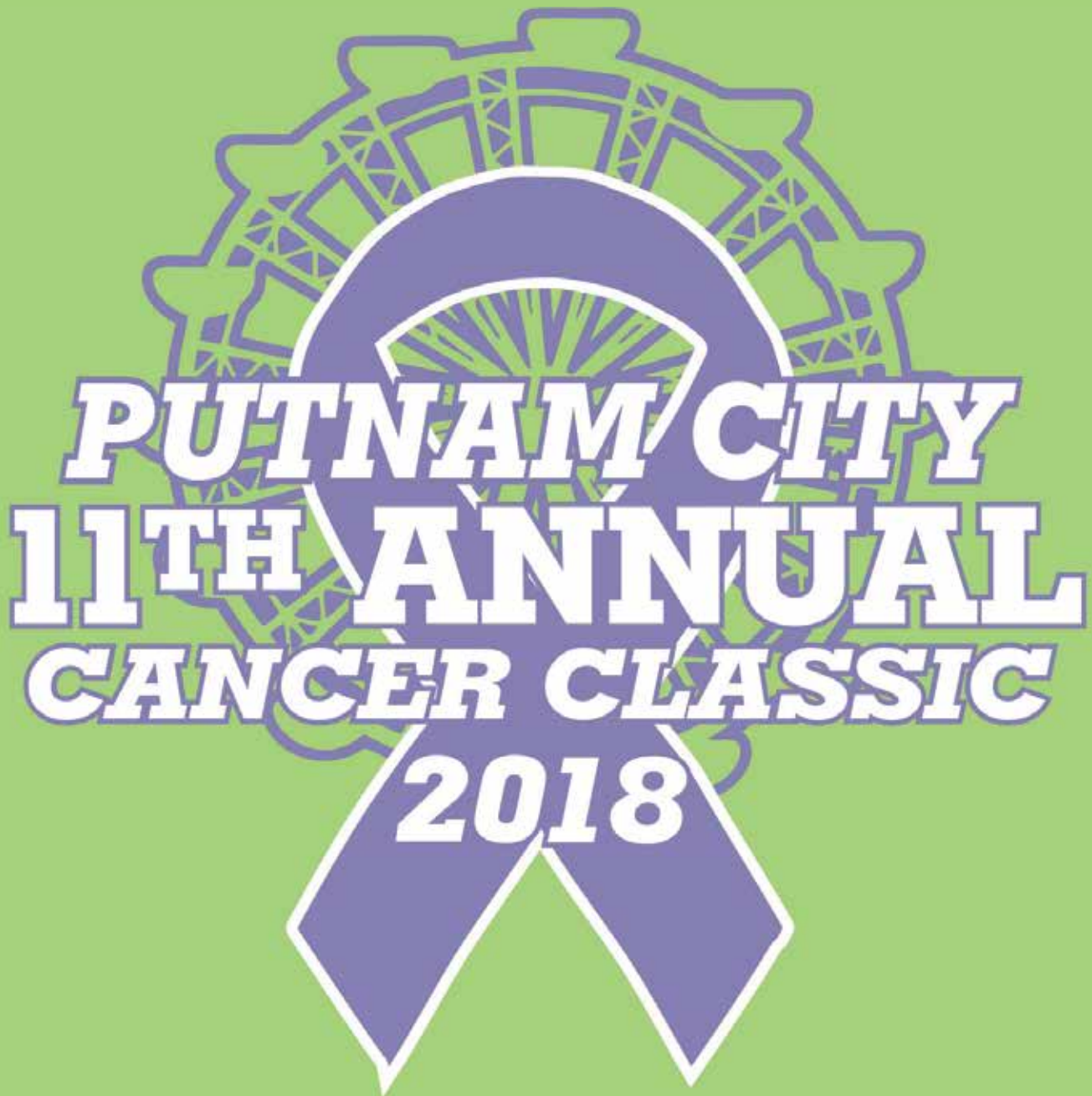
5K

12/31 | 3PM **DOWNTOWN OKC**

LIVE ENTERTAINMENT
MULTIPLE PRIZES INCLUDING
MOST FESTIVELY DRESSED
FAMILY & PET FRIENDLY
USATF CERTIFIED COURSE
\$30 THROUGH DEC. 13TH
\$35 THROUGH RACE DAY

REGISTER AT
ARTSCOUNCILOK.COM/FINALE5K

ARTS COUNCIL
OKLAHOMA CITY



5k and Fun Run

Benefiting cancer research at the Oklahoma Medical Research Foundation

Saturday, Nov. 3 • Wheeler Park, 1120 S. Western

5k / 8:30 a.m. • Fun Run / 10 a.m.

Register at www.pccancerclassic.com



All runs begin and end at SandRidge Energy (123 Robert S. Kerr Ave.) where there will be free snacks, a photo booth, face painting and other kids activities. Cash prizes will be awarded to the top three overall finishers and medals will be awarded to the top three male and female finishers in each 5k age group. All runners are invited to dress up in their most festive holiday attire for cash prizes in a costume contest afterward!

CHECK IN	—————	7:30AM
1 MILE FUN RUN \$20	—————	9:00AM
5K \$35	—————	9:30AM

FOR MORE INFORMATION OR TO REGISTER NOW, VISIT DOWNTOWNINDECEMBER.COM



SignUp

th Annual

April 28, 2019

okcMarathon.com

Changing the Course of OKC



Proceeds benefit the Oklahoma City National Memorial & Museum.





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November 2018

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Oklahoma City, OK 73154

Visit The Landrunners Online:

www.okcrunning.org

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



Christmas Potluck Social

December 11 @ 6:30pm

Deer Creek Village Clubhouse
6101 NW 155th St

2018 Fall Training ends Nov 10

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