

## 2009 LDR Sanctioned Races

This schedule is updated as new information comes in. Last update: September 5, 2009

<b>September 2009</b>		
<b>CHOCTAW NATION RUN</b> 2009/09/05 5 km	Tuskahoma Tribal Grounds	Linda Tyler ltyler@choctawnation.com hm# wk# (580) 924-8280 x2319
<b>GREAT STEAKS RACE</b> 2009/09/05 5 km	Ringling Downtown	Al Schneider malane-al@sbcglobal.net hm# wk#
<b>DEVIL DOG RUN</b> 2009/09/05 5 km 10 km	Fort Sill Gunner's Inn	Gregory Battaglia gregory.battaglia@us.army.mil hm# wk# (580) 442-8628
<b>BROOKHAVEN RUN</b> 2009/09/05 5 km	Norman Brookhaven Village	Gus Thompson okrunning@coxinet.net hm# wk# (405) 285-1455
<b>LABOR DAY LAP</b> 2009/09/07 5 km	Bethany Eldon Lyon Park	Jon Chasteen jon@swcu.edu hm# wk# (405) 789-7661 x3422
<b>RUN TO THE SUN</b> 2009/09/07 5 km	Tulsa Parkview Baptist Church	Mel Loftis mloftis@parkviewbaptist.org hm# wk# (918) 492-4545
<b>ROUTE 66 RUN/WALK</b> 2009/09/12 5 km*	Tulsa TU Campus	Tim Paul tpaul@bama.com hm# wk# (918) 732-2522
<b>GEICO RACE FOR FREEDOM</b> 2009/09/12 5 km 10 km	Oklahoma City Hefner Park	Kim Sheppard kim.k.sheppard@faa.gov hm# wk# (405) 954-7707
<b>INDIAN SUMMER RUN</b> 2009/09/12 5 km	Bartlesville Downtown	Jaime Clark jaime-clark@cherokee.org hm# (918) 559-2372 wk# (918) 273-7529
<b>RAM ROAD RALLY</b> 2009/09/12 5 km	Owasso YMCA	Susan Teague teagues@owasso.k12.ok.us hm# wk# (918) 272-8041
<b>GREAT LAND RUN</b> 2009/09/12 5 km*	Enid Downtown	Carl Recher cerecher@aol.com hm# (580) 234-2820 wk#
<b>MAKING TRACKS RUN</b> 2009/09/12 5 km*	Piedmont First Baptist Church	Ric Williams rwp17@cs.com hm# (405) 373-1111 wk#

<b>TATURS &amp; TURKEY TRAIL RUN</b> <b>2009/09/13</b> 10 km 25 km 50 km Trail	Tulsa Turkey Mountain	Brian Hoover brian@tatur.org hm# (918) 244-6918 wk#
<b>CHEROKEE STRIP RUN</b> <b>2009/09/19</b> 5 km*	Perry Downtown	Brian Powers brett@perrychamber.org hm# wk# (580) 336-4084
<b>TRAIL OF TEARS</b> <b>2009/09/19</b> 5 km	Depew Oaklake Trails Nudist Park	Brenda Spangler brenaolt@yahoo.com hm# (918) 324-5999 wk#
<b>SKIRT CHASER</b> <b>2009/09/19</b> 5 km	Tulsa River Parks	Kathy Hoover sager_kathy@yahoo.com hm# wk# (918) 749-7557
<b>SEQUOYAH COUNTY RUN</b> <b>2009/09/19</b> 5 km	Sallisaw Downtown	Julie Kimble julie-kimble@cherokee.org hm# wk# (918) 207-4906
<b>PARK HILL BAPTIST CHURCH RUN</b> <b>2009/09/19</b> 5 km	Park Hill First Baptist Church	Carol Glory carolglory3@hotmail.com hm# (918) 458-3100 wk# (918) 822-1011
<b>TUTTLE MAINSTREET RUN</b> <b>2009/09/19</b> 5 km	Tuttle Downtown	Wendy Emerson wendy@mbiindustrial.net hm# wk# (405) 381-2988
<b>PIONEER DAY RUN</b> <b>2009/09/19</b> 5 km	Skiatook Osage Prairie Trail Park	Stephanie Upton s-upton@sbcglobal.net hm# wk# (918) 396-3702
<b>RACE FOR THE CURE</b> <b>2009/09/19</b> 5 km*	Tulsa Citiplex	Jill Corey osuzeta@cox.net hm# wk# (918) 814-0080
<b>SEMINOLE NATION DAYS RUN</b> <b>2009/09/19</b> 5 km	Seminole Mekusukey Mission Grnds	Mary Ann Loggins lhulbutta@seminolenation.com hm# wk# (405) 257-7244
<b>HISPANIC HERITAGE RUN</b> <b>2009/09/20</b> 5 km	Tulsa River Parks	Phillip West westusmc@hotmail.com hm# (918) 557-8737 wk# (918) 494-8800
<b>MILES FOR MAMMOGRAMS</b> <b>2009/09/26</b> 5 km*	Bartlesville Downtown	Joe Shveima joeshveima@cableone.net hm# (918) 333-3266 wk#

<b>MAROON SPIRIT RUN</b> <b>2009/09/26</b> 5 km 10 km	Blackwell High School	Doug Ogle dogle@blackwell.k12.ok.us hm# wk# (580) 363-1363
<b>RENAISSANCE RUN</b> <b>2009/09/26</b> 5 km*	Midwest City Community Center	Kathy Hefton kathy.hefton@mrmc.hma-corp.com hm# wk# (405) 610-8561
<b>ROUTE 66 HOOT &amp; SCOOT</b> <b>2009/09/26</b> 5 km	Sayre Downtown	Nancy Sanders sayrechamber@att.net hm# wk# (580) 928-3386
<b>PISTOL PETE RUN</b> <b>2009/09/26</b> 5 km	Perkins Downtown	Jamie Andrews jandrews@spiritbank.com hm# wk# (405) 624-5925
<b>FALL FURY</b> <b>2009/09/26</b> 5 km 10 km	Atoka Kelley Fieldhouse	Steve Turrentine steve.turrentine@ameristatebank.com hm# wk# (580) 889-3375 ext. 146
<b>CAPITOL CHALLENGE</b> <b>2009/09/26</b> 5 km 10 km	Oklahoma City Capitol Complex	Brooke Townsend btownsend@bcbsok.com hm# wk# (405) 316-7216
<b>GLEN'S RUN</b> <b>2009/09/26</b> 3 km 12 km	Tulsa Mohawk Park	David Spencer dave.spencer@aa.com hm# (918) 587-2528 wk#
<b>PRYOR FALL FEVER RUN</b> <b>2009/09/26</b> 5 km	Pryor Pryor Creek Rec. Center	Jessica Long jessicarlong@aol.com hm# wk# (918) 698-8154
<b>UCO HOMECOMING RUN</b> <b>2009/09/29</b> 5 km	Edmond UCO Campus	Dan Stockton dmstockton@me.com hm# wk# (918) 269-5795
<b>October 2009</b>		
<b>OKLAHOMA SENIOR OLYMPICS</b> <b>2009/10/02</b> 5 km	Tulsa Mohawk Park	Sue Price sprice@cityoftulsa.org hm# wk# (918) 596-2527
<b>OKLAHOMA SENIOR OLYMPICS</b> <b>2009/10/02</b> 5 km	Tulsa Mohawk Park	Sue Price sprice@cityoftulsa.org hm# wk# (918) 596-2527
<b>TULSA ZOO RUN</b> <b>2009/10/03</b> 5 km* 10 km*	Tulsa Tulsa Zoo	Keeley Mead kmead@tulsa-zoo.org hm# wk# (918) 669-6608

<b>PELICAN POWER</b> <b>2009/10/03</b> 5 km	Grove Rotary Sports Complex	Ida Sue Gray ida-gray@cherokee.org hm# wk# (918) 253-4271
<b>LIFE SAVER RUN</b> <b>2009/10/03</b> 5 km	Oklahoma City OKC Community College	Deborah Myers dkmyers@occc.edu hm# wk# (405) 612-1611 x7138
<b>BIG FOOT RUN</b> <b>2009/10/03</b> 5 km	Honobia Christ's Camp	Doris Ward dgward@cnhsa.com hm# wk# (918) 567-7000 x6390
<b>OKLAHOMA SENIOR OLYMPICS</b> <b>2009/10/04</b> 10 km	Tulsa Mohawk Park	Sue Price sprice@cityoftulsa.org hm# wk# (918) 596-2527
<b>OKLAHOMA SENIOR OLYMPICS</b> <b>2009/10/04</b> 10 km	Tulsa Mohawk Park	Sue Price sprice@cityoftulsa.org hm# wk# (918) 596-2527
<b>SEQUOYAH MEMORIAL HOSPICE RUN</b> <b>2009/10/10</b> 5 km*	Sallisaw Sequoyah Memorial Hospital	Bonnie Woods bwoods@smhok.com hm# wk# (918) 774-1149
<b>RIVER RUSH</b> <b>2009/10/10</b> 5 km 10 km	Tulsa River Parks	Tanya Spitzer tpitzer@riverparks.org hm# wk# (918) 596-2010
<b>RACE FOR THE CURE</b> <b>2009/10/10</b> 5 km	Oklahoma City Bricktown	Lorna Palmer race@komencentralok.org hm# wk# (405) 526-7223
<b>SWAZI RUN</b> <b>2009/10/10</b> 5 km	Bethany Cantrell Hall	Karen Dedmon karen-dedmon@sbcglobal.net hm# wk# (405) 834-7436
<b>SPIRIT OF SURVIVAL RUN</b> <b>2009/10/10</b> 5 km	Lawton Lake Elmer Thoms Rec.	Lori Cummins cumminsl@cmhonline.com hm# wk# (580) 585-5406
<b>RUN FOR THE MUMS</b> <b>2009/10/10</b> 5 km*	Cushing City Park	Kelly Dilley skerr@dcainc.com hm# (918) 223-6639 wk#
<b>REUEL LITTLE CLASSIC</b> <b>2009/10/10</b> 5 km* 10 km* hmar*	Madill City Park	Coral Ann Galbraith coralann_g@yahoo.com hm# (580) 795-7267 wk#

<b>SPIRIT OF SURVIVAL RUN</b> <b>2009/10/11</b> 10 km, Marathon, Half Mar	Medicine Park Mt. Scott	Lori Cummins cumminl@ccmhonline.com hm# wk# (580) 585-5406
<b>PIKEFEST RUN</b> <b>2009/10/17</b> 5 km	Tulsa Tulsa University Campus	Zach Winkler zachrw7@aol.com hm# (918) 894-3339 wk#
<b>CARE TO BE AWARE RUN</b> <b>2009/10/17</b> 5 km	Tahlequah Cherokee Complex	Lou McCraw lu-mccraw@cherokee.org hm# wk# (918) 453-5260
<b>CHILE CHASE</b> <b>2009/10/17</b> 5 km	Okmulgee Family YMCA	Amber Armbruster kellybugrobinson@lyahoo.com hm# wk# (918) 756-6677
<b>MILES FOR MIRACLES</b> <b>2009/10/17</b> 5 km	Oklahoma City Lake Hefner	Cory Samples cory@runnershighclothing.com hm# (405) 414-7899 wk#
<b>JUKE JOINT JOG</b> <b>2009/10/24</b> 5 km*	Stillwater Eskimo Joe's	Kendra Moreland kendram@scc.eskimojoes.com hm# wk# (405) 377-0799 x320
<b>RUNNIN' WITH THE BIG DOGS</b> <b>2009/10/24</b> 5 km	Weatherford SWOSU Campus	Brandi Gateley alumni@swosu.edu hm# wk# (580) 774-3267
<b>LOGANPALOOZA RUN</b> <b>2009/10/24</b> 5 km	Guthrie Logan Medical Center	Shannon Richardson srichardson@loganhosp.com hm# wk# (405) 282-6700 x179
<b>RUN AGAINST CHILD ABUSE</b> <b>2009/10/24</b> 5 km	Oklahoma City Regatta Park	Teri Sigman kelseybriggsrun@yahoo.com hm# wk# (405) 401-1771
<b>24 TEH HARD WAY DOUBLE DIRTY DOZEN</b> <b>2009/10/24 &amp; 25</b> 24 12 6 Hour Trail/Road Race	Oklahoma City Bluff Creek Trails	Chisholm Deupree chisholmdeupree@cox.net hm# wk# (405) 815-7149
<b>TULSA RUN</b> <b>2009/10/31</b> 15 km, 5 km	Tulsa Williams Center	Marcia Whitaker marcia.whitaker@cox.net hm# (918) 747-6812 wk# (918) 633-4602

<b>November 2009</b>		
<b>PAWS FOR A CAUSE RUN</b> 2009/11/07 5 km	Elk City Ackley Park	Vicky Adams pethelpers2@sbcglobal.net hm# (580) 225-7341 wk#
<b>RACE WITH THE STARS</b> 2009/11/07 5 km	Oklahoma City Freede Wellness Center	Melissa Parkerson racewiththestars@okcu.edu hm# wk# (405) 208-5117
<b>CHILL YOUR CHEEKS RUN</b> 2009/11/21 5 km	Yukon Chisholm Trail Park	Tim Rhodes trhodes@cityofyukonok.gov hm# (405) 350-8920 wk#
<b>ROUTE 66 MARATHON</b> 2009/11/22 Marathon, Half Mar, Relay	Tulsa Veterans Park	Chris Lieberman chris@vertex-technologies.com hm# wk# (918) 828-2828 ext 1010
<b>December 2009</b>		
<b>RACE INTO THE NEW YEAR</b> 2009/12/31 5 km	Tulsa River Parks	Kathy Hoover sager_kathy@yahoo.com hm# wk# (918) 749-7557

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