



Member Roadrunners Club of America

# THE TODDS ROAD

# millemarker

Newsletter of the  
Todds Road Stumblers, Inc.

Lexington, Kentucky  
Number 12 Spring 1986

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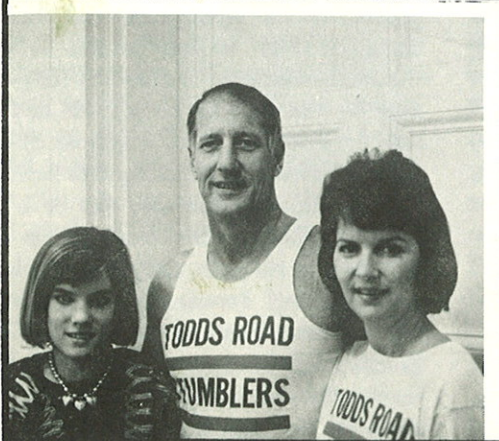
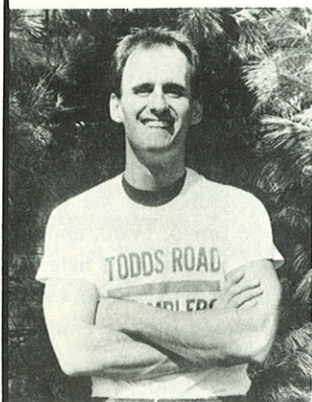
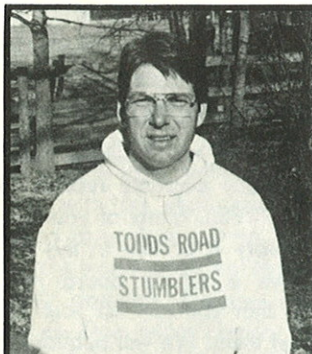
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# AT THE STARTING LINE

by Kenneth J. Pike

## BACK TO BASICS

It was like going back in time. The entry form for John's Valentine Run '86 announced that races of 5K and 15K would be held on February 16 unless the weather was too nasty, in which case we would try again one week later. It also promised that the race itself would be low key with an accurately measured course, correct finish timing, a few split times (perhaps), inexpensive awards for the top overall and age group finishers and optional tee shirts. All of this was available for the painless sum of \$2.00, plus another \$4.00 if you wanted a shirt.

As it happened, the 16th was a terrible day but the 23rd was beautiful. The pre-race atmosphere was pleasant and relaxed. When the starting signal was given the competitors got down to business and ran just as hard as if the prize was a Mercedes instead of a certificate and a sweat band. It was good to once again have racing on the beautiful old Masterson Station course, and to be reminded of how our sport was "before the boom." A special thanks to race director John Senenig for a job so very well done.

## 500 MILE CLUB UPDATE

The 500 Mile Club just keeps on growing. Since our winter issue two more have completed the distance. The new members are:

Scott Norman - January 18, 1986

Don Collins -- March 8, 1986

With these additions the total membership is now standing at 91. Congratulations!

The basic idea of the 500 Mile Club is to give support and encouragement to our members by setting a difficult but attainable goal of running 500 miles on our club courses. For the benefit of our newer members (and for the older ones whose memories are beginning to slip) we will summarize the 500 Mile Club rules.

--You may start any time you wish and take as long as you like.

--To begin you should find a blank line on one of the boards mounted in the clubhouse and enter your name. This is where you will record your miles as they build up.

--You may count only those miles you run on our club courses during our regular Saturday morning fun-runs. You are welcome to use the courses any time, but only the Saturday morning miles are official.

--As you see you are approaching your goal don't keep your success a secret. Let your fellow Stumblers know that you are about to complete your 500, because this is always a cause for celebration. A bottle of non-alcoholic champagne will be opened in your honor for all to share. Be prepared for the possibility that some might be accidentally spilled over your head.

--The final step is to write your name and the completion date on the next black space on the plaque so that it can be properly engraved.

It's simple and it's fun, so don't put it off. Get your name on the line and get started.

## NEW 500 MILE CLUB BOARDS

The little pep talk above leads in to some more good news. For quite a while we have needed more space for new members to log their miles. Bill Matlack has generously come to the rescue by supplying new boards mounted on a neat movable rack. By the time this newsletter is in your hands his gift will be in service. Reese Reinhold also helped by drawing up the boards and the large, colorful course maps. The whole thing is a beautiful piece of work, and it will be appreciated by the entire membership. Many thanks to Bill and Reese.

## TOUGH GUYS

### STAND UP AND BE COUNTED

How many of you recall Friday, February 14, 1986? This was the day Lexington turned into one big icy mess, due to an arctic blast of freezing rain, sleet, 5 inches of snow and other such misery. The whole area was paralyzed. Surely, there would be no one at Todds Road on a Saturday following such a nasty event. Right?

**WRONG DONUT BREATH!!** The Todds Road Tough Guys were there and they left a note for the rest of us wimps that shouted "We were here. Where were you??" It further reported that the temperature was 20 degrees with a wind chill of 8 degrees, and it was signed by the following: Ron Lovan, Edd Frazier, Wendy Frazier, Martin Ginocchio, Phil McConathy, Bill Stofer, Jeff Whitt, Leslie Greeman, Pennie Frazier and Babe Ray.

We commend the first nine for their dedication and the last one for his honesty. After his signature the irrepressible Babe

wrote: "Donuts only-no run."

## TODDS ROAD TRIVIA

In our winter issue the trivia question dealt with the movies, and went as follows:

In the film entitled "We've Never Been Licked" starring Robert Mitchum, Noah Berry (Junior), and Ann O'Driscoll, a certain well-known Stumbler appeared in a non-speaking role. Can you name the him/her?

Hint #1: The film was shot at Texas A&M.

Hint #2: The filming was done in 1942.

The answer: Our outstanding Masters runner Bob Maclin.

Pretty tough, wasn't it? Here is one you should find a bit easier. At the top of the last hill on the 6 mile course is the Salem Presbyterian Church. On the front is a plaque that tells when the church was established. Give us the date.

## PERSONAL RECORDS FOR 1986

In our last issue we requested that all of you report any personal records that you set during 1985. Many of you did so and the summary is printed in this issue. We now have a signup board in the clubhouse so that you can list your 1986 PRs as you set them. We will publish these at the end of the season. Write 'em down!

## A LETTER FROM AN OLD FRIEND

A few days ago I received a letter from Bob Bohanan. Many of you will remember Bob. He was very active when the club was in its most rapid growth period. He was the fourth person to qualify for the 500 Mile Club, doing so on July 5, 1980, and he ran a few marathons around that time. I had not seen him at running-related events in some time, but would always enjoy those times that I would run across him at Rupp Arena during the Kentucky basketball games. In his letter Bob said that in January, 1985 he had become ill with rheumatoid arthritis and by the following May he had to leave his job. He and his wife Berit decided to try a warmer climate and so they are now making their home in Port St. Lucie, Fl. Bob says that he is still under a doctor's care and that he has improved to the point that he is now doing some walking. I'm sure that I speak for many others when I say that I miss Bob greatly, with his sunny smile and his wry humor. Here's wishing you a speedy and complete recovery, Bob. ■

# GET TO KNOW DAN MYNEAR

by Barbara Cook

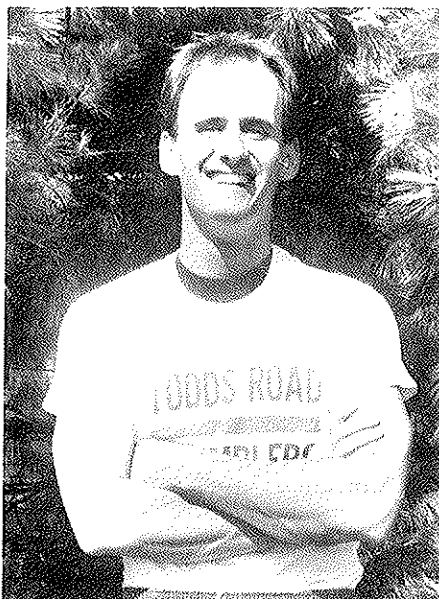
Imagine my delight upon receiving my first Milemarker assignment. I was forced to have lunch with my good friend Dan Myneer! Timing was the only problem since Dan never seems to have a free moment.

I first met Dan at Ford's Fitness Center about 3 1/2 years ago. We went on a short run together that day, and since then he has become one of my favorite running partners. The conversation is always so interesting that I don't seem to notice how much my legs hurt! Dan is quite a fascinating character. He was raised as a military brat which tends to create "shy and introverted or gregarious and outgoing personalities." Dan is definitely the latter type. He is always positive and excited about some new adventure he is planning.

Dan has had a number of interesting jobs. He has been involved in sales, the U.S. Navy, where he developed his interest in language and foreign cultures, was on a prominent Kentucky politician's household staff, and is now self-employed. He was happy with his staff position, but Dan decided to venture out on his own. He is currently working on his Master's Degree at UK and his business is Language Services. Dan tutors French, Spanish and his specialty, English as a second language. In a short time he has built up a nice clientele to support himself. He is also teaching linguistics and French as a graduate assistant at UK. Not enough? Okay, Dan also has another business which you may have seen at the Bluegrass 10,000 or at Shakespeare in the Park. It is "O Tropical," a stand that sells blended fresh fruit drinks. This summer be sure to sample one.

I saw Dan the day I was finishing up this article. He had ridden his bicycle to Ford's where he lifts weights three times a week. From Ford's he planned to ride to UK to play squash. For evening relaxation, he was on his way to ArtsPlace...perhaps to see an exhibit? No, he is also taking ballet lessons at Lexington Ballet. Aside from this, he runs about 25 miles a week and sneaks a little tennis in the summer.

When the 500 mile club first started, Dan was an early leader. He chalked up 120 miles six weeks into the running, no pun intended. He was training for one of the two marathons he has completed. He is still about 40 miles away from his goal.



D. Seaver

Perhaps it's because he is so lazy? He called me last Saturday morning to cancel our run because he had been up all night building a six foot tall papier-mache Eiffel Tower in his garage and was not yet done. I had to believe the excuse. You see, Dan is on the Deauville Sister City Committee which sponsors an exchange program for high school students. He is also vice president of the Alliance Francaise, a group which helps him with his French and promotes a cultural exchange between French and American people. The group has speakers and films, and sponsors academic competitions for high school students.

In his spare time Dan might be working on his stamp collection or on the Shakespeare Council which does the plays in the park. He may also be teaching his Golden Retriever some new tricks or working on some project around the house. He could be on a catering job for someone who needs expert help. After all, there aren't

too many people in town who are trilingual and have as much experience in food service as Dan. He has been a butler and a waiter. He might even be off to see a foreign film at the Kentucky Theater.

So, if you're ever depressed or bored, get to know Dan Myneer. He is always energetic and enthusiastic and up for some new experience. He's the type of person who makes you think that perhaps you could be doing just a bit more than you're doing now. He's the one who is still smiling after riding his bike to Todds Road and running the course. Talk to him this summer if he's not taking one of his usual boring vacations...like riding a bike through France! I'm sure you'll enjoy meeting this really nice and interesting member of our running club. ■

## KEEPING UP WITH MARC

by Ken Pike

After the Run For The Clover, I had a very enjoyable conversation with Marc. He had just recently returned from an extended visit to California during which he got in some training with Leo Lenting, who was one of his teammates at the University of Kentucky. Marc had a good year in 1985. He spent the summer on the European track circuit, which yielded him an excellent ranking. He also did enough American road races to earn a very high rating in that category, and he ran the fastest 10K time for an American in 1985. His association with Puma seems to be a lot of fun for him and has taken him to some interesting places. He plans to go back to Europe for the summer track season again this year and is still thinking about taking a shot at a marathon some time.

Marc is a very open and easy person to talk with; so easy, in fact, that it is hard to keep in mind that you are standing next to one of the best in the world. I learned from another "reliable source" that he has achieved another major recognition. Marc is now one of the questions in the New Orleans TRIVIAL PURSUIT game. Under the sports category the question is "What record did Marc Nenow set in 1984 in New Orleans?" As every Stumbler knows it was his 27:22 for the Crescent City Classic 10K, which still stands as the world's best. ■

## STUMBLERS ANNUAL PICNIC

July 14, 1986

Don't miss it!

Mark your calendar  
now!!

# ONE OF A KIND— A BRIEF HISTORY OF THE TODDS ROAD STUMBLERS

by John Carroll

Runners cannot hang around the Stumblers clubhouse long without hearing stories about the club's early days - how it was founded, how it got its name, and how it got too big for McDonald's and moved into its present quarters on Todds Road.

For most of the 2,000-plus people who have joined the Stumblers, all this is learned as hearsay; only a tiny fraction of the current membership was actually present in the early days. And even some of those who were present can no longer remember precisely how the club came to be.

Here, then, for the benefit of current members, is a brief account of the Stumblers' early history based on interviews with several of the founders:

It all started in 1968 when Alex Campbell, heavier then by some 40 pounds, read a book called *Aerobics* by Dr. Kenneth Cooper. Inspired by Cooper's writing, Campbell began by trying to jog the length of his driveway from his house to Todds Road and back. As the months passed, Campbell progressed until he could run a ten-mile course which took him past Pine Grove and the site of the present Stumblers' clubhouse.

In 1970 Campbell met Dyer Rodes at a basketball banquet at the First Presbyterian Church. As Campbell remembers, Rodes introduced himself by saying, "My wife says you can run ten miles...."

Soon after, Rodes and Campbell began running together on Todds Road. Other early Stumblers who joined them were Bill and Doris Matlack.

In those days, nobody had digital stopwatches, \$100 shoes or Gore-Tex apparel. Campbell used an old-fashioned wristwatch with a second hand and Rodes had a palm-held stopwatch.

Rodes recalls Campbell saying, "wouldn't it be great if we could get a group of people with all kinds of abilities so everybody would have somebody to run with."

Over the next several years, that hope would become a reality. In the early days some of the other runners were Diane Curry, Jerry Bowden, Bruce Gragg, Cathy Fox and John Fox. After running, they would go to McDonald's on Richmond

Road, where Campbell claimed to have the only McDonald's charge account in the nation.

In 1977, when Ken Pike started running at Todds Road, the crowd had grown somewhat but it was still small by today's standard. "Back then," Pike recalls, "a big turnout would be 30."

The name "Stumblers" was coined early in 1978 when the first shirts were made for members entering the Boston Marathon. Campbell says the name was chosen "so that people who came out wouldn't feel they had to be expert runners."

One Saturday the rapid growth of the club became dramatically evident when the approximately 150 runners showed up at McDonald's. Campbell says it took well over two hours for everyone to get fed, and it was agreed that a new meeting place was needed.

On days when the weather was bad, the runners had been congregating against a barn located behind the Pine Grove store. Campbell asked the owner of the property, Mr. Doug Gay, whether the runners could extend a roof from the barn to provide shelter. Mr. Gay replied that he could offer them something better: a small farmhouse nearby.

Mr. Gay recalls his conversation with Campbell as follows: "I said, 'I'll charge you a \$100 a month and refund the money.' He said, 'If you'll charge me \$200 a month and refund it, I'll take it.'"

Shortly before Christmas, 1978, the members began renovating and painting the new clubhouse. The job was finished at the end of March, 1979.

In July of 1979, the Five Hundred Mile club was started, and the first member to run 500 miles on Saturdays was Ken Pike, who was in training for a marathon. John Fox came in a close second.

It was also in July, 1979, that the first Stumblers picnic was held at Spindletop. It has been an annual event ever since.

There have been many developments in recent years, among them: The club has become a regular supporter of track and field events in Central Kentucky including the Kentucky Relays. It has sponsored midnight New Year's Eve runs. And recent-

ly it has produced its own newsletter, the MILEMARKER.

Members of the club have carried the Stumbler name far and wide. Mark Nenow ran in the world track and field championships at Helsinki, and the Pan American Games at Caracas. He also competed in the 1984 Olympic Trials.

But for most of its members, the Todds Road Stumblers remains a club where anyone of any ability can enjoy running and making good friends. That's the way it started, and that's the way it remains today. ■

*Editor's Note: This article was first published in our Fall 1983 issue. Since then our membership has grown and changed dramatically, while our purpose is still the same.*

## MORE MONEY - BETTER SHOES?

by Ray Reynolds, M.D.

Are you spending more for your running shoes than ever before? Don't the expensive shoes offer superior protection from injury? Well, this is not necessarily true according to a recent study from Tulane University (*Am J. Sports Med.* 13:248-53, 1985). Current running shoes are designed to provide shock absorption, motion control and stability. All of these properties tend to deteriorate with usage or mileage run, especially shock absorption. The long term shock absorption properties of running shoes was the focus of this study.

Running shoes were tested from 12 major manufacturers, varying widely in retail price (\$20-100). Shoes tested included those with air wedge, fiberglass plate and other compositions. The shoes were tested in a specially designed fixture and after use by volunteers during normal training. Multiple pairs of shoes were tested from each manufacturer. Shoes were cycled and allowed to recover between testing periods.

In the initial testing, all shoes performed in similar fashion, but a 33%  
(see *BETTER SHOES*, pg. 5)

# GET TO KNOW SKIP AND JENNY ADAMS

by Becky Reinhold



Becky Reinhold

The Adams' (L to R) Emily, Skip and Jenny.

Skip and Jenny Adams are the ones that visit us at Todds Road in between vacations! They are always happy and healthy looking, with a kind word for everyone over a cup of coffee at the clubhouse.

Skip began running at Todds Road in the very beginning with Dyer Rodes and the rest of the original crew. Jenny started soon afterwards because as she says, she loves "events," and she thought that all of those fun people getting together to run, all at one time, qualified! Jenny won't ever forget following Doris Matlack up the hill at the start of the six mile course, thinking she would never make it to the first mile marker. Since that time Skip and Jenny have been "fair weather regulars!"

Skip and Jenny married while Skip was in the Navy in Norfolk, Va. They are both from the Central Kentucky area. Skip has a degree in civil engineering from the University of Kentucky, and Jenny's degree is in French, which she received from Newcomb at Tulane and Sorbonne. They have four beautiful children - Hampton, 23, will graduate in May from USC with a degree in petroleum engineering; Keene, 18, is a senior at Henry Clay and is quite a swimmer and interested in marine biology; Eleanor, 17, will be a senior at Madeira in McLean, Va. and works for Larry Hopkins;

and Emily, 16, attends the Lexington School and is very athletic, playing basketball and soccer. All of the children have visited Todds Road at least once, but none of them run regularly like Mom and Dad.

Skip is quite an athlete himself. He was a walkon for the University of Kentucky basketball team, plays golf and tennis, and enjoys watching most sports. He took a break from his athletic days to help Jenny with the kids. From 1963-77 he was involved in the construction business and he defines his current occupation as "investments."

Skip and Jenny love to travel and in the last year have been to England, France, New England, Washington and the Caymen Islands. They love to take the children with them when school allows. The Adams' will spend March in Florida where the kids will take turns visiting during their spring vacations.

Jenny has a second love, music. She adores singing in the chorus for the university opera, which her good friend and fellow Stumbler, Phyllis Jenness, allows her to do. She says that unfortunately the chorus manages without her when she has to be out of town! Jenny also enjoys gardening, reading and she says she is attempting to learn to play tennis.

Skip describes his favorite pastime as

lying on a secluded beach soaking up the sun. He hates crowds and old women drivers. He adores chocolate, basketball and his all-time favorite basketball player is Jerry West. His goal in life is to have a 928 Porsche parked by a beautiful house on a very secluded beach.

Jenny's favorite thing is to curl up with a good book. She adores singing with the opera, antique auctions, cooking, eating and loves whipped cream. Her goal is to be right beside Skip in that secluded beachhouse, but to have enough room for all the children and all of their friends - then they won't be secluded any more.!

The Stumblers hope Skip and Jenny get that secluded beachhouse - it would be the perfect place for a six mile beach run, or perhaps even a Todds Road sponsored race! ■

## BETTER SHOES?

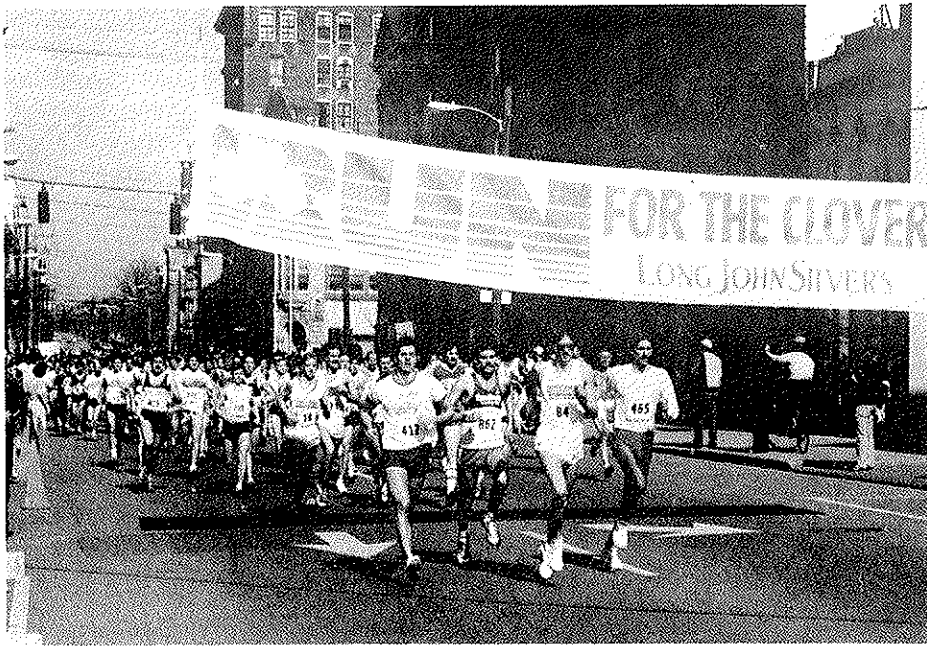
(from page 4)

difference in shock absorption capacity existed. At the 100 to 150 mile mark, 67% of the initial capacity remained. Shoes retained only 55% of shock absorption capacity at 250 to 500 miles. The losses leveled off after this point. There were no differences based on manufacturers or price of the shoes. The results were reproducible with multiple shoes indicating good quality control by the manufacturers. Allowing recovery time between testing made no difference. The shoes used by volunteers retained 80% capacity at 150 miles and 70% at 500 miles. Shoes wet from rain or perspiration demonstrated a marked loss of shock absorption capacity. The difference in mechanical testing and actual running may have been explained by the volunteers including running on softer surfaces such as dirt and grass.

The fact that all shoes performed in similar fashion indicates that the price tag on a shoe is a poor predictor of long term protection. Of course, motion control and stability also have to be considered in choosing shoes. Hopefully manufacturers will put more effort into designing better midsole material. With approximately 800 foot strikes occurring each mile, the loss of shock absorption must increase the chances of injury. ■

*Editor's Note: Dr. Reynolds is a frequent contributor to the Milemarker and practices Endocrinology in Lexington.*

# RUN FOR THE CLOVER 5K



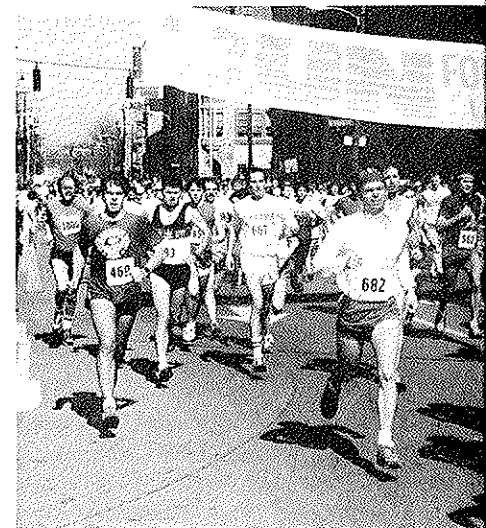
Stumbler Dave Schaufuss (84) takes an early lead →



with these runners hot on his heels, and

Nearly 1,000 runners competed in this 5,000 meter race in near perfect weather conditions on Saturday morning, March 15, in downtown Lexington. Dave Schaufuss led all the way to win the men's division in 14:25 while Hopey Newkirk posted an 18:10 as the first female finisher.

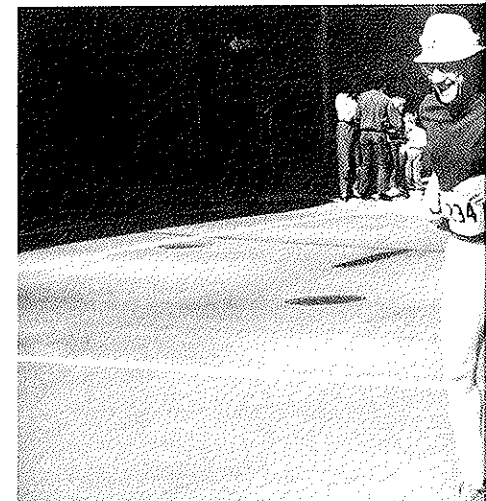
Cam Hubbard was runner-up to Schaufuss, finishing in 15:19 and Mike Wilson was third in 15:24. Ellen Wurster was second for the women in 18:13 and Susan Stormsand finished third in 19:57. Ed Frazier lowered his 5K PR for the second time this year finishing in 18:18. Dan Kenady had a 19:10 PR.



with many more close behind.

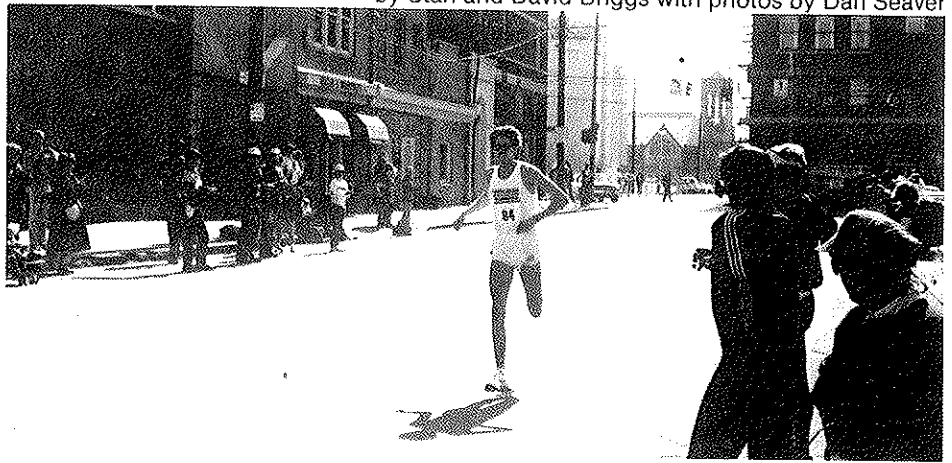
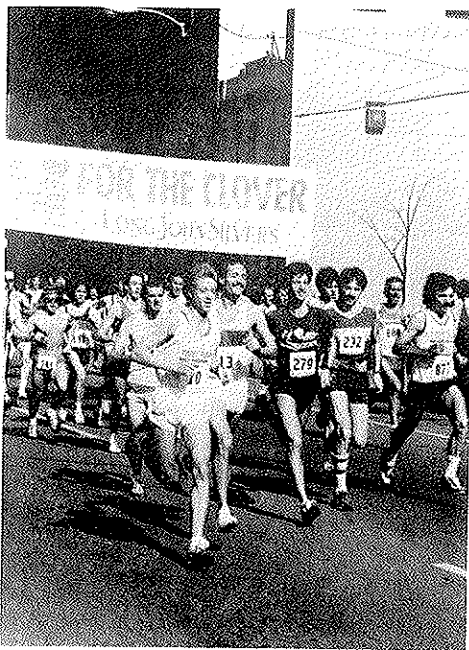
The Stumblers who won age group awards are listed below:

| NAME             | AGE GROUP | TIME     | PLACE |
|------------------|-----------|----------|-------|
| Meg Caskey       | F 13-15   | 21:49    | 1st   |
| Christie Cornett | F 13-15   | 22:16    | 2nd   |
| Debbie Smiley    | F 16-19   | 24:09    | 2nd   |
| Becky Reinhold   | F 20-24   | 21:27    | 2nd   |
| Nancy Bonhaus    | F 30-34   | 21:01    | 1st   |
| Susan Cox        | F 45-49   | 21:36    | 2nd   |
| Joy Carden       | F 50-54   | 32:11    | 2nd   |
| Phyllis Jenness  | F 60-64   | 33:09    | 2nd   |
| Mark Thomas      | M 16-19   | 16:16    | 3rd   |
| Bob Carden       | M 20-24   | 16:11    | 3rd   |
| Mike Sanner      | M 25-29   | 15:26    | 1st   |
| Richard Hopkins  | M 25-29   | 16:15    | 3rd   |
| John Unger       | M 30-34   | 16:12    | 2nd   |
| Frank Cornett    | M 35-39   | 16:06    | 1st   |
| Sam Cockerham    | M 35-39   | 16:38    | 3rd   |
| Don Coffman      | M 40-44   | 15:29    | 1st   |
| Phil Wheat       | M 40-44   | 16:40    | 2nd   |
| Ed Frazier       | M 40-44   | 18:18 PR | 3rd   |
| Stan Briggs      | M 45-49   | 18:03    | 1st   |
| Dick Hutchison   | M 50-54   | 20:04    | 2nd   |
| Wayne Collier    | M 55-59   | 19:08    | 1st   |
| Bob Maclin       | M 60-64   | 22:31    | 1st ■ |



Babe Ray doing "triple duty."

by Stan and David Briggs with photos by Dan Seaver



Dave Schaufuss coming in with the win in 14:25.

## JOHNS VALENTINE RUN 5K and 15K

by Stan Briggs and Phil McConathy

These two events started simultaneously at Masterson Station Park on February 23 after being postponed one week due to inclement weather. Joe Barker of Ashland won the 15K in an excellent time of 51:08, while Melissa Himelein was the overall woman winner in 66:08.

The 5K race went to Stumblers John Unger of Frankfort in 16:20 and Wendy Frazier in 18:39. Known PR's were set by Bill Stofer in the 15K in 68:01 and Ed Frazier in the 5K (after outsprinting Wendy) in 18:32.

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

### 5K

| NAME                | AGE GROUP | TIME     | PLACE |
|---------------------|-----------|----------|-------|
| Lindy Millat        | F 20-24   | 25:42    | 3rd   |
| Marcia Moser        | F 30-34   | 26:08    | 2nd   |
| Darla Botkin        | F 35-39   | 29:58    | 2nd   |
| Carol Good          | F 40-44   | 24:19    | 1st   |
| Billie Von Grunigen | F 40-44   | 26:37    | 3rd   |
| Pennie Frazier      | F 40-44   | 28:16    | 4th   |
| William Fisher      | M 25-29   | 20:21    | 2nd   |
| Steven Breeden      | M 25-29   | 21:17    | 4th   |
| Ed Frazier          | M 40-44   | 18:32 PR | 1st   |
| Bill Sanborn        | M 40-44   | 19:01    | 2nd   |
| Cliff Hynniman      | M 45-49   | 25:41    | 2nd   |
| William Meeker      | M 50-54   | 23:17    | 2nd   |
| Jim McCall          | M 55-59   | 23:11    | 1st   |

### 15K

| NAME            | AGE GROUP | TIME     | PLACE |
|-----------------|-----------|----------|-------|
| Sue Diedrich    | F 25-29   | 73:45    | 2nd   |
| Celia Wheeler   | F 30-34   | 81:26    | 3rd   |
| Richard Hopkins | M 25-29   | 53:18    | 1st   |
| Larry Wheeler   | M 25-29   | 56:22    | 2nd   |
| William Clinton | M 25-29   | 60:20    | 4th   |
| Jim Omohundro   | M 25-29   | 61:58    | 5th   |
| Bill Stofer     | M 30-34   | 68:01 PR | 6th   |
| Robert Green    | M 35-39   | 59:08    | 2nd   |
| Phil McConathy  | M 35-39   | 64:22    | 5th   |
| Larry Hills     | M 40-44   | 59:30    | 2nd   |
| Stan Briggs     | M 45-49   | 63:35    | 3rd   |
| Ralph Miller    | M 50-54   | 62:25    | 1st   |
| Donald Diedrich | M 50-54   | 73:45    | 3rd   |



# EXERCISE IN PREGNANCY

The basic premise that all women should begin pregnancy with is: "Pregnancy is a normal event in their lives and all normal activities should continue based on each individual's own feeling of well-being." As a practical matter many women do not feel particularly well at the beginning and at the end of their gestation and will often modify their own activities. In general, neither patients or their physician have much control over the outcome of pregnancy and therefore common sense should prevail.

Recent data in the obstetric literature suggests that exercise essentially does not affect the child in utero one way or the other. Fetuses have specialized hemoglobin which allows them to exist very well in an environment containing very low oxygen. Therefore the baby does not care whether the mother exercises or not. Research data indicates that until maternal activities exceed 80% of maximum capacity no change occurs in the amount of oxygen delivered to a fetus. As a practical yardstick, 80% of maximum capacity is when an exerciser becomes short of breath and cannot carry on a conversation during their activity. Some of the study data has suggested nutritional abnormalities, especially in the third trimester. The most common problems were low iron and calcium both of which are often low in any pregnancy and which are often low in nonpregnant women and male runners. In addition, measurement techniques may not truly reflect the actual conditions in pregnancy because of blood volume changes and changes in serum proteins and binding compounds. Some of the volume changes seen during pregnancy are also commonly seen in heavy exercisers as well.

Obviously, any bleeding or other unusual obstetric event may lead to instructions to a patient to modify her activity, both exercise and other normal daily routines. These events always need to be individualized. If no unusual events occur, then only the patient's own feeling of wellness and energy should determine her activity. Many types of exercise become uncomfortable and as pregnancy progresses some become impossible. Markedly increased body temperature (102 F core temp.) and dehydration have been indicted as causes of malformations and premature labor and should be avoided.

Other studies have looked at fetal outcome of pregnancies and the incidence of obstetric complications. In those studies the patients whose pregnancies were most often uncomplicated were those who exercised prior to pregnancy and maintained a regular pattern of exercise during pregnancy. Interestingly enough, the next best group were those who did not exercise before pregnancy and who remained sedentary during their pregnancy. The rate of cesarean sections was the same for all groups but a higher number of complications occurred on the group that began exercising because of their pregnancy. These studies also found that "traumatic" exercises and heavy weight bearing exercises were tolerated least while swimming and exercises done in a stable position were tolerated best. There was no way to predict which patient would tolerate which type of exercise. The stability of all joints is decreased during pregnancy due to the effects of estrogen on connective tissue which makes many exercises poorly tolerated. This estrogen effect does allow the pelvis to expand to accommodate the baby, which is the whole idea. This effect also carries over somewhat to the nonpregnant state and explains some of the male-female differences in flexibility and types of injury.

Many women worry about their return to competitive conditioning and whether pregnancy will affect their performance forever. Recently many world class runners have had children and have been able to return to top form and even set many records. As examples, Valerie Hooks and Ingrid Kristiansen come immediately to mind. Most women find the build to top competitive form is longer than before pregnancy but is certainly reachable.

## RULES

1. Keep exercising, but moderate in duration and intensity of each session.
2. Change type of exercise based on personal comfort and stage of gestation.
3. Check with your own physician.
4. Discontinue immediately if premature contractions, bleeding, or unusual symptoms occur.

Finally, here are guidelines from the American College of Obstetricians and Gynecologist which recently appeared in *Runner's World*:

\*Consult your physician before con-

tinuing with your running. There are certain medical conditions that preclude running during pregnancy. Those conditions may include a history of miscarriages, placenta previa, heart disease, multiple pregnancies, a weak cervix, high blood pressure, obesity, anemia, diabetes or thyroid disease.

\*Don't try to start a more rigorous training program. Be prepared to cut back on intensity and distance. Never push yourself to exhaustion.

\*For maximum benefit, exercise at least three times weekly, for 20 to 30 minutes. Keep your heart rate in the 120 to 140 range, or 25 to 30 percent lower than normal. Your resting pulse should be back to normal 20 minutes after you stop running, but remember that your resting pulse will rise during pregnancy. Use the "talk test" to keep your pace conservative. You should always be able to carry on a conversation while running.

\*Don't get overheated. Drink plenty of fluids. An increase in body temperature can harm the fetus, which has no mechanism to cool itself. Dehydration can interfere with blood circulation and may trigger premature labor.

\*Avoid the temptation to compete in the normal sense. Become a fun-runner. Be willing to stop if you feel like you're straining, you become excessively fatigued or you have any of the following symptoms: breathlessness, dizziness, headache, muscle weakness, nausea, chest pain or tightness, back pain, pubic pain. Consult your physician.

\*Include slow, gradual stretching as part of your warmup and cooldown. Kegel's exercises for the pelvic muscles are also recommended, both prenatally and postpartum.

\*Don't try to lose weight by exercising during pregnancy. Concentrate on a balanced diet. You need to meet the caloric needs of yourself, your baby and your exercise.

\*Strenuous exercise, if done at all, should not exceed 15 minutes in duration.

\*Do not run if you have a fever; do not run in hot, humid weather. ■

*Editor's Note: In addition to being a Stumbler, Dr. Shier also practices obstetrics and gynecology in Lexington, and was interviewed in our Fall 1984 issue.*



# GET TO KNOW BILL STOFER

by Dan Seaver



One of the things I have always enjoyed about doing interviews for the Milemarker is getting to know many of our members better. My interviews are often with people I only see at the clubhouse on Saturday mornings or at races around the Bluegrass. I learned long ago that there is always another side to our running friends when they are dressed in street clothes instead of running shoes and shorts. It was no different with Bill Stofer who I interviewed recently.

Most Saturdays throughout the year, you will find Bill challenging the 9- or 12-mile courses at Todds Road with his running partners Phil McConathy and Stan Briggs. But running is just one part of this Stumbler's life. He has a busy career that keeps him on the go Monday through Friday. In addition, Bill is a devoted family man who also makes time for church activities and his hobbies.

The University of Kentucky brought this Hopkinsville native to Lexington to pursue his undergraduate and graduate studies. Today he is employed as a technical sales representative by the Marschall Division of Miles Laboratories, a company he has been with for seven years. Bill's work, which resulted in over \$2.5 million in sales last year, brings him into contact with dairy and cheese plants throughout 10 southern states. Each week he travels approximately 1,300 miles to cities in his territory.

Bill tells me he has regular running routes in almost 40 cities from Kentucky to Florida. He can tell you where the best

routes are, what the distance is for each, where the hills and dogs are, and other useful information to runners. After a long day of making calls on customers, Bill likes nothing better than to put on his running shoes for a good workout.

However, when Friday finally comes, Bill is eager to make the trip back to Lexington and his family. And he has every reason to hurry home. He has a great family which includes his wife Ramona, a staff assistant at UK's Business Affairs Division, and his children Jessica, 5, and Jonathan, 1. Bill is not the only runner in the Stofer family. Ramona is a runner and a TRS club member. Also, Jessica loves to run throughout the Stofer's Eagle Creek Drive house with Jonathan hurrying along behind her in his baby walker.

Bill and Ramona laugh when they are reminded about the time Jonathan caused Bill to miss the 1985 Louisville Mini-Marathon. It seems that the night before the race, Ramona went into labor one week early. Up to that point, Bill had been training hard on the 12-mile course in anticipation of a PR. But Jonathan had other plans for April 27. Ramona's obstetrician was sure the delivery would occur quickly enabling Bill to get to Iroquois Park in time for the race. But it did not work out that way. Jonathan entered this world just about race time. So much for timing! Phil McConathy thought it was only fitting to nickname Jonathan "the mini-marathon kid."

With Bill's busy travel schedule and his family life, he still takes time to get involved in church activities and hobbies. Bill is assistant Sunday School director, assistant training director and a member of the choir at Ashland Avenue Baptist Church. Photography and reading are also two of his avocations. And, of course, running is a favorite pasttime.

Bill is a member of the Todds Road Stumblers 500-mile club and he is well on his way to finishing another 500 miles. Last year was his best year for running. He set 12 PR's as his times improved with each race. Bill attributes his progress to training hard, especially with speedsters like Phil and Stan. His running goals for 1986 include working toward more PR's particu-

larly at some of the major races in this part of the nation.

Like so many of our members, Bill values his friendships and the wonderful memories he has as the result of his association with the Todds Road Stumblers. He remembers the time he was chased by an irate skunk at the two-mile marker. And he even overlooks the snide remarks he has received about his size 14 running shoes. Being a member of our running club is something special to him.

If you have not yet met Bill Stofer, I encourage you to plan on it the next time you are at the clubhouse. He is a fine runner and a nice person. Get to know him and you will see what I mean. ■

## RUN USA UPDATE

by Kenneth J. Pike

The spring and summer racing season is upon us and we know we will be adding lots of names and states to our list of conquests. Since our last issue we have received the following entries:

**1st Lt. Michael J. Schlink**

AUSA 10 Miler  
Washington, D.C.  
October 13, 1985  
Placed 53rd in 58:24

**Wendy Frazier**

TAC National Cross-Country Championships, 5K  
Cincinnati, Ohio  
December 14, 1985

**Lou Sievers and Walt Isaacs**

Mission Bay 10K  
San Diego, California  
January 19, 1986

This means that the following states are no longer available: Alabama, California, Florida, Illinois, Indiana, Iowa, Ohio, Kansas, Kentucky, Nebraska, Tennessee and Texas, plus the District of Columbia.

To repeat, the basic rules are as follows:

- You must be officially entered in the race.
- The race distance must be at least 5K.
- You must wear your Todds Road shirt in the race.
- To claim your state, you must submit your  
(see RUN USA, page 10)

# STUMBLERS ON THE MOVE

by Judy Collins and Suzanne Sanders

# RUN USA

(from page 9)

**Martin Ginocchio** and his wife, Sue, have recently moved to a duplex on Constitution Street. The duplex was built by Lexington's first architect, Matthew Kennedy, in 1813. The duplex is listed on the National Trust Historical Register, and has half timber construction, brick and noggin infill. The exterior has been restored, and is made of clapboard. The interior is made of plaster. The house they moved from on North Limestone, was built by the same architect in 1818. Martin would like someone to help him determine **IS OLDER BETTER?** -- maybe he can answer that question soon.

**Bill and Beverly Fortune** visited their daughter Sarah in Rennes, France (about 3 hours west of Paris) for a few days before Christmas, their son Will also accompanied them. The whole family traveled to London, England, and spent the Christmas and New Years holidays there. Bill and Beverly got to run many times while in London, and enjoyed the many scenic sights. Sarah is finishing her senior year of high school in Rennes.

On February 25, **Phyllis Jenness** gave a beautiful recital at the UK Center for the Arts. Phyllis, a contralto, sang selections from Hugo Wolf's *Italienisches Leidenbuch*. It was a lovely evening enjoyed by a number of Stumblers.

**Dr. Bob Shier** has moved to a new office. He is now located in the new building that is part of Central Baptist Hospital. Rumor has it that the office is very stylish and in the latest decorator colors of peach and cobalt.

**Zan Campbell** is living in Baltimore. He is a stockbroker with Alexander, Brown and Stone.

**Suzanne Sanders** is finally working for a living. She is at KET on an eight month contract as an associate producer.

**Debbie Lacy, Becky Reinhold's** sister, has moved back to Lexington from Dallas.

**Tom and Sharon Hester** are moving to Madison, Wisconsin. Tom has a new job with the Rocky Rococo Company. Tom is already working in Madison and Sharon and their two children will be moving as soon as school is out. Sharon is very close to making the 500 mile club; we hope she can make it before she moves.

On January 25, in Cincinnati, **Anne**

**Einspanier** married Paul Richard Krehbiel. Anne and Phil will make their home in Cincinnati.

Congratulations to **Bill Alley** and **Rochella Elkins**. They were married on April 4, and honeymooned in Hawaii. We hope to see Bill back at Todds Road soon; he had a knee injury, and has been unable to run, but has been swimming about 6 days a week.

Congratulations also to **Bill Perkins** and **Kathy Sebastian**. They were married on January 25, and are living in Lancaster, Kentucky.

And congratulations to **Bob and Ann Boyer**. They were married on Valentine's Day. Mary is a runner; she completed the Louisville Triple Crown last year. They are living in Harrodsburg, where Bob is a sales representative for Scott Paper and Ann works at Central Baptist Hospital as a transcriptionist.

This summer **Janie Fergus** ran two excellent races but somehow the results were not published in the Milemarker. Since Janie has been nursing a knee injury since December, this may be a good time to remind her of better days. At the Paragon 10K Janie was third overall woman and she won the Thoroughbred 10K with a time of 41:53.

**Wendy Frazier** ran a 5:15 mile at the Mason Dixon Games in Louisville, Kentucky on February 8. This was a PR of 5 seconds on the indoor track. She finished 2nd behind Donna Combs of Louisville. Congratulations Wendy. Keep up the good work.

We welcome the following new members who have joined us since our Winter issue: **Barbara Booker, Phillip Craft, Marylee Giersch, Charles Rutherford, John Ahein, Linda Arnold, James Frazier III, James Jefferson, Thomas Johnson, Randy Ketterer, Keith Manor, David Mazar, Debra Z. Munn, Max Scongers, Susan Stewart, and Linda Wilson.** ■

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## MOVING?

If so then be sure to send us your new address to be sure you continue getting Milemarker and other TRS mailings.



Wendy Frazier - Ohio



Michael Schlink - D.C.

entry in writing (name and location of race, distance, time, date, etc.) within four weeks after the race.

Along with your entry we would like to have a little report from you on what you have been doing lately besides racing. We would also like to have a photo of you in your Todds Road shirt so that we can post it on the U.S. map that we are trying to fill. It is not necessary that the photo be from the race that you are submitting.

We have received a few submittals that we have not been able to use because they were for states already claimed or because the claim was submitted a very long time after the race date. We are only counting races run after July 1, 1985.

We are all very excited about this program, and we are eager to hear from you. Don't let your shyness stand in the way. Submit your entry and claim a little place in history for yourself. ■

# RACE SCHEDULE

By Bob Maclin

With the exception of a few days in February, local weather conditions this past winter were excellent for runners. As a result, many runners were already in unusually good condition, and some are very busy "fine-tuning" body and mind for the races coming up. Expect to see some fast times and also new faces in some of the locally scheduled races.

This list is prepared from many sources and races are subject to cancellation. We urge you to verify the schedule with the Director. Always send a SASE when requesting information.

## APRIL

- 12 - Diet Pepsi 10K, Louisville, Ky. Gil Clark, Box 36452, Louisville, Ky. 40233, 502-459-5606.
- 13 - Red Brick Run 5K, Oxford, Ohio. Box 453, Oxford, Ohio 45056.
- 13 - District of Columbia Marathon, Washington, D.C. Dept. of Recreation, 3149 16th St., NW, Washington, D.C. 20010.
- 13 - Cherokee Park 10 Miler, Concord, TN. Allen Morgan, 1752 Cessna Road, Knoxville, TN 37919.
- 20 - Red Mile Run 5K, Lexington, Ky. John's Bluegrass Running Shop, 321 S. Ashland Ave., Lexington, Ky. 40502.
- 21 - Boston Marathon, Hopkinton, Ma. Boston Athletic Association, 17 Main Street, Hopkinton, Ma. 01748.
- 26 - K Men's 10K, Lexington, Ky. John's Bluegrass Running Shop, 321 S. Ashland Ave., Lexington, Ky. 40502.
- 26 - Kentucky Derby Mini Marathon, 13.1 Miles, Louisville, Ky. Gil Clark, Box 36452, Louisville, Ky. 40233, 502-459-5606.

## MAY

- 10 - Richmond Road Race 10K, Richmond, Ky. John's Bluegrass Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502.
- 10 - Azalea Run (4 mile TAC cert.), Oak Ridge, TN. Steve Hobbs, Rt. 3, Kingston, Tn. 37763, 615-376-2548.
- 17 - Bourbon-Scott Classic 30K, Paris to Georgetown, Ky. John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502.
- 18 - Fort Wayne Marathon, Ft. Wayne, In. 12th Annual, Ron Horan, Box 6000, Ft. Wayne, Ind. 46896. 219-447-5511. Fee \$7. Course TAC certified.
- 21 - Anderson County 5K, Lawrenceburg, Ky. Randy Crist, 502-839-6417.
- 24 - Suggins 5K, Romany Road, Lexington, Ky. John's Bluegrass Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502.
- 26 - Cotton Row Run 10K, Huntsville, Al. John Hickey, 7722 Benaroya, #303, Huntsville, AL 35802.
- 31 - Wendy's Capitol Classic 10K, Frankfort, Ky. CLS Sports, Frankfort, Ky. or John's Running Shoe, Lexington, Ky.

## JUNE

- 8 - Gwinn Island Triathlon, Danville, Ky. John's Bluegrass Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502
- 14 - Rowan County 10K, Morehead, Ky. Dan Lindsley, 606-784-8911.
- 21 - Summer Celebration 10K, Oak Ridge, TN. Lowell Charlton, 452 East Drive, Oak Ridge, TN 37830.
- 21 - Grandma's Marathon, Duluth, MN. Box 6234, Duluth, MN 55806, 218-727-0957. Limit first 8,500 runners.

## JULY

- 4 - Bluegrass 10,000, Lexington, Ky. Parks and Recreation Dept., 545 N. Upper St., Lex., Ky. 40508.
- 12 - Druthers Green County Triathlon, Greensburg, Ky. Billy Squires, 502-932-7190; Paul Ennis, 502-932-5979.
- 19 - Dog Days 10K & 5K, Oliver Springs, Tn. Ed King, 109 Jellico Lane, Oak Ridge, TN 37830.
- 19 - Women's Distance Festival 5K & Men's 5K, Huntsville, AL. UAH Campus, 94 Scenic Dr., Huntsville, AL 35801.
- 22 - Columbus Triathlon, Columbus, OH. John's Bluegrass Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502.

## AUGUST

- 9 - Oak Ridge Triathlon, 1/4th Ironman, Oak Ridge, TN. Dean Waters, 132 Newport Drive, Oak Ridge, TN 37830.
- 16 - 3 in 1 Triathlon, Huntsville, AL. Huntsville Track Club, 6811 Edgehille Dr., Huntsville, AL 35802. ■

## THE SATURDAY SCHEDULE RENEWAL

by Kenneth J. Pike

We seem to have lost one of our valuable traditions. It used to be an unspoken rule that anyone who intended to run 6 miles or less during our Saturday morning fun runs would start their run at 8:00. Those running longer distances would start earlier so that they would be back at the clubhouse around 8:45 or 9:00. This usually meant that the 9 milers were starting about 7:30 and the 15 milers were out around 7:00. Most of the time the 8:00 group was the largest, except in the months before the marathon season.

The 8:00 start was a major force in holding our club together. New members who did not know the courses had the

opportunity to meet someone of similar ability to show him/her the way around. Veteran members could play host to the newcomers or could get better acquainted with others. It is these interpersonal relationships that are the strength of our club. I met some of my best friends at the Todds Road zero mark and I'm sure that many others would make the same statement.

I am requesting the support of the members to re-establish the 8:00 start. This requires only the effort of being aware of the time, and the willingness to take a leadership role for a few minutes. Let's try it and see that old spirit renewed. ■

## AZALEA TRAIL 10K

by Stan Briggs

Several area runners well known for their running accomplishments recorded some excellent times in this year's Azalea Trail Run 10K on March 8 at Mobile, Alabama.

Dave Schaufuss placed third in an excellent time of 29:35, while masters runner Don Coffman of Frankfort finished in 31:35. Bill Olrich, another outstanding masters runner, established a Grand Masters record for 50-year-olds with a time of 33:10.

Congratulations to all three of these men on their excellent showings. ■



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LEXINGTON, KY.  
PERMIT NO. 511

The Todd's Road **MILEMARKER**, a newsletter published quarterly by Todd's Road Stumblers, Inc.  
P.O. Box 223, Lexington, Ky. 40584, (606) 254-3447.

## PERSONAL RECORDS FOR 1985

by Nick Nickell

Listed below are those of you who signed our sheet at the clubhouse listing an all-time personal best in 1985 for a distance of 5K or greater.

| NAME            | RACE & LOCATION                     | DISTANCE     | TIME    |
|-----------------|-------------------------------------|--------------|---------|
| Richard Hopkins | Run for Hunger, Lex.                | 5K           | 16:14   |
| Richard Hopkins | Wendy's Classic<br>Bowling Green    | 10K          | 34:07   |
| Richard Hopkins | Citizens Bank<br>5 Mile, Morehead   | 5 Miles      | 27:08   |
| Greg Powell     | Paragon, Lex.                       | 10K          | 41:42   |
| Robert Lyon     | Midsummer Night's<br>Run, Lex.      | 5K           | 18:45   |
| Robert Lyon     | AVL Governor's Cup<br>Liberty, Ind. | 8K           | 34:23   |
| Robert Lyon     | Carmel Classic, Ind.                | 15K          | 1:04:28 |
| Robert Lyon     | Dayton River Corridor               | 13.1 Miles   | 1:36:41 |
| Paul Lyon       | Run For Hunger, Lex.                | 5K           | 21:03   |
| Dan Wells       | Bluegrass Mini-M                    | 13.1 Miles   | 1:30:08 |
| Dan Wells       | Thoroughbred 10,000                 | 10K          | 41:54   |
| Dan Wells       | Run For Hunger, Lex.                | 5K           | 19:30   |
| Bob MacIn       | America's Marathon<br>Chicago, Il.  | 26.2 Miles   | 3:49:19 |
| Bill Stofer     | Cynthiana                           | 5K           | 21:10   |
| Bill Stofer     | Bluegrass                           | 10K          | 44:04   |
| Bill Stofer     | Run For The Arts                    | 15K          | 68:14   |
| Bill Stofer     | Dayton River                        | 1/2 Marathon | 1:42:30 |
| Bill Stofer     | Columbus Bank One                   | Marathon     | 3:59:40 |
| Stan Briggs     | Derby Day 10K, Paris                | 10K          | 37:11   |
| Tommy Glover    | Wendy's Classic<br>Bowling Green    | 10K          | 40:12   |

We know there were many other PR's, but to recognize your special efforts, you need to mark it on our sheet in the room with the scales. ■

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