



THE TODDS ROAD millemarker

Newsletter of the
Todds Road Stumblers, Inc.
Lexington, Kentucky

Number 10

Fall 1985



Stumblers Picnic Fun Run start.



Future triathlete at poolside



Dinner time for Pam, Jim & Christa Lynn Blackwell

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AT THE STARTING LINE

by Kenneth Pike

KHSAA State Cross Country Meet

November 2, 1985 is the date set for the Kentucky High School Athletic Association Cross Country Championship. The meet will be held at the Kentucky Horse Park north of Lexington. One of our clubs most important activities is to officiate and manage this meet. All Stumblers are invited to help work this event. If you are interested then call 254-3447 and tell Mrs. Green that you want to help. Jerry Stone is the Meet Director. He will see to it that you are given a job on one of the teams. No previous experience is required. Helping these young athletes is great fun. You are sure to find it interesting and you will come away with a good feeling about the next generation.

In Memory of Mrs. Lucy Gay

Most Todds Road regulars know Douglas Gay. He is the kind, generous man who owns our clubhouse. He provides it to us free of charge and keeps an eye on it for us during the week. He occasionally drops by for coffee on Saturday mornings and has been a longstanding friend to all of us. On August 17, 1985 his mother, Lucy Graddy Gay, passed away. At the time of her death she was over 100 years of age. On behalf of the club membership I extend our heartfelt sympathy to Mr. Gay on this sad occasion.

John Dickinson - Deaf Olympian

In our Fall 1984 issue we profiled John Dickinson. John, who has been deaf nearly all his life, had been training very hard for the World Games for the Deaf which were held in Los Angeles this past summer. Overcoming physical and financial problems, he went to the Games, won a spot in the 1,500 meter finals, and took 5th place in the championship race. John sent a color photo of the race, which will soon be on display at the clubhouse.

A few weeks ago John moved to Mobile, Alabama to work at his other great love - the practice of architecture. We are all happy for John and wish him the very best.

Todds Road Trivia

In our last issue we asked you to name the youngest and the oldest Stumblers to have qualified for the 500 Mile Club.

In the "oldest" category we have Harry Campbell whose birthdate is June 12, 1919. Harry finished the 500 miles on October 17, 1981 when he was 62.

In the "youngest" category is Wendy Frazier who was born on April 29, 1969. She completed the distance on April 14, 1984 when she was still 14-going-on-15.

For our next trivia quiz let's try these:

(1) Between the 2.0 and 2.5 mile marks on the six mile course is a historical marker. What does it say?

(2) At the 3.5 mile mark on the nine mile course is another historical marker. What does it say?

500 Mile Club Update

Since our Summer issue we have three new members for the 500 Mile Club.

Judy Collins, June 15

Jim Omohundro, June 22

Dan Kenady, August 17

Congratulations to all!

According to Uncle Milty

Beloved television comic Milton Berle was recently advised to get more exercise. His doctor told him to try jogging because it can add ten years to ones life. Uncle Milty said, "He was right. I tried it and right away I felt ten years older."

DERBY MINI-MARATHON

by Phil McConathy

On a rainy Saturday, April 27, 1985, over 5,700 runners started this race and 13.1 miles later 4,000 completed it. This was the third leg of the Triple Crown

NAME	TIME
Ed Gardner	1:27:21
William F. Frazier	1:27:04
Mike Raftery	1:15:21 PR
Phil McConathy	1:29:53
Mark Morgan	1:27:46
Robert Hart	1:46:46
Philip Wheat	1:20:36
Bill Sanborn	1:31:28 PR
Nick Nickell	1:32:13
John Sensenig	1:23:59
Stan Briggs	1:31:26
Bill Alley	1:33:51
Martin Ginocchio	1:42:14
Richard Hutchison	1:42:52
Harry Campbell	2:18:03
Susan Cox	1:56:50
Suzanne Sanders	1:46:23
Pennie Frazier	2:08:00
Phyllis Ruthenberg	2:18:14

Poets Corner

Following is an interesting bit of prose about our sport. It is entitled "Why Do I Run!" I like to call it "Runners Rap."

WHY DO I RUN?

T'AIN'T NO MYSTERY-
WANNA HAVE A GOOD
MEDICAL HISTORY.

DOCTOR TOLD ME, RUNNIN' IS GREAT-
HELPS THEM BLOOD CELLS
CIRCULATE.

GREAT FOR THE LUNGS,
GREAT FOR THE TICKER.

CAN'T NOTHIN' GETCHA
IN BETTER SHAPE QUICKER.

FEELS SO HEALTHY, FEELS SO SWEET,
PUMPIN' MY ARMS

AND FLAPPIN' MY FEET.
MOLDIN' MY MUSCLES,

FIRMIN' MY FORM,

PANTIN' LIKE A PACK MULE,

SWEATIN' UP A STORM.

KEEPS ME BEAUTIFUL,

KEEPS ME LOOSE.

TIGHTENS MY TUMMY

AND SHRINKS MY CABOOSE.

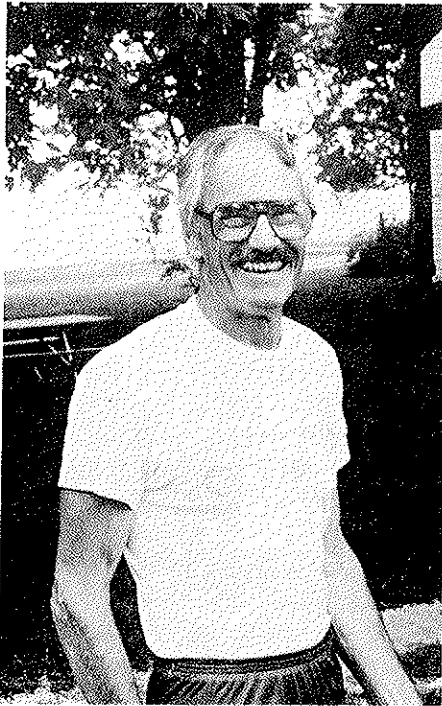
BEATS BEIN' SLUGGISH-

BEATS BEIN' LAZY--

WHY DO I RUN?

MAYBE I'M CRAZY!!

GET TO KNOW TERRY McLORG



D. Seaver

Take a moment and reflect on your first visit to the Todds Road clubhouse. Perhaps you accepted a friend's invitation to rise bright and early on a Saturday morning to tackle the six-mile course on that scenic stretch of country road in Clark County. Or perhaps you came by yourself just out of curiosity.

I vividly recall my first impressions of the clubhouse. People were standing around in small groups chatting with each other after their workouts. One fellow was using the scale to see if he had dropped a few pounds. Still others were recording their miles for the day on the 500-mile chart. And a small line of tired runners had formed in front of the water fountain and the refreshment table. The air outside on that fall day was crisp and pristine clean. Inside the clubhouse, the rooms smelled of fresh coffee, donuts and perspiration. I also remember how pleased I was to receive my t-shirt from The Old Stumbler after completing the six-mile course. I was now a member of the Todds Road Stumblers, I said to myself with pride.

Since that day in 1981, I have come to recognize something at the clubhouse which is very important to me and many other runners. It is the fellowship, the camaraderie and the concern for one another that is so prevalent in the sport of

running. Newcomers to Todds Road receive a warm welcome from everyone. In turn, they invite other friends to the clubhouse. And as this is repeated over and over again, the membership of our club continues to grow.

Terry McLorg is an example of someone who has been a good ambassador for the Todds Road Stumblers. He is certainly one of the friendliest, most likeable people you will meet at the clubhouse. In addition, over the past five years he has been responsible for bringing several area runners out to Todds Road for Saturday morning runs with our group.

A native of Saskatoon, Saskatchewan, Terry is a mechanical engineer by profession. He is Vice-President of Alpha Structures, Inc., a Lexington firm that makes fabric buildings. If you can't remember the last time you saw a fabric building, then picture in your mind the pool enclosure at the Lansdowne Club. Terry's company did the work on that project. Alpha Structures has also produced enclosures for tennis courts, soccer fields, gyms and a host of other air-supported facilities. According to Terry, the potential uses for these futuristic structures are almost limitless.

Since his graduation from the University of British Columbia, Terry has enjoyed an interesting and successful career in the field of air conditioning. He began with a company in Toronto and later served as Executive Vice-President of the Canadian Refrigeration and Air Conditioning Association. In 1968, he accepted a position as Marketing Manager for Chrysler Canada's Airtemp Division. At the same time he set up his own small company because of his interest in creating membranes for controlling or moderating the environment. Terry's work with air structures soon brought him into contact with Lexington's Irvin Industries, Inc.

Beginning in 1972 and for the next eight years, Terry was Marketing Manager for Irvin Industries' Structures Division. This job involved several contracts overseas particularly in the Middle East. Therefore, Terry spent a lot of time in Iran, Lebanon, Bahrein, Saudi Arabia and also Cyprus, the headquarters for Irvin Intercontinental. The company was

by Dan Seaver

especially proud of its air structure which was used as the American pavillion at the 1975 International Trade Fair in Tehran. But with the Shah's departure from Iran, Irvin Industries ended its work in that country. In 1980 the company closed its Air Structures Division. A year later Terry helped to form Alpha Structures, Inc. Presently he is very pleased with his company's new greenhouse design for air structures that has the potential for elevating Alpha Structures to a much larger scale of business in the future.

Away from the office you will find Terry involved in a wide variety of activities. He and his wife Marilyn are strong supporters of the Lexington Philharmonic. She contributes her time to the Philharmonic's Guild and docent program. The McLorgs also like to camp particularly when it gives them the opportunity to do some quiet water canoeing. For many years Terry has had a fascination with motorcycles. Back in the 1940's and 1950's, he participated in enduro-racing over a 720-mile circuit, one-half mile dirt track racing, and airport racing. Although those days are behind him, Terry still likes to ride his motorcycle whenever possible. His other hobbies include growing roses, playing tennis and restoring BMW's.

Terry admits to being addicted to exercise. At age 63, he says that for him "running is probably the most available, most effective and most enjoyable form." A quick look at his best times for 10K (41:58) and half-marathon (94:14) distances reflects that he has enjoyed a lot of success with this sport just as he has with other endeavors throughout his life. He qualified for the 500 mile club in February, 1983 and is now close to finishing his second 500.

Terry and Marilyn have four children, sons Colin and Tony and daughters Penny and Wendy. The McLorgs reside in Lexington on Chinoe Road.

I place a high value on the friends I have made through the Todds Road Stumblers. The memories of Saturday mornings at the clubhouse are special to me. I'm sure you feel as I do that we are very fortunate to have so many nice people among our members...people like Terry McLorg. Get to know him and you'll see what I mean! ■

GET TO KNOW THE POWELL FAMILY

by Becky Reinhold

Lee Powell doesn't enjoy one single minute of running. She dreads starting out on a run, hates the way she feels during the run, but is always glad when she has finished because she feels relaxed, refreshed and ready to tackle her busy schedule.

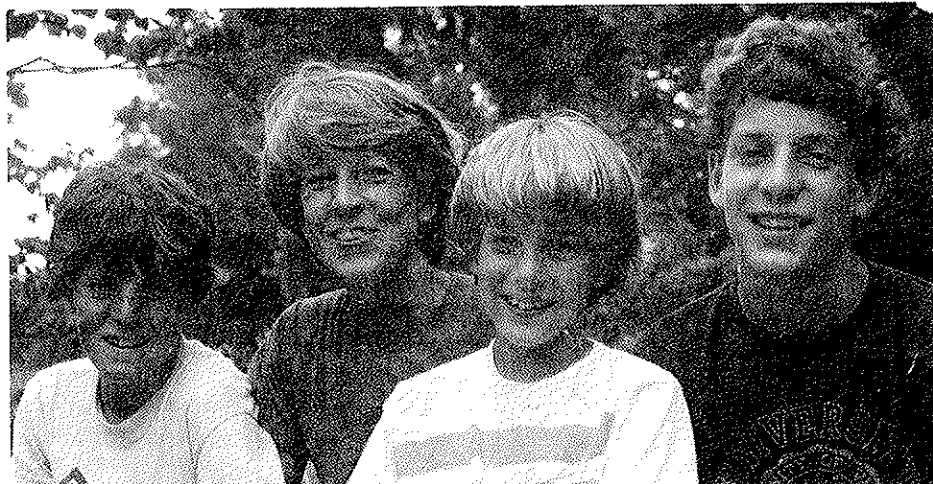
All of the Powells are athletic and their interests vary from running to football to soccer to swimming. Lee is the proud Mom of three of the most well-mannered, polite, fun-loving kids that anyone could wish to have. Huston, Griggs and Caroline have all been to Todds Road and completed the six mile run at least once.

Huston, 16, came out to Todds Road for the first time in 1980 with Alex Campbell on the promise of some new running shoes. He is currently attending Woodberry Forest and plans to study English history and Shakespeare in England part of the next school year. He loves all sports but excels in basketball, football and tennis. He stays in shape by lifting weights in the off season. This summer Huston plans to stay in Lexington and work for Norman Brown, Sr. before returning to Virginia for his junior year at Woodberry.

Griggs, 13, attends The Lexington School and is yet another athlete. Friends tell us that Griggs is good at any sport he tries. His favorites are basketball, baseball and soccer. This summer he will take off for a month to Alexandria, Virginia for Woodberry Forest Sports Camp where he will play lacrosse, football, baseball, basketball and run track and field events. Griggs, the Stumblers want you to know you are welcome at Todds Road anytime, not just on holidays!

Caroline, the youngest of the Powell clan, is 10. She made her first trip to Todds Road when she was seven years old and got her Todds Road t-shirt in 1983 on Thanksgiving Day. Caroline is also a student at The Lexington School. She spends her spare time swimming in meets (she's a wonderful "10 and under" competitor), playing soccer and jumping on the trampoline in their backyard. This summer Caroline will head to a camp in Wisconsin for swimming, water-skiing, riding and other sports.

With a group like this around it's a



Reese Reinhold

wonder Lee has the time or the energy to do anything else. Besides the normal "mom" activities, Lee works at First Security National Bank as a Systems Programmer, working with the computer software. She has a BS in math from Sweetbriar College and has done graduate work in Computer Science at the University of Kentucky. She runs daily, works out with Nautilus equipment and plays tennis in her "spare" time. The kids gave her a good report for her cooking (even when she was out of the room), and Lee enjoys reading, sewing and needlepoint.

Lee is a familiar face at Todds Road to many of the Stumblers. She recalls her first visit, when she went out by herself early to run so she could finish in time to

talk with everyone at the clubhouse. Not ever having been on the course she missed the turn for the six mile run and found herself on the nine mile course thinking to herself "whose idea of straight and level is this?" She was so determined to run the whole way without stopping she found herself running in place trying to decide what to do. What seemed like days later to Lee, the "Old Stumbler" and Ginny Adams drove out, found Lee hopelessly lost and drove her back to the clubhouse. Lee contends she was entitled to an entire "New Balance" outfit in addition to the Todds Road shirt.

The Powells are a special bunch and a delight to be around. We will all keep our eyes open for great accomplishments from the Powell family. ■

CHARLESTON DISTANCE RUN

by Phil McConathy

Over 1,600 runners started this 15 mile challenging course on Saturday, August 31, 1985. It was warm and partly cloudy at race time. There were 1,430 who finished the race. The Stumbler contingent was very limited this year.

Grete Waitz won the female division in a time of 1:24:57 and the overall winner was Steve Taylor of St. Marys, West Virginia with a time of 1:16:25. He was the first West Virginian to ever win the race.

This is a good prep race for the Dayton Corridor Classic and any fall marathon. Remember to mark this race as a must for 1986.

All known Stumblers are listed below:

NAME	TIME	PLACE
Mike Raftery	1:27:18	44th (5th in age group)
Dennis Haddad	1:39:06	176th
Richard Bass	1:39:21	181st
Edward Gardner	1:41:45	232nd
Phil McConathy	1:47:03	373rd
Mike Allin	1:47:15	375th
Stephen Stamper	1:47:31	385th ■

STUMBLERS ON THE MOVE

by Suzanne Sanders

On your Saturday morning trips to Todds Road, you may have noticed a number of cyclists pedaling their way to the clubhouse. There is a small, loosely organized group that meets at the Richmond Road McDonalds at 7:00 a.m. for a pleasant, friendly 8.5 mile ride to the clubhouse. Any Stumblers are welcome to join them.

A number of our bikers are triathletes, who are doing quite well. **Susan Cox, Becky Keller, John Sensenig, Jeff Hoggerheide, Dave Oliver, Hord Tipton** and **Brad Rex** have qualified to go to the Third Annual Bud Light U.S. Triathlon National Short Course Championship at Hilton Head, S.C., on September 28. Also **Brad Rex, John Sensenig, and Hord Tipton** have qualified to the Hawaii Ironman Triathlon.

Susan Cox brought home the gold again. In August at the National Masters Long Course (50 meters) Swimming Championships at Providence, R.I., Susan won five gold medals and one silver.

A couple of Saturdays this summer there was considerable excitement at the clubhouse caused by the attack of killer bees. **Babe Ray** was stung on the ear and **Jerry Stone** on the rear. Even **Alex Campbell** was stung. Eight year old **Kelly Adams**, daughter of **Stephanie Adams**, was stung and had a toxic reaction that mimicked appendicitis. By Sunday after a couple of trips to the hospital, Kelly was feeling better and is now just afraid of bees. **Dan Dusch** has sprayed the clubhouse numerous times and the bees have not appeared recently. If anyone is stung, there is baking soda and a first aid kit at the clubhouse.

On June 18, **Marcia Moser** broke her ankle while running across some grass. She was in a cast for five weeks but kept up her conditioning by riding a bike on a Vetta trainer. Marcia is running now but still receiving some therapy. She plans to do some racing this fall.

Bill Mallory has been suffering from a stress fracture of the hip since the first part of July. He is able to bike and is running in the water to try to keep up his conditioning but nothing takes the place of hitting the pavement.

Dave Wachtel is now the Training Director with the Department of Criminal Justice Training with the Justice Cabinet

of Kentucky. His department is in charge of training all local and city police officers but not the state police. The training facilities are located in Richmond but Dave will still live in Lexington.

Larry Metzger has accepted a position in Columbus, Ohio. Starting November 1, Larry will become the Executive Vice President of the Columbus Board of Realtors. Until his back surgery last February, Larry has been a regular at Todds Road for the three years he has lived in Lexington. Larry is able to jog a couple of miles now but is still primarily walking for exercise.

Lon and Ann Hays had a baby boy on June 2. Lon Stuart Hays weighed 8 lbs. 6 oz. and yes he already has his Nikes.

Joe Binford has returned to Transylvania University after a sabbatical. Joe studied at the Institute of Latin American Affairs in Austin, Texas and gathered data in Mexico to develop a course in Latin American History. He began teaching the course at Transy this fall. His wife **Ann** is an artist and studied Mexican art and archaeological ruins while in Mexico. Joe said his trip was a great success professionally but many miles of walking on poor surfaces put a strain on his feet that has made running difficult but he hopes to be running at Todds Road again soon.

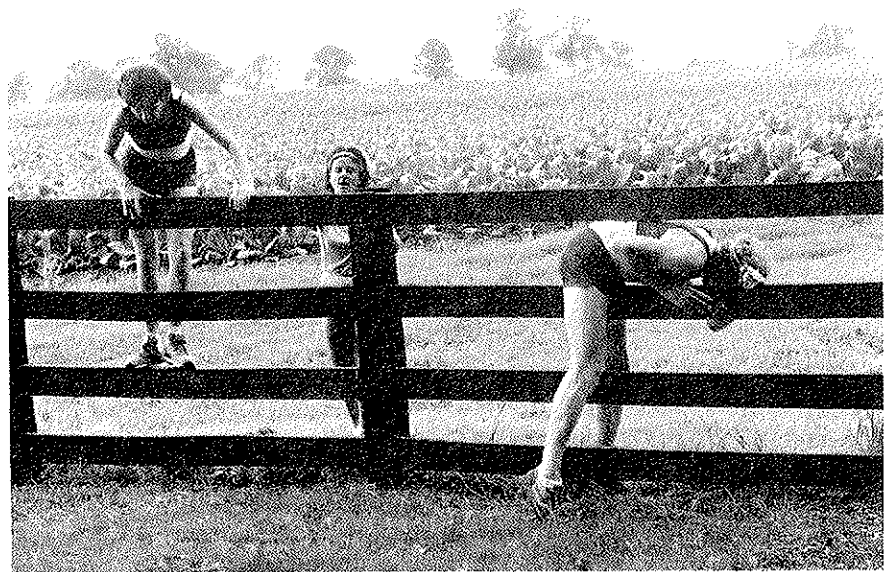
Marc Nenow has recently returned from St. Moritz where he was doing altitude and interval training with fellow athlete Marcus Riffel, a top runner from Bern, Switzerland. Marc has not been able to do the distance work he feels is necessary to run the Chicago Marathon he had planned to run on October 20; however, it sounds as if he is ready for the shorter distance races.

New members for the last six months are: **Stephanie A. Adams, John M. Allen, Rick G. Avare, Thomas M. Barthold, Jennifer Bell, P. Headley Bell, Reynolds Bell Jr., Todd Birkebak, Sharon Blount, Shane Brannack, Amy Burns, Jenny Byner, Kevin Clemmons, Marc Craft, W. Lisle Dalton, Brien Daly, Mark Del Cotto, Melissa Del Cotto, Patrick Daugherty, Greg Duerr, Mary Duffy, Chuck Durham, Richard Fern, Jane E. Fields, Matt Fisher, William Fisher, Jac-**

queline Foulkes, Eugene B. Gallagher, Joseph Gately, Denise Gibson, Jerry Ginsburg, Candy Ginsburg, Tom Hailey, Marilyn Hamann, Kevin Harbol, Nikki Harris, Scott Hennessey, Carolyn Henny, Frank Hernandez, Richard Hopkins, Wanda S. Johnson, Farhad Karim, Fred Khayat, Debbie Lacy, Tim R. Lee, Kathleen LeMaitre, Richard Little, Trish Mazzone, Steve McClure, Bill McDermmond, Jimmie McDonald, Drew Mearns, George Milner, Wesley R. Moody, Andrew Mulligan, Harry E. Nagel, G.W. Newsom, Ralph Niven, Randy Parker, Terry K. Parks, Armando J. Prats, Rick Qualls, Michael Schlink, Robert Schmitga, Elaine Schmuacker, Joe Solak, Carol Thomas, Ralph Turner, Tim Unger, Frank Walker, Kenneth D. Watts, Susan Weisenburger, Daniel Whitney, Martin Wilby, Michael J. Wilson, Dan Akin, Dave Camire, Jeff Compton, G. Ben Cowgill, Jeanie M. Dougherty, David Ester, Gary Foley, Robert Gallagher, R.G. Goode, Dave Grober, Tim Guthrie, Thomas Hedrick, Becky Keller, Joel M. Lee, Maryrose Martin, Malcolm R. Meers, Allen R. Myerson, William E. Pence, Marlen Silverii, Susan C. Sither, Becky Wierzbinski, Timothy Wiesenbahn, Duane A. Williams, Conrad Plaut, Chris Cowan, Dan Cowan, Steven DePerna, Jane V. Fergus, Stephen B. Grimes, Robert Lyon, William Lyon Sr., Cindy A. Martin, William C. Payne, Johnny C. Thomas, David R. Ackerman, Sander C. Atkinson, Stephanie V. Bailey, Chris L. Bellew, Donna M. Birkenhauer, Robert A. Blouin, Derek L. Churchill, Gregg T. Cox, Teresa Dailey, Tim Lee Durham, Tammy J. Everett, Mary E. Ferlan, Ivan E. Foster, Duane Gaston, John Hall, John Harrison, Joan Herbig, Joe Herbig, Lon R. Heys, Carl Hocker, Dewayne Lynn Holder, Toby Keiser, Judy Lambers, Thomas Leach, Carol Leach, Jennifer L. Leitner, Jeremy M. Lile, Michael Marks, Terri L. Morgan, Cindy Moudy, Kenneth C. Nash, Will Pagan, Tony Rowl, Kimberly C. Smallwood, Larry K. Solomon, Charles B. Stone, Myra Ann Strong, Mark Edward Thomas, John A. Turbek, Susan E. Turbek, Bruce D. Wallace, Tommy Lee Watts, Jeremy Dan Wilcox, David P. Winters, Sue Winters, Steve R. Yocum. ■

SEVENTH ANNUAL TODDS ROAD STUMBLERS PICNIC

During the ten days preceding this year's picnic the Bluegrass area sweltered. With temperatures in the 90's and humidity levels to match, outdoor activities were not much fun. Fortunately all of this changed as rain pushed by a cool front swept through in the afternoon of July 15, leaving us with a beautiful evening for our annual frolic. The largest group ever (over 200) participated in running, swimming, food, volleyball, tennis, basketball and conversation. Everyone seemed to have a fine time. In addition to a nice mix of old and new members, it was especially good to see such a large turnout of crawlers and toddlers. Soon we will be announcing the date of the 1986 picnic. Don't miss it. ■



Fence climbing "event" at finish of FunRun.

MIDSUMMER NIGHT'S RUN

by Phil McConathy

On a beautiful Saturday night on August 10 over 1,200 runners descended upon downtown Lexington in the first evening run in Lexington. Todds Road was well represented with the Open-mixed team winning their division with a combined time of 83:56 minutes. This team was made up of Dan Dusch, Philip Wheat, Rick Donato, Tony Szwilski and Barry Collins.

Stumblers who were listed in the top 100 and their respective finish positions were as follows:

Dave Schaufuss	14:25	1st place	1st place age group
Cam Hubbard	14:56	3rd place	2nd place age group
Dan Dusch	15:40	10th place	2nd place age group
Mike Rafferty	16:15	16th place	3rd place age group
Sam Cockerham	16:24	20th place	5th place age group
Philip Wheat	16:27	23rd place	1st place age group
George Braman	16:33	24th place	4th place age group
Tony Szwilski	16:40	26th place	6th place age group
John Unger	16:51	33rd place	10th place age group
Douglas Worful	17:35	59th place	10th place age group
Stan Briggs	17:47	67th place	2nd place age group
Robert Green	17:53	74th place	15th place age group
Rick Donato	18:03	77th place	2nd place age group
Jerry Stone	18:15	83rd place	3rd place age group

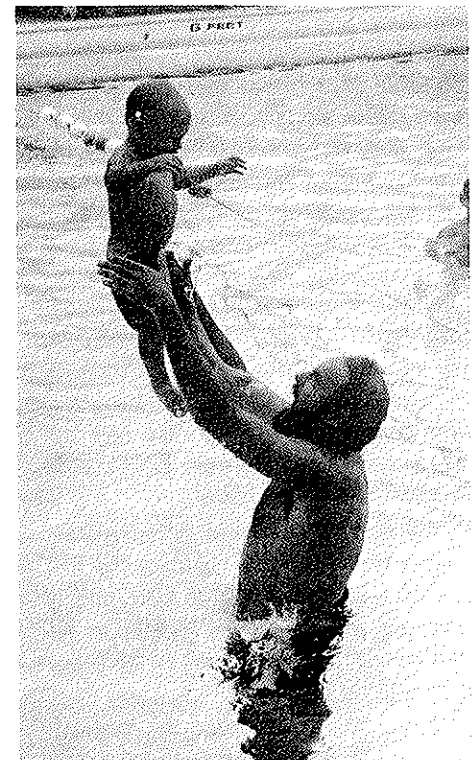
Listed below are Stumblers who did well or set Personal Bests for the race:

Bob Maclin	20:39	1st in age group
Beth Collins	19:15	3rd place - female overall
Wendy Frazier	19:38	4th place - female overall
Earl Freeman	19:36	9th in age group
Reese Reinhold	20:01	PR
Dan Wells	20:57	
Becky Reinhold	22:40	PR
Penny Frazier	28:59	

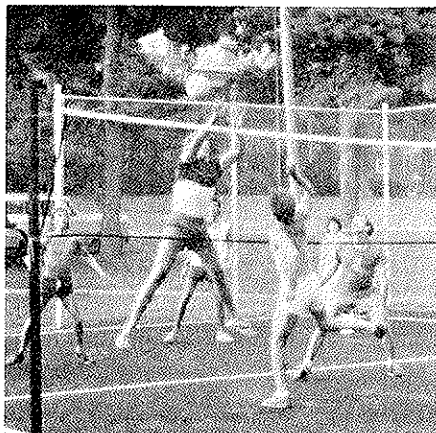
The major complaint with this race was the awards that were given. Race organizers stated that next year they would be improved. Be sure to keep this race in mind for 1986. ■



Lifeguard Tracey Robinson takes a break.



Don Ambroziak and Don, Jr. "swimming"



Volleyball - a traditional crowd pleaser



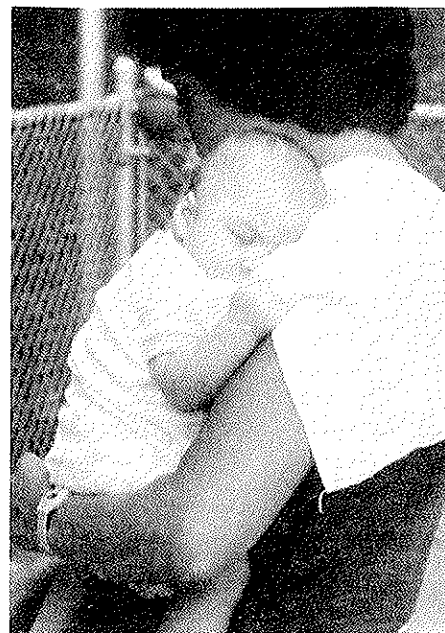
John Pendleton watches Barry Collins "reaching in" on Phil Wheat



Gail Bass and Dick, Jr., ready to take photos



Dave and Paula Feighery introducing daughter Christy to Bob Maclin (L)



A tired little Stumbler

RUN FOR LIFE 5K AND 10K

by Phil McConathy

On a warm Saturday morning over 140 runners began the combined 5K and 10K races at the Cynthiana Court House. The course is slightly rolling and set up with one lap being the 5K and two laps completing the 10K. After a slight train delay the race began. A notable runner in the pack was Larry Hopkins, U.S. House of Representatives-KY.

The Stumblers who were known to have run these races are listed below:

5K - FEMALE		
NAME	TIME	PLACE-OVERALL
Beth Collins	19:46	1st
Elizabeth Wachtel	27:42	21st
5K - MALE		
Barry Collins	16:50	9th
David Wilhite	17:25	12th
T. Kinkead	20:02	36th
Bob Maclin	20:10	37th
Larry Hopkins	29:13	91st
10K - FEMALE		
Hopey Newkirk	37:10	1st
Wendy Frazier	40:13	2nd
Phyllis Jenness	66:43	14th
10K - MALE		
Sam Cockerham	33:56	6th
William Harshbarger	35:12	12th
Robert Green	37:11	23rd
David Wachtel	38:16	30th
Steven Hall	39:55	43rd
Phil McConathy	40:02	44th
Daniel Kenady	40:06	45th
Earl Freeman	40:28	49th
Edd Frazier	40:34	51st

RACE SCHEDULE

by Bob Maclin

Fall weather contributes to the scheduling of many of the country's top races and this year we can again look forward to the 10K Classics such as Wendy's and the Sonat Vulcan, and also to the Marathons. I'd like to again remind you of the many fall festival races. They are lots of fun.

Keep in mind this race schedule is prepared from many sources and please remember to verify dates, deadlines, times of races, etc., before traveling to a race; and send self-addressed, stamped envelopes when requesting entry forms.

OCTOBER

- 9 -- Audubon Park 5K, Louisville, Ky. Cherokee Road Runners, Box 34532, Louisville, Ky. 40232.
- 12 -- Strohs Liberty Run 8K, Lexington, Ky. John's Bluegrass Running Shop, 321 S. Ashland, Lex., Ky. 40502. 606-269-8313.
- 12 -- Strohs Liberty Run 8K, Louisville, Ky. Oxmoor Center, Metro Parks, Gil Clark, P.O. Box 36452, Louisville, Ky. 40233.
- 12 -- Sorghum Festival 10K, Springfield, Ky. Springfield Sun, Springfield, Ky. 40069.
- 13 -- Bank One Marathon, Columbus, Ohio. Nationwide/Bank One, Processing Dept., Columbus, OH 43271.
- 19 -- Citizens Challenge 5K, 10K (Women Only). Louisville, Ky. Seneca Park, Gil Clark, P.O. Box 36452, Louisville, Ky. 40233.
- 19 -- Lafayette Travel 10K, Lexington, Ky. John's Bluegrass Running Shop, 921 S. Ashland, Lex., Ky. 40502. 606-269-8313.
- 20 -- Green River Lake 10K, Campbellsville, Ky. Central Ky. News Journal, Campbellsville, Ky. 42718.
- 20 -- Americas Marathon, Chicago, Il. Americas Marathon/Chicago, 214 W. Erie, Chicago, Il. 60610.
- 26 -- Pleasant 5 Mile Run, Indianapolis, IN. Gary Peterson, 317-357-2677 or 317-882-1800.
- 26 -- Capitol Birthday 5K, Frankfort, Ky. Barry Hill Mansion, Louisville Rd., Frankfort, Ky. 40601. Todd Tablot, Chairman, \$5.00 by Oct. 20, \$7.00 late entry.
- 27 -- New York City Marathon, New York, NY. P.O. Box 1388, New York, NY 10116.
- 27 -- River Banks 10K, Louisville, KY. New Albany to Louisville Run, Gil Clark, P.O. Box 36452, Louisville, Ky. 40233.

NOVEMBER

- 9 -- Wendy's Classic 10K, Bowling Green, Ky. David Mason, Box 1316, Bowling Green, Ky. 42101.
- 10 -- Derby City Marathon, Louisville, Ky. Gil Clark, P.O. Box 36452, Louisville, Ky. 40233.
- 23 -- Vulcan 10K, Birmingham, Al. Box 2563, Birmingham, Al. 35202. 205-325-1925.
- 24 -- Vulcan Marathon, Birmingham, Al. Box 2563, Birmingham, Al. 35202. 205-325-1925.
- 28 -- Race For Hunger, Thanksgiving 10K, Lexington, Ky. John's Bluegrass Running Shop, 921 S. Ashland, Lex., Ky. 40502. 606-269-8313.

DECEMBER

- 1 -- Maryland Marathon, Baltimore, MD. Box 11394R, Baltimore, Md. 21239. 301-882-5455.
- 8 -- Honolulu Marathon, Oahu, Hawaii. 808-734-7200.
- 14 -- Kentucky 50 Miler, Louisville, Ky. to Frankfort, Ky. Cherokee Road Runners, Box 34532, Louisville, Ky. 40232.
- 14 -- Rocket City Marathon, Huntsville, Al. Huntsville Track Club, 8811 Edgehill Dr., Huntsville, Al. 35802. ■

CAPITOL EXPO 10K

by Stan Briggs

The 5th Annual Wendy's Capitol Expo 10K in early June was run with greatly improved weather conditions from previous years. The race continues to draw a good field from Kentucky and surrounding states and a number of the 950 participants set course records this year.

Listed below are the Todds Road Stumblers who finished in the top five positions in their age groups:

NAME	TIME	PLACE	AGE GROUP
Christie Cornett	45:42	1st	W 15 & Under
Wendy Frazier	41:13	1st	W 16-19
Lou Sievers	45:31	5th	W 30-34
Phyllis Jenness	64:37	1st	W 60-64
Cam Hubbard	31:09	1st	M 20-24
Mike Sanner	31:01	2nd	M 25-29
Frank Cornett	33:41	2nd	M 35-39
Don Coffman	31:54	1st	M 40-44
Phil Wheat	34:57	2nd	M 40-44
John Sensenig	38:09	1st	M 50-59
Wayne Collier	39:41	3rd	M 50-59
Harry Campbell	64:35	4th	M 65 & Over
John Fitch	70:39	5th	M 65 & Over ■

DON'T FORGET
The date for the
KHSAA State
Crosscountry Meet
is November 2, 1985.
The place is the
Kentucky Horse
Park.
Six great races!
BE THERE!

GET TO KNOW THE COLLINS FAMILY

by John Wisniewski

Running is a part of family life in the Collins household. Beth, who just graduated from Lafayette High School, placed second in the Kentucky State AAA finals for 3,200 meters running a quick 11:47. Judy can be found most every evening on a training run with a group of friends touring the streets of south Lexington. Barry has run the Boston Marathon and continues to improve his race pace.

Together with Beth, Judy and Barry share professional interests. Both work at the Veterans Administration center in Lexington in related areas. Judy is a technologist in nuclear medicine and Barry is Assistant Chief of the Radiology Department at the center. Judy is originally from Indiana and Barry is native to Western Kentucky. Both attended Louisville General Hospital School of Radiology Technology. The Collins like and share an interest in many outdoor activities. They enjoy bicycling for fun, relaxation, fitness and occasionally recovery from the minor aches of too many running miles. When times allows, which is less often than they would like, a little boating or fishing on Cave Run or Herrington Lake is a favorite pastime.

Beth is looking forward to college. She has yet to make a final decision on which school she will attend but she hopes to take advantage of offers for a sports scholarship and join the track team. Beth wants to major in physical therapy and become involved in sports medicine. Having just finished the spring track season, Beth is not intending to do much racing this summer. But to stay in shape, she will continue to run 40-50 miles a week. Judy says that running with Beth gives her the opportunity to do some speed work by just keeping up with her daughter.

Another common trait among the Collins is the reason they like to run. Each one claims that the people they meet and friendships they develop through running are what they like most. It is probably that reason that Barry and Judy are the founders of a small group of runners in their neighborhood. With full racing colors, they have named their fun run group the "Grasmere Grumblers" after their subdivision. Barry hopes to stay healthy



J. Wisniewski

this year and break an elusive 35:00 for 10,000 meters. Both Judy and Beth have strong desires to continue improving. Judy who started coming out to Todds Road in 1983 with Barry, will have accomplished a major running goal by joining the 500 Mile Club at Todds Road by the time this article is published.

The Collins are looking forward to a summer of no track meets and a vacation to The Land Between the Lakes or Hilton Head Island. Judy spends her free time working with ceramics, candle wicking and flower arranging. While like many other 17 year old girls, Beth says that chasing boys and shopping are her spare time interests. Beth, with a little pride and

maybe a little understanding of male pride, relays a story of how she beat a boy on her track team in a combined race and after the race the boy never spoke to her again. Judy says that she often attracts the neighborhood canine brigade as she runs. She once was terrified by a doberman who attempted to knock her down only to attempt to lick her. It appears that the neighborhood dogs agree with me and a lot of other Stumblers that the Collins are warm, friendly and a lot of fun to be with.

Editors Note - Since this interview was written, Beth has entered Eastern Kentucky University and is a member of the track and crosscountry team. ■

PIONEER DAYS 5K AND 10K

by Stan Briggs

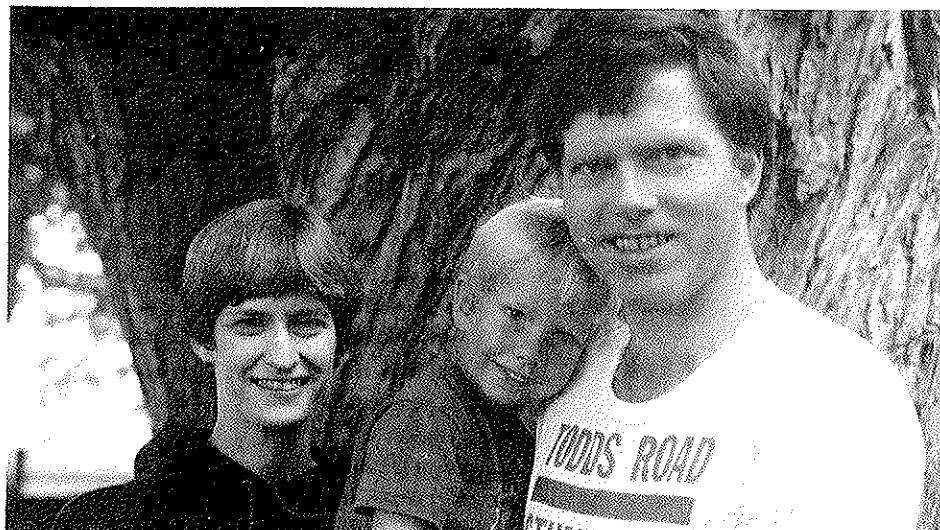
The Harrodsburg Pioneer Days races sponsored by the YMCA were held on August 24. Dave Winters won the men's division of the 5K in 16:58, while Pansy Logue won the women's division in 22:11. The overall men's division 10K winner was Gary Strowig in 33:06 and 11-year-old Katie Stamps was the women's winner in 40:54.

A number of Todds Roaders were award winners in these races and they are listed below:

5K:			
NAME	TIME	PLACE	AGE GROUP
Lissa Moore	22:53	1st	W 25-29
Larry Hopkins	30:52	2nd	M 50-54
10K:			
NAME	TIME	PLACE	AGE GROUP
Joni Morgan	51:51	3rd	W 25-29
Kelley Bruner	48:36	3rd	W 30-34
Rod Messer	39:39	3rd	M 30-34
Sam Cockerham	35:37	1st	M 35-39
David Roberts	42:42	3rd	M 40-44
Stan Briggs	39:57	1st	M 45-49
Thomas Watkins	47:02	2nd	M 50-54
Jim McCall	50:02	2nd	M 55-59
Robert Elsea	55:43	3rd	M 55-59 ■

GET TO KNOW THE JONES FAMILY

by Becky Reinhold



Reese Reinhold

boards, budgeting, book selection, program construction, and actually has to play "builder," meeting with architects to find out why they have roof leaks.!

David, who is now assistant city editor for business for the Herald-Leader, works primarily on the Business Monday section, and edits the business stories for accuracy for the paper.

The Jones' credit Steve Wilson for introducing them to Todds Road. Pyddney, David and Will (in stroller) visited Todds Road for the first time in August of 1982. They enjoy meeting all the people and are interested in their varied lifestyles. They also say that running makes them feel more relaxed. Will looks forward to Saturday mornings so he can come to the clubhouse and play baseball, football and ride around in Babe Ray's chariot. Will was so impressed with the chariot that he went home, tied one end of a rope to his red wagon, the other end of the rope around his stomach, and ran around the yard saying he was "Mr. Ray!"

The latest news in the Jones house is that Pyddney is due to have another baby Jones in mid-October. The Stumblers wish Pyddney, David, Will and the new addition the best. ■

Pyddney, David and Will Jones are familiar faces at Todds Road on Saturday mornings. Will is the blonde bomber with the baseball bat, ball and glove who entertains the runners with his "slides" and "pitches" in the clubhouse yard!

David and Pyddney (pronounced Pidnee, not to be confused with Pitney Bowes) moved to Lexington in August of 1978 for career reasons. David had been offered a job with the Lexington Herald-Leader as a general assignment reporter. They moved here from New York City where David had been at the Columbia School of Journalism and Pyddney had worked at a publishing company in the South Bronx.

Both attended Vanderbilt University, where they met, and then continued to live in Nashville for three years after graduation. David worked in Nashville as a sports writer for the Tennessean, and Pyddney, who has her masters in library science, worked at the Vanderbilt Library.

While in Nashville, just being newlyweds, they tried to find activities they could do together. David decided to teach Pyddney tennis, but quickly realized that tennis was not her game. Since divorce was a little premature at this point he abandoned the tennis lessons and took up running, without Pyddney. So much for newlywed togetherness.

From Nashville, they moved to New York, where they tried playing squash, in between their busy work schedules. As usual "David was always better." Finally in 1977 Pyddney, David and Gus (their big dachhund) began running together in

Riverside Park in New York City. Pyddney found she really enjoyed running and learned that she could finally beat David at something. It was probably about this time that David came up with his convenient knee injury!

When they moved to Lexington in 1978 David started work with the Lexington Herald-Leader and Pyddney began her employment with the Kentucky Department for Libraries and Archives. Her job entails working in public library development for seven surrounding county libraries. She is a consultant for library

BLUEGRASS STATE GAMES

by Nick Nickell

U.K. Track Coach Don Weber and his crew put together a great first Bluegrass State Games. Events from softball to soccer were included in this year's inaugural event held August 3 and 4. The events we are most interested in, the track and field events, brought out some great competition. Listed below are the known medal winners from Todds Road.

NAME	EVENT & PLACE	TIME & AGE GROUP
Ronnie Chestnut	800 Meters - 3rd	2:04.95 - 19-29
Bennie Hicks	800 Meters - 2nd	2:01.94 - 30-39
Frank Cornett	800 Meters - 3rd	2:02.33 - 30-39
Wayne Collier	800 Meters - 1st	2:22.01 - 50-59
Wendy Frazier	3000 Meters - 1st	11:19.86 - 16-18
Tom Moran	400 Hurdles - 3rd	58:24 - 19-29
Cam Hubbard	5000 Meters - 1st	15:15.34 - Open
Bennie Hicks	400 Meters - 2nd	52.78 - 30-39
Stan Briggs	400 Meters - 1st	1:02.31 - 40-49
Tom Moran	1500M Steeplechase - 2nd	4:57.13 - Open
Russell Nally	1500 Meters - 2nd	4:11.94 - 16-18
Frank Cornett	1500 Meters - 3rd	4:18.24 - 30-39
Stan Briggs	1500 Meters - 2nd	4:51.71 - 40-49
Jerry Stone	1500 Meters - 3rd	4:53.24 - 40-49
Wayne Collier	1500 Meters - 2nd	5:00.73 - 50-59
Wendy Frazier	1500 Meters - 2nd	5:05.19 - 16-18

Everything from judges to the awards ceremony were truly first class. ■

HARD RUNNING - SOFT BONES?

by Ray Reynolds, M.D.

Absence of menses or amenorrhea is common in women who participate in severe endurance training. A major concern is that prolonged amenorrhea may lead to premature loss of bone mineral (osteoporosis) and susceptibility to fractures. Researchers from Stanford University studied a group of elite female runners and recently reported their findings (Ann. Int. Med. 1985; 102:158-163).

Runners were grouped into cyclic or amenorrheic according to their menstrual history. The groups were well matched in terms of body composition, aerobic capacity and training regimens. The amenorrheic women had begun training close to the onset of menses. The mineral content of spinal bones was lower in amenorrheic women. The bone density of amenorrheic runners was greater, however, than in sedentary amenorrheic women. The incidence of stress fractures was much higher in amenorrheic women as compared to their cyclic counterparts.

As expected, amenorrheic runners had abnormally low blood estrogen levels. Other blood studies including calcium, phosphorus, vitamin D and related hormones were normal in both groups. Nutritional assessment of both groups of runners showed many to be eating less than two-thirds of the recommended daily allowance of calcium.

The researchers recommended that women runners should certainly consume adequate calcium - 1,500 mg/day. When possible, training levels should be decreased to allow normal menses to resume. When this is not possible, a logical alternative is treatment with estrogen hormone supplements. Hopefully, studies are in progress to evaluate the benefits of estrogen therapy in this setting. ■

WANT TO BE ON THE 11:00 NEWS?

Here's how - put on dark clothes and your "joggers stereo" and go for a night run-dare the cars to hit you.

BLUEGRASS 10,000

by Nick Nickell

Finally, we had decent weather for the biggest race in Lexington. With just under 3,000 runners starting this year's race in 62 degree weather, we got what we expected -- some fast times. Unfortunately for those of us injured, the 62 degrees didn't help a bit. Ed Merkler won the mens race in 30:20 while Audrey Pierce set a new course record in the womens division with a time of 35:56. We even had a runner cause quite a stir when our own Dave Schaufuss, who placed second overall, was disqualified because a friend registered him under the name of Abebe Bilila, the famous Olympic marathoner who died several years ago. I think Dave will send in his own application from now on. Listed below are those known Todds Roaders who were age group award winners, or had personal records (P.R.'s). We know we had more P.R.'s, but unless you tell us, we can't recognize your efforts.

NAME	AGE GROUP & PLACE	TIME
Russell Nally	M 13-17 - 3rd	34:42
Cam Hubbard	M 18-24 - 3rd	31:32
Bill Smith	M 35-39 - 2nd	33:34
Dan Dusch	M 35-39 - 3rd	33:56
Phil Wheat	M 40-44 - 1st	34:45
Stan Briggs	M 45-49 - 3rd	37:51
John Sensenig	M 50-54 - 2nd	37:41
Ralph Miller	M 50-54 - 3rd	39:32
Wayne Collier	M 55-59 - 2nd	40:05
Bob Maclin	M 60-64 - 1st	42:57
Sarah Wisniewski	F 12 & Under - 2nd	53:29
Wendy Frazier	F 13-17 - 1st	40:40
Beth Collins	F 13-17 - 2nd	41:14 PR
Mary Hagihara	F 40-44 - 1st	45:48
Christie Robinson	F 40-44 - 2nd	47:08 PR
Joy Carden	F 50-54 - 2nd	1:06:22
Phyllis Jenness	F 60-64 - 1st	1:07:15
Alvin Green		45:59 PR
Win Burke		50:09 PR
Bill Mallory		40:06 PR
Ed Gardner		38:01 PR
Mike Raftery		33:38 PR
Becky Wierzbinski		57:40 PR
Greg Powell		43:24 PR
Dan Jordan		42:47 PR
Janie Fergus		42:24 PR
Debbie Howard		42:53 PR
Bill Stofer		44:05 PR

DANIEL BOONE 10K

by Nick Nickell

This year's race, on October 31, was run under relatively moderate temperatures, but the high humidity made this a very taxing run. Tim Back of Morehead was the overall men's winner with a time of 32:30.2, while Hopey Newkirk won the women's division in 37:59. Our own George Van Meter puts on a quality race each year at Winchester, and this year was no exception. Listed below are those Todds Roaders who were listed as age group winners!

NAME	AGE GROUP	TIME
Suzanne Sanders	3rd Overall-Woman	44:31
Richard Hopkins	M 20-24	34:08
Lythia Metzmeir	F 20-24	45:11
Larry Wheeler	M 25-29	35:19
James Sackett	M 30-34	34:30
Phil Wheat	M 40-44	35:32
Christie Robinson	F 40-44	46:59 PR

Todd's Road Stumblers, Inc.

milemarker

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Lexington, Kentucky 40584
(606) 254-3447

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RUN USA

Dick Robinson

A large map of the United States has been posted at the Todds Road Clubhouse. As any member of the Stumblers becomes the first to compete in a race in any state, the map will be filled with:

- Name of Runner
- Name and Location of Race
- Date of Race

A picture of Stumbler in Todds Road Shirt

Send entries to: Milemarker, Box 223, Lexington, Kentucky 40584. Earliest postmark gets credit in each state. One runner can send entries for more than one state. Races since July 15, 1985 qualify. Runners must wear TR shirt in the race.

The picture need not be taken at the specific race, but a submitted picture of each Todds Roader will help everyone know which Stumbler was the first in each state.

Early qualifiers are:

***Harry Campbell**, BIX - 7 Miler, Davenport, Iowa, July 27, 1985.

***Rob Lyon**, The AUL/Governor's Cup (8K), Liberty, Indiana, July 20, 1985

***Leslie Maclin**, Women on the Run (5 Miles), Chicago, Illinois, September 15.

RECREATION BOWL 5K

by Bob Maclin

On a cool, rainy morning at 8 a.m., August 24, 1985, under almost ideal weather conditions, runners challenged the rolling hill course of the Mt. Sterling race.

Todds Road Stumblers were well represented, and, as usual, included the overall women's winner Hopey Newkirk with a P.R., and other age division winners as follows:

NAME	PLACE & AGE GROUP	TIME
Hopey Newkirk	1st, Women's Overall	17:59 PR
Phil Lucas	1st, 30-34	16:01
Sharon Blount	1st, 40-44	26:20
Bob Maclin	1st, 60-64	21:03
John Fitch	1st, 65 and over	34:37 ■

BUFFALO FESTIVAL 6 MILE

by Bob Maclin

The Stamping Ground Buffalo Festival 6 Mile Run held on August 3, 1985 this year is attracting larger numbers of runners each year. The course is considered by most runners to be a relatively flat, out and almost back, fast course. Well organized, with fast results and award ceremonies, make it welcome to runners. Todds Road Stumblers placed as follows in this race:

NAME	PLACE	TIME
David Winters	Overall winner	32:25
Mark Morgan	1st	34:22
David Wachtel	1st	36:48
Earl Freeman	1st	38:21
D. Palmer	1st	39:06
T. Kinkead	2nd	40:47
Marabeth Thomas	1st	40:55
Bob Maclin	1st	41:14
Joni Morgan	1st	45:56 ■