www.okcrunning.org

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

August 2007 - Issue No. 136

Running and runners are interesting!

by Jack Rector

While standing and waiting for results at the June 23, The Runner's Super Summer 8K, marathoner Emily Rosenberg (pictured right) smilingly walked up and inquired about 2007 Fall marathon training. I told her Sherri and I weren't coordinating Fall training, but that The Runner plans to. Then I went into my regular spiel of training starting Saturday, August 4, so that runners can train for a choice of several nearby marathons...Dallas, Tulsa Route 66 and Wichita, to name a few. Then I asked her which one she might be interested in. With a bit of a proud smile on her face she said.... Athens!

Athens?

"Yes, Athens, Greece," she said.

Emily will run the Sunday, November 4, Athens Classic Marathon from the ancient city of Marathon, to the famous Panathinaikon Stadium in Athens. She will run in the footsteps of the news- bearing foot soldier Phidippides, who ran 25 miles and announced - with his last words - the victory of the Greeks against the Persians in the battle of Marathon (490bc). With a great deal of envy on my part we began talking about the details of her trip.

Emily is a Dr. of Psychiatry at the Veteran Administration Hospital in OKC. "I grew up in New York City and lived there all through college," she said. "In 1975 I moved to Oklahoma City and went to graduate school, medical school and residency at OU Health Sciences Center," she added.

" I began running in 2003, because a group of women at the hospital were getting up a team for the Memorial Marathon and asked me to run a 5K leg". In '04 she did the OKC Memorial half. Emily ran the Chicago Marathon in '05, where her daughter, attending Northwestern University, met her at the finish line. Emily's next marathon was the OKC Memorial in '06. This year she ran the Memorial with a 5 person team. Though Emily has been a Landrunners member for 3 years she had never trained with us. In 2006, she ran the new Tulsa Route 66 Marathon and joined Landrunners 2006 Fall training group. That's when many of us came to know her.

When asked if the Greece trip was a holiday or business, her answer to that was

*See **Rosenberg**, continued on page 4*

Hot, Busy Mid Summer Highlighted By Great Events

Is it really July? Where did all of these races come from? It's been an unusually busy racing month for mid-summer. Fortunately, the weather had not yet turned hot.

The month's lead off race was the annual 4th of July Bethany Freedom Run. This race is sponsored by Ron Kuykendall and Ron's Sports World, and as usual they put on another outstanding event The race is a benefit for a young Bethany girl named Hattie who hopes, with the proper medical care, to some day be able to walk. Ron out did himself again with numerous door prizes after the race.

That race was followed up two days later on Friday with the 2nd race in the Summer Sunset Series at Earlywine Park. A large crowd showed up on a pleasant summer evening for the kids sprints, a 5K, and 1 mile events, followed by complimentary pizza, pop corn, and drinks, and the large screen outdoor showing of Charlotte's Web. They even had bug spray to help fend off the mosquitos. It was a wonderful family event and I'm looking forward to the next one on August 3rd on the Oklahoma River Trail.

The following day things really got interesting. Athletes had to pick between the St. Gregory's 5K in Shawnee and the off-road Draper Du at Lake Draper. For those who just couldn't get enough, on Sunday the Tri Club followed up the off-road event with the on-road Draper Du. It capped off a great weekend of friendly competition and family fun.

Our July membership meeting featured Susie Fuller who is a professor of kinesiology and health studies at UCO. Susie, who is a runner herself, delivered an outstanding program to the over 60 people in attendance and stayed around afterwards to answer everyone's questions. Her talk was on nutrition for runners and focused on training and racing. She gave us a wealth of information which is accessible through the Landrunners web site, www.okcrunning.org. Be sure to check it out.

We have an exciting fall coming up with three club parties, marathon training sponsored by The Runner, and numerous races. I look forward to seeing you at these events.

Good running to all,

Bill Snipes
President

New Landrunner Members

June 22, -July 20, 2007

Debbie Sutliff, Cliff Rampey, Joel McCarty, Marcia Eustaquio, Caroline Mathis, Jeff Cockrill

Upcoming Landrunners Meetings/Socials

Date	Meeting / Social	Location / Time	Speaker
Aug 20	Club Meeting	Ingrid's Kitchen @ 6:30 pm	TBA

ROUTE 66 MARATHON

Route 66 Marathon
November 18, 2007

TULSA WORLD
ROUTE 66 MARATHON

Oklahoma's Fall Marathon

Last November over 3,000 participants rocked Route 66 and gave The Route 66 Marathon rave reviews. 2007 promises more improvements, including the addition of the Quarter Marathon and Kids Marathon. The race will also feature a flatter course, downhill finish and less concrete. Whether you plan to run, cheer or volunteer, you'll enjoy the on-course entertainment, post-race concert and car show. Runners will be treated to an incredible Finisher's Food Tent... and, of course, the free beer will be back!

Register online at Route66Marathon.com

TULSA WORLD

RunnersWorld TULSA

new balance

Benefiting the Tulsa Area United Way

FULL MARATHON - HALF MARATHON - QUARTER MARATHON - MARATHON RELAY - KIDS MARATHON

***Rosenberg**, continued from page 1*

also a surprise. "I belong to the Oklahoma City International Folkdancers and have been on cruises with folkdancers from around the country. The club travels each year to a different nation" she excitingly said. Emily has danced in Vietnam, Blue Danube and Adriatic Sea area. She also enjoys contra dancing which is similar to square dance. "After I had signed up for the Greece and Turkey dance trip, one week on the mainland and one week cruising the Greek Islands, I was looking in Runners World to see if I could find a run". Her dance trip is over Friday, November 2, in Athens, and that very evening joins a Jeff Galloway Athens Marathon Tour. She runs the Sunday, November 4, Athens Classic Marathon with Galloway and thousands of other runners, and returns to the U. S. with the Galloway tour.

So when we are deep into Fall marathon training, chat with Emily and catch her enthusiasm.

Pictured Left: Landrunner Emily Rosenberg finishes the 2006 Route 66 Marathon in Tulsa.

CHILL YOUR CHEEKS
5k Run & Jingle Walk
Saturday, November 17

Adult Price w/T-shirts $15
Child Price w/T-shirts $10
"Napper" Shirts $15

YUKON PARKS AND RECREATION

You may receive a registration form by calling 350-8920.

Run with the Top Field of All Oklahoma Races!

Presented By: OK Runner · Brookhaven Village

22nd Brookhaven Run

September 1, 2007

36th Ave NW and Robinson (1/2 mile west of I-35 and Robinson) • Norman, OK

Registration Fees

Before Race Day - $17 ($12 without t-shirt)
On Race Day - $20 ($15 without t-shirt)

Registration & Packet Pick-up

August 28 & 29 — 10 a.m. to 7 p.m.
at OK Runner in Edmond (33rd & Broadway)
405-285-1455

August 30 & 31 — 10 a.m. to 7 p.m.
at OK Runner in Brookhaven Village
36th Avenue NW and Robinson
Norman • 405-447-8445

Race Day Registration

6:30 a.m.
5K Registration must close at
7:40 a.m. sharp for an on time start

Online Registration

Register at www.signmeup.com

Starting Times

1-Mile Fun Run/Walk
7:40 a.m.

5K Wheelchair
8 a.m.

5K Race
8:05 a.m.

Kid's Under 12 Races (FREE)
9 a.m.

Ages 10 & 11 Boys & Girls – 400 Meters
Ages 6-9 Boys & Girls – 200 Meters
Ages 5 & Under Boys & Girls – 50 Meters

For information, call (405) 447-8445 or visit www.BrookhavenRun.com

Course

USATF/Oklahoma/LDR certified and sanctioned 5K-flat, scenic course with accurate splits each kilometer.

Water on course and finish

- No dogs or animals allowed on the course (insurance requirement)
- No baby strollers or bicycles allowed on the course (insurance requirement)

Prize Money

Male/Female Open
To qualify for Open prize money, men must finish sub 16:00 and women must finish sub 21:00

1st – **$500**; 2nd – **$300**; 3rd – **$200**; 4th – **$150**; 5th – **$100**; 6th – **$75**; 7th – **$50**; 8th – **$25**

Male/Female Masters (non-WAVA)
To qualify for Masters prize money, men must finish sub 18:00 and women must finish sub 22:00

1st – **$150**; 2nd – **$100**; 3rd – **$50**

$1,000 added for setting new Oklahoma State 5K Record Open (Male—14:07 Female—16:06)

Great Land Run
5K

September 15, 2007
7:30AM
Enid, Oklahoma

Part of the Cherokee Strip
Land Run Celebration

Start: Conference Center, downtown

Pre-registration $15.00
Race Day registration $17.00
Kids under 12 FREE (no shirt); with shirt $7.50

Awards: Overall male & female
Top 3 in each age group

USATF Certified Course, Sanctioned Event

Mail generic race entry to:
1705 E. Randolph Enid, OK 73701

For information call (580) 242-8321
nefullhart@aol.com

Proceeds benefit Enid Track Programs

Stockyards City Run With The Bulls • Saturday, August 18, 2007

Date: Saturday, August 18, 2007

Time: 5K Run/Walk, **7:30** a.m.

Course: The **5K** course is USATF certified and the event is sanctioned. Start and finish lines are at the Oklahoma National Stockyards Gates, located just West of the intersection of Agnew and Exchange Avenues, Oklahoma City, OK.

Feel free to tour the grounds of historic Oklahoma National Stockyards.

Entry Fee: **$17.00** 5K Run/Walk, through August 18, 2006.
$12.00 (no shirt) – 5K Run/Walk, through August 18, 2006.
FREE -CHILDREN UNDER 10 YEARS – (no shirt) Run/Walk
$20.00 – ALL RACE DAY ENTRIES

Registration: Please send by mail through August 15, 2007 to BULL RUN, P.O. Box 82446, OKC, OK 73148 **OR** get a form on www.stockyardscity.org .

Pckt Pickup: **August 18, 2007 beginning at 6:30am at the main check in location at the gates of the Oklahoma National Stockyards.**

Awards: Awards to ***Prize Bull*** and ***Champion Heifer*** (overall male and female) in 5K run. Also awards to first three finishers in standard five year groups. Participants ribbons (or other) will be awarded to all those who participate in the 5K. And ALL children will receive a ribbon.

Activities: **FREE** hamburger feed at 8:15-30 a.m and other activities the day of the race!
Any donations are tax deductible.

Race Dir's: Jay Emory @ 405-850-1382 or email james.emory@umb.com

Race Crdntr: DG Productions (Don Garrett)

Website: http://2007RunWithTheBulls.googlepages.com/home

********** *CUT & MAIL BELOW* **********

Name: _____
Age on Race Day: _____ (as of 8/18/07) Sex: M / F
Address: _____ City: _____
State: _____ Zip: _____
Day Phone: _____ Night Phone: _____
Shirt Size S M L XL
Amount Enclosed: _____
Are you a member of a running club? Yes No
Circle Category: Fun Run/Walk Runner Wheelchair

ENTRY FEES
$17 with shirt
$12 without shirt
$20 race day

WAIVER

Notice: This entry and release is a contract with legal consequences, read it carefully before signing.
I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be a possibility of traffic on the course. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including, but not limited to falls, contact with other participants, the effects of the weather and the conditions of the roads, all such risks being know and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. POSITIVELY NO DOGS OR ANIMALS OF ANY KIND ON THE COURSE. POSITIVELY NO WHEELS OF ANY KIND INCLUDING BABY STROLLERS AND BICYCLES (except competitive wheelchairs). Head phones are strictly prohibited and I agree not to have them on the course. Furthermore, I agree not to go back into the course after finishing. I am fully aware that it is a fraudulent act to switch race numbers with anyone or allow anyone other than myself to wear my race number and I agree not to do this. In consideration of the foregoing, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns, waive and release any and all rights, claims and courses of action I have or may have against The Stockyards City Run with the Bulls, Stockyards City and its affiliates, their agents, employees, officers, directors, successors and assigns, DG Productions, Inc., the City of Oklahoma City, the Oklahoma National Stockyards and any and all sponsors, their representatives and successors, that may arise as a result of my participation in The Event and any pre- and post- event activities. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including commercial advertising.
I AGREE TO THE WAIVER WRITTEN ABOVE.
Signed _____ (Parent if under 18)

Form may be duplicated

 # Non Refundable #

THE RUNNER TO SPONSOR FALL MARATHON TRAINING

Training Starts August 4

By Brent Gaddis

The Runner is proud to sponsor the Landrunners fall marathon training program. The 2007 Fall Marathon Training Schedule will begin August 4th and will finish up on November 18th with the Route 66 Marathon in Tulsa, though a number of trainees will be participating in other races around this same time. The program will consist of all levels of runners and walkers alike. If you are needing a bit more motivation, some friends to run with, or simply a schedule for training, then come join us. For more information visit us at The Runner, 9644 N. May Ave, or call us at 405-755-8888.

All training sessions will begin at 7am. Mileage will differ depending on the course. The Runner will provide cold water at the water stops. Here is a look at some of the courses we will be running:

Stars and Stripes Park, Lake Hefner
Edmond Petroleum Club (rolling hills), N. Sooner Rd.
Lake Overholser, East Shelter
Oklahoma River Trails, SW 15th between Walker and Robinson
Oklahoma City Memorial Marathon Course, NW 6th and Robinson

Pistol Pete

5 km Road Race
1 Mile Fun Run
Sept. 22, 2007
Downtown Perkins, OK

USATF Sanctioned Race

USATF Certified Course

Coordinated by DG Road Racing ChampionChip Timing

Register 7 a.m. Start 8 a.m.
Entry Fee $15 until Sept. 15 w/ T-shirt
$20 after Sept. 15 (shirt not guaranteed)

Use generic race entry card in center of magazine

Sponsored by
Perkins Community Chamber
P.O. Box 502

405-747-6809

UMB

Jay Emory
Vice President
Barbara Douglas, Assistant

UMB Bank

405.239.5977
405.850.1382 Cell
405.239.5814 Fax
okemorys@sbcglobal.net
james.emory@umb.com
1217 South Agnew
Oklahoma City, OK 73108

Upcoming Oklahoma City Running Club Landrunners Race Series Events

Run with the Bulls	Aug 18
GEICO Race for Freedom	Sep 15
Brookhaven Run	Sep 1
Renaissance Run	Sep 22
Makin' Tracks Run	Sep 8

Trolley Track and Toys for Tots Runs are cancelled

ALL APPAREL 25% OFF

TILL THE END OF AUGUST

Come and get the best personalized fit in the state.

OKC'S ONLY RUNNING STORE

New this month:

Fall 07' styles from Nike, New balance, Brooks, Asics, Saucony and many more.
Personal alarms
Marathon training
Mizuno Universe; 3.7 oz. racing flat

The Runner
9644 N. May AVE
Oklahoma City OK, 73120
405.755.8888
www.TheRunnerOKC.com

The Runner

Moffitt Runs Senior Olympics

By Sherri Rector

Our own Kathy Moffitt attended and competed in the 2007 Senior Olympics in Louisville, Kentucky. Kathy's venues of competition were the 1500 meter, the 5K race and the 10K race. The 1500 meter race was run on the track of the University of Louisville. The 5K and 10K competitions were run at a city park. The Senior Olympics began on June 22nd and ended July 8th. Louisville boasted 12,000 athletes and 18 different sports.

Senior Olympics are held every two years. In order to qualify, the person must be 50 years of age or older and be a participant in the state senior games. The 2009 games will be held in San Francisco at Stanford University.

Kathy participated in the 65-69 age category. She says a 66 year old woman won the 10K with a time of 47:51. Wow! Awards were given for 1st through 8th place. Kathy captured the 8th place in the 5K run and 7th place in the 10K run.

The atmosphere was like the Olympics. There was an Olympic Village. Bruce Jenner, an olympic gold medalist in the decathlon, was a speaker and carried the torch into the auditorium for the opening ceremonies.
Congratulations, Kathy!

Pictured Above: Landrunner Kathy Moffitt and Olympian Bruce Jenner.

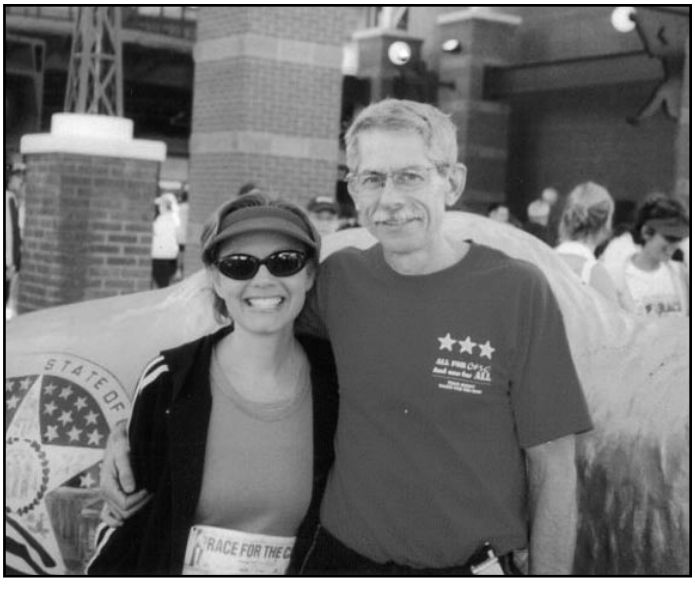
Steve and Jodie Spielman: Runners Extraordinaire

By Sherri Rector

Have you met Steve and Jodie Spielman? They are both interesting and delightful members of the Oklahoma City running community. Make it a point to say hello when you see them. You will enjoy having a word with the affable Steve and the effervescent Jodie. Steve enters many of the local organized runs. Jodie runs just about everywhere. Between April 16 and May 29, Steve ran 3 marathons and 1 half marathon. His best 5K time was 19:42 at age 54. Jodie's fastest time was in the 2003 Susan G. Komen 5K race at 25:01.

Jodie was one of the 5 person relay team, the Hefner Playmates, in the 2007 OKC Memorial Marathon 5 person relay. The other runners on that team were Joanne Jackson, Gai le Loving, Donna Banks and Mary Hammer. Jodie serves on the Board of Directors of the Landrunners Running Club.

*See **Spielman**, continued on page 13*



Pictured Above: Steve and Jodie Spielman

5 usatf races

Wichita Mountains Wildlife Refuge

Mountain Marathon

Marathon Relay

Holy Half Marathon

Big Rock 10K

Mount Scott 5K

ChampionChip® Timing

Southwest Oklahoma CANCER CENTERS
Altus • Lawton • Duncan

October 13 - 14, 2007

The Southwest Oklahoma Cancer Centers are pleased to announce the second running of the Spirit of Survival Marathon. This incredible, one-of-a-kind racing event offers several unique and challenging racing events sure to appeal to the most avid runners and wildlife enthusiasts. Featuring 5 USATF certified races, this event offers some of the most challenging racing opportunities of a lifetime, in the beauty of a national wildlife sanctuary teaming with buffalo, longhorn, and hundreds of native species roaming free. The Spirit of Survival Marathon is the ***only*** USATF certified race approved to run in the National Wildlife Refuge System with four of the five races running almost entirely through the expansive 60,000 acre Wichita Mountains Wildlife Refuge! Other non-competitive races include the Super Kid's Marathon, a perfect opportunity for parents and children to spend quality time together, and the 5K Spirit Walk & Family Fun Run, which honors and supports survivors and all who have battled cancer.

Southwest Oklahoma Cancer Centers
Spirit of Survival
MARATHON
Wichita Mountain Wildlife Refuge Run

For more information, call (580) 585-5406 or go to www.spiritofsurvival.com

SCHOOL BELL RUN

Sunday, August 26, 2007
6:30 am Registration • 7:00 am Race Start

5K (3.1 miles) Runners & Walkers Welcome

USATF Sanctioned Race

Individual & Team Awards

$20 Registration Fee

Start Line: EK Gaylord (Shields) & Reno

Exit Robinson Northbound. Turn right on Reno 1 block.

4th Annual School Bell Run Registrant Information

Detach and return form to: OSSBA • 2801 N. Lincoln Blvd., Ste. 125 • Oklahoma City, OK 73105 • Fax (405) 528-5695

Full Name _____ E-mail Address _____ Age _____

School/District/Company (if applicable) _____ Shirt Size _____ Sex _____

Street Address _____ City _____ State _____ Zip _____

PO Box (if applicable) _____ Credit Card Number _____ Card Type _____ Expiration Date _____

Waiver: *In consideration of the acceptance of my entry in the School Bell Run, I do hereby for myself, my executors, administrators, and assignees release and discharge School Bell Run, OSSBA, CCOSA, and other sponsors and officials for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.*

Signature (Parent/Guardian if under 18) _____ Date _____

Sponsored by the Oklahoma State School Boards Association and the Cooperative Council for Oklahoma School Administration

***Spielman**, continued from page 10*

Steve and Jodie are Kansans. They met in Wichita and later became engaged. Steve and Jodie married in 1980 and moved to Oklahoma City. Steve was doing a residency in internal medicine. Then came a fellowship in cardiology. Steve is now a cardiologist at Oklahoma Heart Hospital in Oklahoma City. During their time in Wichita, Jodie was a nurse anesthetist. She worked in that capacity until 1987. The Spielman's have two children, ages 23 and 19. Their daughter is in medical school.

Jodie ran the Wichita Marathon in 2005 - 26.2 years after they were engaged in Wichita. It was exactly 26.2 years after they married when they ran the San Diego Rock and Roll Marathon. .

Steve started running in the late 1970's and said that in those days of running, cars would stop and he would be asked if he needed a ride! Jody began running in earnest in 2003 at the Susan G. Komen Race after losing her cousin to breast cancer. The Spielman's joined the OKC Landrunners Running Club; Steve would race and Jodie would watch. Steve has run for over 30 years. He finds it to be a mental release. This is a dominating factor for Steve. Running was, and is, a big positive impact healthwise. Steve loves the racing because he is so competitive.

Steve ran the Boston Marathon in 2007 after qualifying in San Diego in 2006. His time in Boston was 3:49 with negative splits. Favorite overall thing about Boston was the spectacle of the run. Boston was the biggest moment. In Boston, Jodie enlisted as a volunteer. Her job was as supplier of food to volunteers. She gave out lunches. Jodie was staged just about at the finish line and she could see Steve finish. For her the best thing about Boston was the excitement of the whole race and the history of Boston. While in Boston, they looked at schools for son David. David will attend Emerson College in Boston in the fall.

GOALS

The competitive Steve wants to place in major races. His desire is to run competitively in his age group. Jodie feels fortunate to be able to run. She was a member of Team in Training in 2006 which enabled her to go to the Marine Corps Marathon. Jodie is now a mentor for Team in Training to help inspire other runners. The ultimate goal of Team in Training is to find a cure for leukemia, lymphoma and other cancers of the blood. Jodie will go with Team in Training participants to the Nike Women's Marathon on October 2l, 2007 in San Francisco.

Steve and Jodie - so glad to have you be a part of the Oklahoma City running community.

GEICO RACE for FREEDOM
Two Thousand 2007 & Seven
CFC
www.raceforfreedom.org
Benefiting: Combined Federal Campaign
Sponsored by:
GEICO
Blue Cross / Blue Shield
IMAGENATION Promotional Group
5 km & 10 km Run
Saturday, September 15
8:00 a.m. 5 km and 10 km
Competitive Run & 2 Mile Fun Run/Walk
Lake Hefner - East Wharf
Oklahoma City, OK
USATF Certified and Sanctioned
$15.00 per person until September 13
$20.00 per person thereafter
(includes T-shirt)
Race Day Registration begins at 7:00 a.m.
For more information contact:
Kim Sheppard
(405) 954-7707
kim.k.sheppard@faa.gov
mail generic race entry form to:
GEICO CFC Race For Freedom
Attn: Kim Sheppard, AMP-1
P.O. Box 25082
Oklahoma City, OK 73125

Stretching the Right Way

By Dr. Tom Coniglione

As runners we know the importance of stretching. Although there is debate about stretching as a means of preventing injury, there is no question stretching is an integral component of rehabilitation from an injury.

The quadriceps (quad) muscle is the large one that runs down the front of the upper leg – between the thigh and the knee. Strains of the quad muscle occur in runners. Faster than usual runs such as trash can intervals or any speed work, fartlek, or one harder than usual sprint can cause the quad to be strained. Recovery from a quad strain can take time.

It may be that you can't go to a race. Racing means you are taking longer strides. If you cannot go to a race and just run in the back of the pack, don't go to the race.

Beyond "resting" the muscle it usually needs to be stretched. Many runners stretch the quad by pulling the foot up to the buttock" (figure 1).

This stretch puts unnecessary pressure on the knee cap and does not stretch the quad muscle.

The correct quad strecth is more like figure 2.

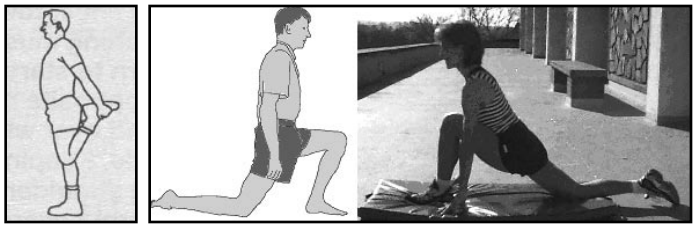
This technique is important because when the quad is inured other muscles are also injured. This technique stretches the quad and other muscles also. When you do this use a cushion for your knee.

If you have had a quad muscle injury in the past and it is not bothering you now, it would not hurt you to continue to stretch it. Stretch it after a warm up – before your run. Stretch it again after the run

See you at the Lake . . . . . Saturday morning.

Tom Coniglione, MD
Landrunner

Figure 1 ***Figure 2***



My Mentors

By Derle Smith, Jr.

Makin' Tracks 5K, 1990s

It's a bright sunshiny day and…
We're all clustered around a paper computer printout of our finish stats. I lean over a kneeling elderly man whom I don't know; but whom I will come to respect very highly as I continue on throughout my running years. At this time, I'm 49 years old.

"Wow!" I say. "I finished in 21 minutes and 37 seconds!"

The old man grunts, then says, "Someone help me up!"

I fein a smile. Surely he's kidding. He rises and locks his eyes on mine.

"That's nothin', he starts, "when I was a young fella … when I was 60, I could run a 5K in 19 minutes flat!"

I withdraw for a moment and awe. I don't know it then, but I will later come to respect this old runner who has several decades on me and is seasoned well beyond any runner I have ever encountered.

Panera Bread Super Summer 8K, 2000s

I see Fisher approaching me. He looks a bit disheveled. I quickly get concerned.

"How'd you do, Fisher?"

"Not so good."

"What? How come?"

"I'm ailin'."

That's all he says and walks off. I once again awe at the running man in his 80s, carrying a banana in one hand and a bagel in the other.

I don't know that the other oldster approaching me is the infamous "Jack Rector." His words are short and curt.

"You know, he says, "I've been following your progress lately. You're coming up in the ranks." He looks at me with the most piercing eyes I've ever seen and says, "Just don't ever let up."

I will never forget these words of encouragement from a true icon that I had the rare opportunity to watch on News Channel 4 once on "Is this a Great State or What?"

Whenever I see Jack and Fisher – and any other runner who would consider me an "ankle biter" - I am encourage beyond words. To me, these guys and gals are the ultimate encouragement. I know that one of these days I'm going to be their age. What will younger runners think of me, then?

I thank God for Jack and Fisher and all the other runners who have stayed the course with their running throughout their golden years. They are truly individuals all of us much younger-runners should honor, learn from, and fix into our memories so that in the years to come, we will have examples of mentors that we'll eventually trade places with; to set examples for the much younger runners who are … "biting at 'our' ankles."

Just never let up!

MAKIN' TRACKS

5 km Road Race & *1 mile fun run/walk*

September 8, 2007 -7:30 a.m. - Piedmont, OK

Starts North of First Baptist Church on Piedmont Road

Benefits the Track/Cross Country Programs at Piedmont High School

Ages 13 & up: $15 – 12 & under: $10 – Family of 4 or more: $50

Includes shirts – Shirts guaranteed to first 200 participants

Race day registration & packet pickup begins at 6:00am

USATF Sanctioned Event, USATF Certified Course

Awards: Overall M & F - 3 deep on standard age groups 8 & under – 80 & over

Clydesdale/Filly – Overall M & F- 3 deep in weight brackets

Fun run/walk – Ribbons to first 3 M & F finishers

Pre-register by mailing generic race entry card to:

Makin' Tracks Race, 4408 Ryan Dr. NE, Piedmont, OK 73078

DRAWING for free running shoes & other cool prizes – Must be present to win!

Bring the family & enjoy Piedmont Founders Day Celebration Parade, Food, Arts & Crafts Fair & More

Information Contact: Ric Williams – (405) 373-1111 or email- ***rwpi17@wisplinx.com***

Make checks payable to: Makin' Tracks Race. Mail to: Makin'Tracks Race, 4408 Ryan Dr NE, Piedmont, OK 73078

ENTRY FORM: (Please print):

Name _____ Age on 9/09/06 _____ Date of Birth _____ Male ___ Female ___

Address _____ City _____ State _____ ZIP ____

Day Phone: (____) _____ Night Phone: (____) _____ E-Mail Address: _____

Event 5 KM Race _____ mile Fun Run/Walk _____ 5 km Wheelchair _____
Clydesdale (170+ lbs) _____ WT _____ Filly (145)+ lbs) _____

T-Shirt: Youth sizes Medium ___ Adult sizes: Small ___ Medium ____ Large ____ XL _____ XXL _____

Entry fee enclosed _____ (with shirt)

Waiver (Must be signed to enter): NO REFUNDS USAT&F Certificate 94040BB
I know that running a road race is a potentially hazardous activity. I also know that there will be a possibility of traffic on the course. I assume any all risks associated with running this race. I understand the risk of running in traffic. I assume any and all risks associated with running this event including, but not limited to falls, contact with other participants, the effects of the weather and the conditions of the roads, all such risks being known and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. I understand the Makin' Tracks Race may be cancelled in the sole judgment and discretion of the sponsors. I agree that the starting time of the race maybe changed at the sole discretion of the sponsors. I am fully aware that baby strollers and wheels of any kind (except in the competitive wheelchair event), animals, and headphones are strictly prohibited, and I agree not to have them on the course during sanctioned events. Furthermore, I agree not to go back onto the course after finishing. In consideration of my entry acceptance in the Makin'Track race events, I do hereby for myself, my executors, administrators and assessors, release and discharge any and all race sponsors, race officials, volunteers, local and state police including any and all of their agents, employees, assigns or anyone acting for or on their behalf from any and all claims or liability for death, personal or property injury, damages or demands or actions whatsoever in any manner arising out of my participation in said athletic event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I attest and verify that I have full knowledge of the risks involved in this event and am physically fit and sufficiently trained to participate in this event. The undersigned further grants full permission to sponsors and/or agents authorized by them to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose. Applications for minors accepted only with a parent or guardian's signature.

THIS WAIVER IS A LEGAL DOCUMENT. READ ALL TERMS AND CONDITIONS BEFORE SIGNING.

ABOSOLUTELY NO WHEELS, INCLUDING BABY CARRIAGES, OR ANIMALS OF ANY KNIND ON THE COURSE. NO REFUNDS.

Signature _____ Date _____

OFFICAL USE ONLY: _____ RUNNERS # _____

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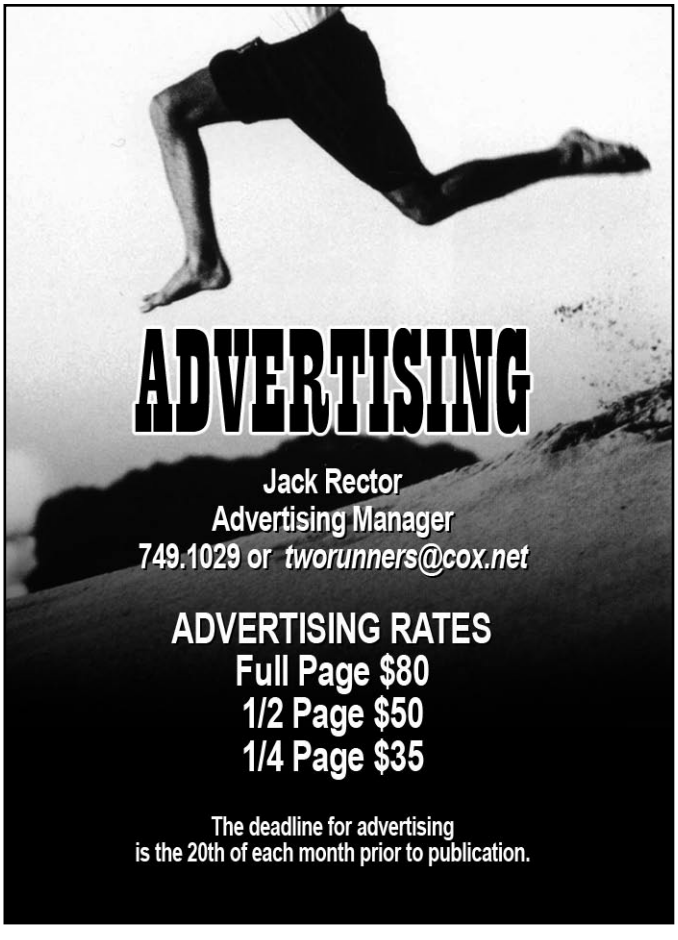
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