



Member Roadrunners Club of America

THE TODDS ROAD

millemarker

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

Number 14 Fall 1986



Stumblers gather at the clubhouse on a typical summer Saturday morning.

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AT THE STARTING LINE

by Kenneth Pike

STATE CROSS COUNTRY MEET

Saturday the 1st of November is the day for the Kentucky High School Championship cross country meet. It will be held at the Horse Park, which is just north of Lexington. This event has been one of our longstanding club projects. The Stumblers manage and officiate the meet for the benefit of all of these fine young runners. Six races will be run at 20 minute intervals, beginning at 1:00 p.m. There is no UK football game that day, and we know of no local races that might conflict. Volunteers are needed for a large number of simple but vital tasks. Here is your chance to repay the club for the donuts and coffee provided at the clubhouse. Call 268-2701 during business hours and put your name on the list. You will be glad you did.

500 MILE CLUB UPDATE

It has been a very productive summer in many ways; a period that will one day be fondly remembered by most of us as "the good old days." Our growth in the 500 Mile Club has been of historic proportions because we have added five new members, which is the largest group for a three-month period since we have been publishing the Milemarker.

The new 500 Mile qualifiers are:

Bill Fortune - June 21
Beth Argabrite - June 28
Lou Sievers - July 12
Dwight Price - July 19
Dan Mynear - August 16

With the addition of these new members the total is now 98, which brings up another exciting question. WHO WILL BE NUMBER 100? For the answer, tune in next issue!!!

WHERE THE ACTION IS

Our Saturday morning fun runs have always been the focal point of our clubs activities, but many of us want to do our weekday workouts with a group also. We expect that many such groups exist, but finding out their time and location is not so easy. Stumbler Dave Wachtel has suggested that we request that members of such training groups notify us of their start times, locations, workout quantity/quality, and whom to contact for more information so that the basic facts can be published in some organized fashion. Elsewhere in this

issue is the first listing. We hope that all of you will use this feature to help you find a training group, to enlarge your current group, or to start a new one. Please send in your group schedule for our next issue.

TODDS ROAD TRIVIA

In our Summer issue we left you to ponder this one.

December 13, 1980 was the date of a significant event in Todds Road history. Tell us what happened.

The answer: This was the first time that our clubhouse was used for a wedding ceremony. After a one mile run the wedding party convened at the clubhouse at 9 a.m., where Stumblers Mike and Angela Murphy were wed by Reverend Forrest Ford. Nowadays the Murphys make their home in Lancaster. They have managed to balance two professional careers, the raising of several active children, and their running for six happy years. We wish them many more.



Bride and groom Angela and Mike Murphy, 13 December 1980.

Next question: As you approach the 3 mile mark on the 6 mile course, on your left you can see a single story building that is unlike the other farm structures in the area. What is its purpose?

BEING A RESPONSIBLE RUNNER

Our club has learned that Clark County Judge Jim Allen has received several complaints from citizens about the behav-

ior of Saturday morning runners in our area. The general nature of these complaints were concerned with how the runners congested the roads and how they refused to move over so that the cars could pass safely. At this point, I am sure that I am once again "preaching to the choir," because if you have read this far then you are probably one of the majority of intelligent, responsible runners who run DEFENSIVELY. With that in mind, here we go again.

There are no sidewalks out near our clubhouse, so running in that area put us right out there with the autos. Since these nylon shorts we wear are not equipped with fenders or bumpers, we are very likely to be the loser in any Chicken contest. In September, 1986 a track athlete at LSU was killed by a hit-and-run driver while on a training run near the campus. In another case, about seven years ago, a driver suddenly encountered a group of runners in the early morning darkness near the UK campus. Startled, he swerved to avoid them and collided with another car. The runners were safe, but one of the drivers suffered a back injury that will always bother him.

How do we avoid being a part of such tragedies? It's really very simple. We must look, we must listen and we must be willing to yield. It is especially difficult when running in groups of three or more because you must all flow along together. In the final analysis, we must acknowledge that the roads are built for autos. When we are out there on foot we have no right to impede the flow of traffic. It is a matter of common courtesy and common sense.

LOOKING FOR A JOB?

Since Ken and Jenny Young are retiring from the National Running Data Center at the end of 1986, many of the services that they provided are being distributed among other organizations. It has been decided that the job of maintaining distance and age-group records for individual states will be handled by someone living within each state. If no one is willing to do the job, then it won't get done. So far, the job of maintaining the records for the state of Kentucky is still vacant. If you would be interested in volunteering, you should write to Ken Young, P.O. Box 42888, Tucson, AZ 85733. Sounds like to might be fun. ■

STUMBLERS ON THE MOVE

by Suzanne Sanders and Judy Collins

July 25 was the grand opening of Festival Market and it has been a grand success ever since. Two of our favorite shops are owned by **Dick and Christie Robinson**. At **Season's Greetings** its Christmas all year round, and **Its in the Bag** offers unique handbag accessories.

Dan Seaver has yet another new job at U.K. He is now the Director of Student and Academic Services for the College of Dentistry. What's next, Dan?

Mark Nenow is getting all kinds of press coverage. The August 5 Wall Street Journal quoted Mark's response to the new Puma RS-Computer Running Shoe, and the October issue of Track & Field Newsmagazine featured Mark. Mark was described as "the wirehaired terrier among the pack that makes up America's leading distance runners." He really shook up the sports world on September 5 by setting a new American record of 27:20.56 for 10,000 meters at the Ivo Von Damme in Brussels Belgium. This is the third best time ever. The world record is 27:13.81 by Fernando Mamede set in 1984.

George Van Meter has been a busy man. Not only did he put on the Daniel Boone Pioneer Run, but he opened another Little Caesar's on New Circle Road and he moved his family from Richmond Road to California Court.

Clenet Ellis has begun a new career. He is now in real estate sales with Sam Hutchinson Realtors and is ready to help you with your next buying/selling/moving decision.

On May 3, 1980, **Ken Pike** was the first Todd's Road Stumbler to complete 500 miles. On August 18, 1986, he set a new record of being the first Stumbler to complete 2,500 miles. THAT'S A LOT OF MILES KEN!

Doug and Martha Worful have opened their second I CAN'T BELIEVE IT'S YOGURT store on South Limestone, next to Court Sports.

Nancy Bonhaus won the Women's Division bike race in the Bluegrass State Games. Congratulations Nancy.

Dick Hutchison is moving to New Hampshire with a new job assignment. He has promised to capture the remaining northeastern states for our Run U.S.A. campaign.

Bill Sanborn is being relocated to Edison, New Jersey. He will be plant manager for the James River Corporation. Bill plans to make frequent return visits to Lexington. We hope he will also visit his old friends at Todds Road.

Barb Cook has started her own business of administering professional athletic massages. She is working out of OM Hair Designs in Wellington Arms. So for those aching legs and feet call her for an appointment at 269-2116 or at OM at 252-7531.

We welcome the following new Stumblers;

Jean Addleton, Jeff Aubrey, Stephen Banahan, Edward Barr, Beverly Bell, Chet Blackey, Larry Bowyer, Guillio Budianto, Andri Budiadi, N.S. Buster, J. Scott Cook, Ken Cooper, Robert Da-

meron, Suzanne Davis, Susan Dugan, Eko Setyo Widagdo, Bob Fruth, James R. Gardner, James Gleason, Mary Hale, Valeris Hall, Ben Harpole, Wan Hartanton, Gary Henry, Yusmira Herwan, Cindy Hewitt, Robert Hickman, John Hinkel, Paul Hinson, Lynda Jenkins, Gary Jacobs, Joan Laird, Sambo Lumoindone, C.E. Doc McCromick, Steve Madden, Yusfi Mala, Dick Martin, Kathleen Matthews, Carl Morris, Cheryl Morris, Robert Morris, Rusdian Noor, Paul Ogle, II, Tom Parlanti, Keith Pope, Kenny Ray, Riza Retnowulan, Brian Rickerd, Robert Rorrlan, Bob Schmitgen, Neil Starkey, Beny Sukandar, Budi Suryano, Syahril, Bruce Tate, Patricia Tate, Tony Trumontin, Dorn Van Dommelen, Scott Warburton, Ken Weaver, Steven Wilkinson, Aries Widiyatmoko, Charles Yeomans. ■

OUR NEW INDONESIAN FRIENDS

by Kenneth Pike

During this past summer we have been joined by about 30 new members from Indonesia, courtesy of longtime Stumbler Dan Mynear. Dan (see his profile in issue number 12, Spring, 1986) is a teacher of foreign languages, but in this case he is teaching English as a second language to this group of Indonesian engineering students. They have come here to add to their

engineering studies and to learn teaching methods so that when they return to their homeland they can be engineering instructors. Dan says that their visits to Todds Road are a source of great pleasure to them. We all hope that they enjoy their stay in the Bluegrass and wish them well in their professional pursuits. ■



Back Row: Suryono, Budi, Suryadi, Akhmad, Sundara, Asep, Yusmira, Herwan, Noor, Rusdian • Middle Row: Ali, Muhammad, Widagdo, Eko, Widyatmoko, Aries, Lumoindong, Sambow, Mynear, Dan, Iskandar, Hilman, Harianton, Iwan, Syahril • Front Row: Hutahaean, Jonner, Qomariah, Sukandar, Benny, Retnowulan, Riza, Retnowardhani, Indah, Hwie Giok, Njoo.

GET TO KNOW TOMMY GLOVER

by Barbara Cook

I had a hard time getting Tommy Glover pinned down for an interview. He was busy, I was busy and he is wary of the press! Anyway, when the evening finally arrived and I was driving to his downtown office to meet him, I thought about the first time I met this Stumbler. He was one of the students in my French class at Transylvania University. He was taking French for fun after having visited Paris with his wife. Tommy was very quiet and had a mind like a steel trap...he remembered everything. He always came to class in a suit and was impeccably groomed. Tommy took neat notes and didn't hesitate when he answered my questions. When I saw him at Todd's Road I didn't know who he was. He had a different appearance altogether -- shorts, nice legs, hair ruffled and curly, glasses, etc. I knew he looked familiar, but it took me a while to place this soft-spoken young man.

When I walked into his office, I understood why he always came to class dressed up. The office decor was very classy. The luxurious surroundings serve as a workplace for powerful people. Tommy is one of these people. He has been with the law firm of Hays, Moss & Lynn for a couple of years and says "I'm so happy I can't stand it." He really didn't want me to say that because he's afraid if people find out how much fun he has at work, they'll want his job. He plans to practice law indefinitely. Tommy prefers not to specialize because it's more fun to learn in lots of different areas. He says "I learn constantly, even at my advanced age!" One high spot in his career was a case he tried in front of the Kentucky Supreme Court. He did something most lawyers never do. He united all the judges in their decision. Unfortunately it was against him. Tommy would love to argue in front of the U.S. Supreme Court someday.

Tommy received his Juris Doctorate from the University of Louisville and then was drafted into military service. He spent a year in Vietnam as a forward observer for the artillery. He traveled with the infantry and says a combination of 24 hour-a-day caution and luck kept him from being seriously wounded. Tommy says Vietnam was a big adventure for him and the most exciting and unique experience he has ever had. He values the comradeship much more than the ribbons and medals.



D. Seaver

Vietnam helped Tommy put life in perspective. He said "I wouldn't take anything for the memories, but you couldn't pay me to do it again."

Tommy is a diverse character. He grew up in musical Nashville and still carries a business card from his jug band. He played guitar, banjo, washtub bass and shower hose. Tommy claims he got a great stereo effect on the shower hose by twirling it like a lasso around his head. Also he was the only band member who could sing harmony.

Tommy has his pilot's license and used to enjoy flying single engine planes. He even jumped out of one once, which he said gave him a "significant rush!" He

further describes this act as being "exciting, but dumb."

Tommy's running has never been better and he doesn't know why. He has cut minutes off his times even though he is putting in fewer miles than he would like. Tommy runs a 10K in just over 40 minutes and always runs in the top 10% of his age group...unless prizes are awarded to the top 10%. When this happens he places in the top 11%. He started running in 1981 to quit smoking, and he loves it. He has completed one marathon. He and Ed Gardner run with a group which leaves from the downtown YMCA every day at noon. You may have seen them running down Richmond Road along with Bob Hart and Nick Nickell. While most of us are eating lunch, Tommy is doing his "daily six." He also has a group of friends he plays tennis and golf with regularly. He shot an 82 the first time out this year at the Lexington Country Club, a tough course.

Tommy has a lovely wife, three kids, a dog, a station wagon and a house in the suburbs. His running and law practice are both improving in leaps and bounds. He's happy and healthy and looks great. No kidding! He's a nice guy you'll want to meet. ■

ANDERSON COUNTY 5K

by Dan Wells

The 6th Annual Anderson County 5K Run took place on June 14th at Lawrenceburg. The race was well-organized, as in the past, but the number of participants was smaller, as the race conflicted with the Cynthiana Run for Life 5K and 10K. Awards went five deep in many of the age categories, and all runners received a coupon from the Lawrenceburg McDonald's and a discount certificate from Pro Athletic in Turfland Mall. Among the Todd's Road Stumblers who participated was veteran Ron Sanders, who after more than 15 years of running, finally set a PR. Janie Fergus ran in her first race since her injury in last Falls' Derby City Marathon, and finished a credible 2nd among the women. John Fitch received an award as the oldest participant, barely edging Ron Sanders. The Stumblers who participated are listed below:

NAME	AGE GROUP	TIME	PLACE
Janie Fergus	Female	20:58	2nd Female
Don Coffman	Male	15:58	2nd Male
Eric Coffman	Male	16:08	3rd Male
John Unger	M 29-32	16:34	1st
Dan Wells	M 33-36	19:20	3rd
Don Collins	M 33-36	21:15	6th
J.R. Miracle	M 37-40	17:41	1st
Phil Wheat	M 41-44	17:01	1st
Dan Jordan	M 41-44	19:54 PR	2nd
Earl Freeman	M 45-49	19:57	3rd
Ron Sanders	M 45-49	20:49 PR	5th
Stuart Butler	M 50 & over	22:43	3rd
John Fitch	M 50 & over	37:45	9th ■

JOE BIESCHKE FUND

by Kenneth Pike

Can there possibly be a runner in the Lexington area who has not heard of Joe Bieschke? The member of the Lexington Catholic High School Track team who recently has been struggling with a cancer that is attacking his lymphatic system? Surely everyone must know by now because the Herald-Leader did such a fine, sensitive job of telling his story. How what started as a pain in his jaw soon revealed itself to be an aggressive cancer that quickly turned him from energetic athlete to fragile hospital patient. How he challenged himself and his disease by setting a goal of completing the 1986 Bluegrass 10,000. How he met that challenge even though severely weakened and in pain. How his family and close friends have drawn together to support him during this fight for life. How his family is faced with staggering medical bills in excess of \$150,000.

If ever there was a story that runners can identify with, this is it. We have a profound respect for people with courage and determination. Joe and his family have a whole lot of that. The money is another story. You can help these brave people conserve their emotional energy by seeing to it that they don't have to worry about how the bills will be paid.

First, there is to be a low key fun run/walk near Commonwealth Stadium on November 2. The registration fee will be about \$8.00. Watch for more detailed information in the news media.

Second, there will be a benefit concert at Rupp Arena on Friday evening October 31. Music will be provided by the Lexington Philharmonic and the U.S. Naval Academy Glee Club. Tickets will be \$7.50.

Third, you can make it possible for others to give by volunteering to circulate a \$1.00 per signature signup sheet among your neighbors and fellow workers. To volunteer for this program call Stumbler Wayne Wiegand at 272-7238.

I'm sure most of you feel that you are constantly assaulted by charities, fundraisers and telethons and, like me, when you make a contribution you wonder how much of it ever gets applied to the intended cause. Here is one time that you can be sure that all proceeds will be properly used. Help Joe Bieschke and his family keep up the good fight. ■

BLUEGRASS 10,000

by Nick Nickell

If someone had told you that the 10th annual running of the Bluegrass 10,000 held on the 4th of July would occur in near ideal weather, most of us would have laughed and said "no way." Well, try 64 degrees and 72 percent humidity. That combination of temperatures and humidity is by far the best we have had, and it was reflected in some excellent times. Over 3,000 runners finished this year's event sponsored by the Lexington Herald-Leader and Parks and Recreation Department of Lexington. This has always been a well run race with good crowd and traffic control, and water all along the course.

NAME	PLACE & AGE GROUP	TIME
Cob Cunniff	2nd 13-17M	35:07
Cam Hubbard	2nd 18-24M	30:41
Dave Schaufuss	2nd Overall	29:42
Doug Bonk	3rd 25-29M	31:21
Jim Sackett	3rd 35-39M	33:35
Don Coffman	1st 40-44M	32:21
Dan Dusch	2nd 40-44M	33:10
Phil Wheat	3rd 40-44M	34:47
Stan Briggs	3rd 45-49M	37:51
Dwight Price	1st 55-59M	38:32
Charles Rutherford	3rd 55-59M	44:45
Terry McLorg	3rd 60-64M	47:02
Jere Sullivan	3rd 70 & Over M	1:36:28
Katie Stamps	1st 12 & Under F	41:00
Wendy Frazier	1st 13-17F	37:59
Ellen Wurster	2nd 25-29F	37:23
Ellen Hagerman	1st 30-34F	37:53
Lou Sievers	2nd 30-34F	40:05
Nancy Bonhaus	3rd 30-34F	42:46
Ann Wheat	2nd 35-39F	43:55
Mary Hagihara	2nd 40-44F	43:23
Suzanne Sanders	3rd 40-44F	45:39
Susan Cox	2nd 45-49F	44:56
Beth Argabrite	3rd 60-64F	1:04:43
Bill Stofer	PR	41:08
Dan Wells	PR	39:18
Greg Powell	PR	40:53
Wendy Frazier	PR	37:59
Becky Reinhold	PR	40:32
Carson Evans	PR	37:40
John P. Wisniewski	PR	48:50
Chuck Meshako	PR	35:34
John Lamar Cole	PR	55:29
Ervin Farmer	PR	57:51
Jeff Smith	PR	58:05
Glenn Leveridge	PR	1:02:39
Joe Nicholson	PR	1:03:48
Ron Sanders	PR	42:50
Sarah Wisniewski	PR	48:50
Debbie Howard	PR	41:13
Kathy Sparks	PR	58:54
Lou Sievers	PR	40:05
Kim Dusch	PR	43:56
Barb Cook	PR	45:15
Mary Hagihara	PR	43:23
Judy Collins	PR	45:56
Marilyn Hamann	PR	56:25
Susan Cox	PR	44:56 ■

RUN USA

by Dick Robinson

Run USA has recorded its 25th state of participation by Todds Road Stumblers and is halfway to filling up the clubhouse map.

The Stumblers were very active over the summer of '86 with the most submissions of race entries in new states since the program started.

The Milemarker staff loves to get the cards and letters (not to mention the race results, pictures and vital info on each race). We especially love to share the interesting tidbits that are passed along from the Stumblers' participation across America.

Here are all of the most recent submissions, as well as some interesting pieces of information for our readers' consumption.

COLORADO

Phil Powell
Bolder Boulder 10K
Boulder, Colorado
20,000 entries
May 26, 1986

P.J. Powell of Laurinburg, NC, journeyed to Boulder, Colorado to his brother's medical school graduation. While in Boulder, he participated in the Bolder Boulder, one of "Nike's" Top 10 Road Races." The start was a unique WAVE START in which 20,000 runners started in 25 sets at intervals according to times submitted. Each "Wave" was identified by a color-coded entry number. And it only cost \$17.50 to participate!

RHODE ISLAND

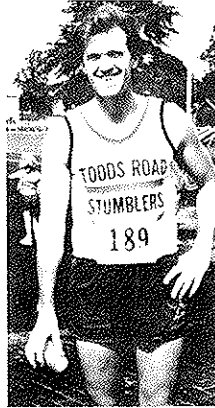
Stuart Butler
Blessing of the Fleet
10 Mile Run
Narragansett, Rhode Island
July 25, 1986
85 degrees and a respectable 79:54

Stuart also ran a 4-miler in Duxbury, Massachusetts but Suzanne Sanders' Boston Marathon has already claimed the Bay Colony State.

PENNSYLVANIA

Jerry McDonald
Warren Independence Day 10K Run
Warren, Pennsylvania
July 4, 1986
43:11

Jerry McDonald was spurred on by a loud "GO CATS!!" as his Lexington, Kentucky Todds Road shirt crossed the finish line.



Jerry McDonald



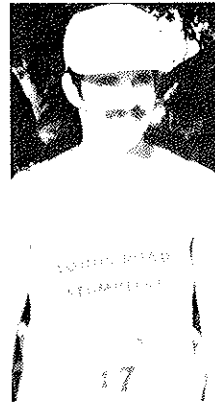
M. Ginocchio



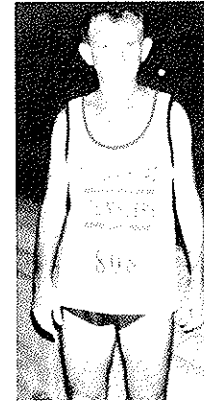
W.L. Burke



Carl Hocker



Phil McConathy



Stuart Butler



Carol Good with brother & brother-in-law.

SOUTH CAROLINA

Carl Hocker
Harvest 5K Run
Spartanburg, South Carolina
November 2, 1985
24:15

Carl Hocker, this is: "Mr. Domino's Pizza" of the Greater Spartanburg Area, communicates that he and Sharon have grown from one Domino's Pizza store in 1982 to seven stores today since arriving in Spartanburg. They have also grown with the addition of Jennifer, 2 1/2, and Carl, Jr., 11 mos.

MINNESOTA

Martin Ginocchio
Minneapolis, Minnesota
June 28, 1986
Stroh's Run for Liberty III 8K
35:18

OREGON

Dr. W.L. Burke
Portland, Oregon
June 28, 1986
Stroh's Run for Liberty III 8K
39:18 - PR
3rd place in 60-65 Age

LOUISIANA AND MISSISSIPPI

Phil McConathy
ASPA 5K Race
New Orleans, Louisiana
June 17, 1986
1st place in 36-44 Age
and
Juneteenth Celebration 5K Run
Biloxi, Mississippi
June 21, 1986
1st place in 39-44 Age

Phil McConathy combined his well-planned vacation with a couple of 5K races on the shores of the Gulf of Mexico.

MAINE

Carol Good
Nubble Light Runaway 10K
York, Maine
June 21, 1986
48:53 PR, 2nd in Age group

Beautiful New England seashore was the setting for Carol Good's York, Maine Nubble Light Runaway 10K. She underlined beautiful!!!

Mail in the next 25 as we close in on the Run USA 50 states. Please enclose race data and your picture in a Todds Road shirt (not necessarily from the specific race). ■

GWINN ISLAND TRIATHLON

by Dan Wells

The third annual Gwinn Island Triathlon was held on June 8 at Gwinn Island on Herrington Lake. This event featured a 1K swim followed by a 10K run and 30K bike. 142 individuals and 27 relay team members participated this year. Although hot and humid weather together with a hilly 10K course generally kept times slow, Brad Swope set a course record with a winning time of 1:40:58. Brad, a Louisville resident, is a former UK runner and also a current Kentucky cycling champion. The women's contest featured a rerun of last year's race between Todds Road Stumblers Susan Cox and Nancy Bonhaus. Nancy won last year, but this year Susan finished first with a time of 2:03:03 to Nancy's 2:06:00. Susan seems to be getting stronger every week, and already this year has set a national swim record for her age and qualified for the Hawaii Ironman Triathlon. Her time of 2:03:03 was ten minutes faster than the first place male finisher in her age category. According to race director John Sensenig, next year's event is tentatively scheduled to be run in the morning to avoid the heat and will also have a different swim course. John also reported that there is a good chance the Boonesboro Triathlon will be held again this year, probably on September 14. The Todds Road Stumblers who were award winners are listed below. ■

NAME	TIME	PLACE
Susan Cox	2:03:03	1st Woman
Nancy Bonhaus	2:06:00	2nd Woman
Susan Stormzand	2:08:21	1st F 20-25
Terry Parker	2:29:54	1st F 33-38
Don Livingston	1:46:17	1st M 20-24
Jeff Hoogerheide	1:47:25	1st M 25-29
Duane Williams	1:57:22	1st M 35-39
Ivan Foster	1:59:21	2nd M 35-39
Don Weber	2:00:34	3rd M 35-39
Edd Frazier	2:01:43	3rd M 40-44

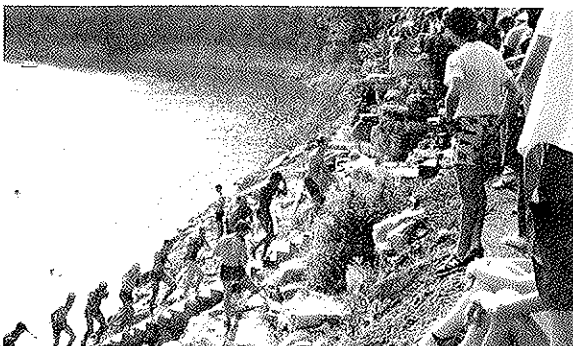
Other Todds Road participants were:

NAME	TIME	NAMES	TIME	PLACE
Scott McKenna	1:58:00	Blackwell, Dusch, Hellman	1:44:18	1st Men's Masters
Mark Morgan	2:03:40	Frazier, Turbek, Miller	2:08:43	1st Women's Open
Bill Clinton	2:04:09	Antonini, Martin, Sullivan	2:07:27	1st Mixed Masters
Rick Mason	2:05:12	Jordan, Sanborn, Kurz	2:04:35	2nd Men's Masters
Bill Smith	2:07:27			
Dan Wells	2:09:45			
Mark Thomas	2:12:40			
Jim Omohundro	2:18:03			
Joe Solak	2:18:14			
Earl Freeman	2:18:54			
Terri Morgan	2:30:17			
Mary Ferlan	2:30:18			
Li Metzmeier	2:35:32			
Joel Lee	2:37:30			
William Bengert	2:38:32			



Bill Sanborn, Jim Kurz, Dan Wells, Earl Freeman and Dan Jordon "AFTER".

J. Fergus photos



Completion of the swim.



Dan Wells transition frenzy.

MIDSUMMER NIGHT RUN

by Nicl Nickell

This race reminded me of K-Men's two years ago. Another total foul up from start to finish. First the good news, the idea is great - a downtown race at night for a worthy cause. Beyond that, I can't say much more that is positive about this race.

Let's start with the length - at this writing I don't know how much over 5K it was. I have heard anywhere from .15 to .3 of a mile long. Considering that last year's winner, Dave Schaufuss ran 14:26 vs. this year's winning time of 15:00 and Dave's 15:02, and that this year was cooler, I think we all know it was somewhat long. How much longer for us middle of the packers is something we can only debate, since I doubt we will ever see times posted.

Second, the start of the race down Vine sent you off in darkness which is very dangerous - especially if someone should accidently trip or fall. I was told when the runners came back onto Vine by Kentucky Utilities, the first-place wheelchair competitor ran smack into a mass of humanity coming up Vine in the opposite direction. Can you imagine his shock! Additionally since he is below head level for most runners, they didn't see him coming and had to "part the waters" to let him through. Tough to concentrate when you are doing that. Then many of the lead runners were forced to run up on the sidewalk at this same intersection because of this problem.

Did you enjoy your split times? Man, I was on world record pace at 3 miles, only to find I didn't even break 20:00 by the time I finished. Seriously folks, for those of us serious about our times, we want to know where we stand at each mile marker, plus know our correct finishing time. Since the finish was back into the darkness, your guess is as good as mine as to what the clock read when I passed under it - luckily, I wear a runners watch - what about those thousands of competitors who paid \$8 to \$10 and will never know their time and place.

Were any of you lucky enough to get into the team competition? I was, and I think I waited longer in the single chute available for all women and team competitors than any of you spent running. Considering that I was 56th in this line, and some of my team members were in the high 200s, I think they had an even longer wait.

(continued on page 10)

WENDY'S CAPITOL EXPO 10K

by Stan Briggs



Ellen Hagerman & Wendy Frazier



JR Miracle & Dave Wachtei



Bill Alley



John Wisniewski



Bob Hart

photos by D. Seaver



Lou Sievers



Dwight Price



Tom Radden



Bob Elsea



Stan Briggs



Nick Nickell

The 6th Annual Wendy's Capitol Expo 10K on June 7th was a "class act" again as the Bluegrass Striders hosted another quality event for the nearly 700 participants. The weather conditions seem to be about the only facet of this annual race that has not shown improvement over the years. Camille Forrester of Louisville was the women's winner in 37:49 while Cam Hubbard of Winchester took top honors for the men in 31:22.

The Toods Road Stumblers who were award winners are as follows:

NAME	TIME	PLACE	AGE GROUP
Sarah Wisniewski	50:51	2nd	W15 & under
Wendy Frazier	39:57	1st	W16-19
Ellen Wurster	38:39	1st	W25-29
Ellen Hagerman	40:04	1st	W30-34
Lou Sievers	41:16	2nd	W30-34
Richard Hopkins	34:02	2nd	M25-29
Thomas Leach	33:16	5th	M30-34
Frank Cornett	34:44	2nd	M35-39
David Winters	36:06	6th	M35-39
Don Coffman	32:57	1st	M40-44
Phil Wheat	35:25	2nd	M40-44
John Sensenig	40:16	2nd	M50-54
Dwight Price	40:35	1st	M55-59

CYNTHIANA ROTARY 10K

by Phil McConathy

This race was held on June 14, 1986 on a beautiful 67 degree morning. The course was a double loop flat and fast course. The winning time was 32:25 with Tim Back winning. Hopey Newkirk was the winning female in 37:51. She was 17th overall in this race. The known Stumblers who were in the top three of their age group are as follows:

MALE - NAME	TIME	PLACE AND AGE GROUP
RICHARD HOPKINS	33:27	2ND 25-29 3RD OVERALL
JAMES SACKETT	33:51	1ST 35-39 4TH OVERALL
MIKE KENNEDY	36:41	3RD 30-34 10TH OVERALL
DAVID KARRICK	37:42	2ND 35-39 15TH OVERALL
CLYDE PARSONS	38:08	1ST 45-49
BEN FISTER	38:09	3RD 40-44
HARRY CAMPBELL	1:01:43	1ST 65+ over
FEMALE - NAME	TIME	PLACE AND AGE GROUP
HOPEY NEWKIRK	37:51	1ST 25-29 17TH OVERALL
WENDY FRAZIER	38:34	1ST 16-19 23RD OVERALL
LOU SIEVERS	40:16	2ND 30-34
CASEY HALL	49:08	2ND 40-44
SARAH WISNEWSKI	51:03	1ST 12 & under
ZANNE JEFFERIES	54:29	3RD 40-44

RACE SCHEDULE

by Bob Maclin

The fall racing season has arrived and we can expect lower times in races. Lots of the old classics and county festival races are scheduled. Lots of fun! Please watch for entries and schedules on the table at the Stumblers' Clubhouse.

This race schedule is prepared from many sources, so verify dates, entry deadlines, time of races, etc. before traveling to a race; and send SASE when requesting entry forms.

OCTOBER

- 11 - Sorghum Festival 10K, Springfield, Ky. Springfield Sun, Springfield, Ky. 40069
- 11 - Run for Shelter 5K & 15K, Midway, Ky. John's Bluegrass Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502
- 16 - Columbus Bank One Marathon, Columbus, OH, Columbus Marathon Corp., Press Dept., Columbus, OH 43217
- 18 - Allied Health 5K, Lexington, Ky. John's Bluegrass Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502
- 18 - Bluegrass Mini Marathon 13.1 Miles, Masterson Station Park, Lexington, Ky. Lex.-Fayette Co. Recreation Dept., Lex., Ky. 40508
- 19 - Green River Lake 10K, Campbellsville, Ky. Central Ky. News Journal, Campbellsville, Ky. 42718, 502-465-2500.
- 23 - St. Louis Marathon, St. Louis, MO, St. Louis Track Club, 6611 Clayton Rd., Suite 200, St. Louis, MO 63117
- 25 - Pleasant 5 Mile Run, Indianapolis, IN (Irvington) Gary Peterson, 5926 University Ave., Indianapolis, IN 46219
- 25 - Wendy's Classic 10K, Bowling Green, Ky. David Mason, Box 1316, Bowling Green, Ky. 42101
- 25 - Pumpkin Run 10K, Paris, Ky. John's Bluegrass Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502
- 25 - Wilmore 10K, Wilmore, Ky. John's Bluegrass Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502
- 26 - Run Kentucky Run 10K & 2 Mile, Energy Center, Lexington, Ky. John's Bluegrass Running Shop, 321 S. Ashland, Lex., Ky.
- 26 - Americas Marathon, Chicago, Il. Americas Marathon, Chicago, 214 W. Erie, Chicago, IL 60610

NOVEMBER

- 2 - New York Marathon, New York, NY Mail a letter size SASE to Marathon Entrees, Box 1388, New York, NY 10116, include \$3 check for handling fee.
- 2 - Marine Corps Marathon, Washington D.C. Marine Corps Marathon, Box 188, Quantico, VA 22134
- 2 - Louisville Marathon, Louisville, Ky. Gil Clark, Box 36452, Louisville, Ky. 40233
- 9 - Striders Women's 10K & 2 Miles, Nashville, Tn. Nashville Striders, 615-254-0631
- 15 - Vulcan 10K, Birmingham, Al. Box 2563, Birmingham, AL 35202, 205-325-1925
- 16 - Vulcan Marathon, Birmingham, Al. Box 2563, Birmingham, AL 35202, 205-325-1925
- 27 - Run for Hunger 10K, Lexington, Ky. John's Bluegrass Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502
- Catfish Run 5K, Halls Restaurant on the River, Lexington, Ky. John's Bluegrass Running Shop, 321 S. Ashland, Lex., Ky.

DECEMBER

- 7 - Rudolph's Red Nose 5 Mile Run, Nashville, Tn. Tom Turbeville, Nashville Gas Co. 615-244-7080.
- 13 - Rocket City Marathon, Huntsville, Al. Huntsville Track Club, 8811 Edgehill Dr., Huntsville, AL 35802
- 13 - 50 Mile Frankfort to Louisville. John's Bluegrass Running Shop, 321 S. Ashland, Lex., Ky. 40502
- 31 - Todd's Road Stumblers New Year's Eve Run, 11:30 p.m., Clubhouse, Lexington, Ky.

JANUARY, 1987

- 1 - Hangover Classic 10K, Louisville, Ky. Cherokee Road Runners, Box 36452, Louisville, Ky. 40233 ■

WHERE THE ACTION IS

by Dave Wachtel

This is the premiere edition of this column. As you can see we are attempting to present to the Lexington runners alternative courses, running partners and times. Below is listed the information received as of press deadline. If you would like to have company when you run, feel free to contact any of the people listed. If you would like to have your schedule listed, please send the information to David Wachtel, 238 Chenault Rd., Lexington, Ky. 40502.

This column is of benefit to all runners, both club members and visitors. Your assistance will improve it so do not hesitate to contact Dave.

BEGINNING TIMES

- 5:30 a.m. (M-F)
- 6:00 a.m. (M-F)
- 6:00 a.m. (M-F)
- 4:00 P.m. (M-Th)
- 7:00 a.m. (Sat.)
- 8:00 a.m. (Sat.)
- 8:00 a.m. (Sat.)
- 8:00 a.m. (Sun.)
- 8:00 a.m. (Sun.)
- 8:00 a.m. (Sun.)

LOCATION & DISTANCE

- 3281 Buckhorn Drive, 6 or 10 miles
- Shively Center, UK, 5 miles
- 1222 Richmond Rd., 4-6 miles
- Romany Rd. Randalls, 6-10 miles
- Todds Road, 12-15 miles
- Todds Road Clubhouse
- Shively Center, 5 miles
- Shively Center, 5 miles
- John's Running Store, 8-9 miles
- 3281 Buckhorn, 13.5 miles

CONTACT PERSON(S)

- Dave Winters, 273-1250
- Cathy Fox or Robert Shier
- George Van Meter
- J.R. Miracle, 252-0861/273-6959
- J.R. Miracle, 252-0861/273-6959
- None needed - just show up
- Cathy Fox or Robert Shier
- Cathy Fox or Robert Shier
- J.R. Miracle, 273-6959
- Dave Winters, 273-1250 ■

GET TO KNOW ANN AND PHIL WHEAT

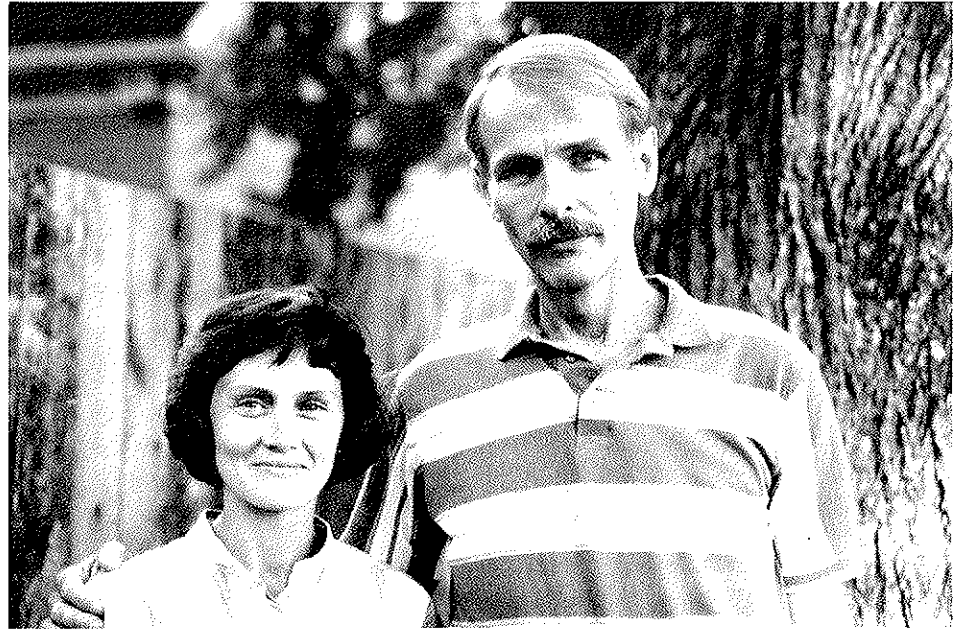
by Becky Reinhold

What do you do with old running shoes that have lost their sparkle to get them looking almost as good as new? Phil Wheat puts them on the top shelf of the dishwasher and runs the short wash cycle! This is just one of the handy dandy running tips you can find out about when visiting with Ann and Phil Wheat, a couple that have run regularly at Todds Road since 1981. They are familiar faces to many of the Stumblers because they both consider themselves serious runners and are often seen pounding the pavement on Saturday at Todds Road and at least once a day in different parts of Lexington.

Phil, 41, is a native Lexingtonian who joined the Marines after going to Henry Clay High School. Phil ran the mile for the Henry Clay track team and remembers training a maximum of 2 miles a week. After he joined the Marines, he kept in shape by boxing. He once had the chance to fight Ken Norton but after seeing his size decided that perhaps that wasn't in his best interest! When he came back to Lexington, he was at the Medical Center when he met his future wife in the elevator. He told his friend that he was "going to marry that girl," and 21 years later he and Ann are still happily married.

Ann grew up in Paintsville, Southern Ohio and North Middletown where her family had a big farm. She went to high in Southern Ohio and says she has always been a tomboy - riding ponies and playing softball with her brothers - which may be part of the reason she's such a good runner today.

Ann and Phil both started running for health reasons. Phil used to weigh 220 pounds, smoked a pipe and did not exercise one bit. He decided to try and lose some weight and get in shape and he now weighs in at 157 pounds! He remembers his first 10K race at the Kentucky Horse Park which he ran in 49 minutes, his shoe came off in the mud and he had the humbling experience of being passed by a girl! He vowed to pace himself from then on and by the time the Bluegrass 10K came along, he had his time down to 42:00 flat. It was at this race that he met up with Nick Nickell who encouraged Phil to come to Todds Road in 1980. He started logging the miles at Todds and was consequently one of the first members of the 500 mile club. Today Phil runs every-



Reinhold

day but one, and is currently practicing some "secret training" with a goal of getting his 10K time down below 34:00 minutes. He feels his strong race is the 5K, but also races well in 10,000 meters, and has run marathons and half-marathons.

Ann began running because her blood pressure had gotten a little high, and it was either exercise or take medicine the rest of her life. She tried aerobics and enjoyed it but found running to be more convenient because you could walk out the door anytime and run as long as you liked. She started by running 2 miles at a 9-minute pace around her neighborhood. Phil tried to talk her into joining him at Todds Road but at first Ann didn't want to get up so early on Saturday mornings. Once she started coming to Todds, she turned into an addict and today she's often out on Saturday mornings at 5:30 a.m. running long distances with her friends. Ann's first race was the Bluegrass 10,000 in 1981, which she completed in 56 minutes. In comparison, to show her great improvement, she ran this year in 43:55 and won an age group award. Ann feels she does her best in the half-marathon because it's a more "civilized pace." In a shorter race, she tends to push herself too hard and ends up being injured. Her goal in running is to stay within 10 minutes of Phil and to be the same caliber woman runner that Phil is in the men's competition.

Ann and Phil have one son, Phillip, who is 20 and is interested in electronics. Ann is

a legal secretary for Holloday and Curtis, and Phil has worked for the Trane Company for 19 years as an industrial electrician.

The group of guys that Phil runs with have an expression called - going into "trim pace," - you may have noticed this group on the 12-mile course at Todds flying around Basin Springs, especially when they come upon a group of pretty girls. Trim pace defined means - pick up the pace, pretty girls coming ahead! The truth is out guys, you run a 9-minute mile when no one can see you then put on a great act when you see the girls.

Another tip from Phil - don't put any dirty dishes in the dishwasher with your shoes! ■

MIDSUMMER RUN

(continued from page 7)

For a 5K, I think roughly 300 runners converging on one chute is too much. Granted, they had far more runners than they probably expected, but unless a lot of these registered the night of the race, they should have attempted to deal with this by bringing in help when they saw numbers were up. Most of my team was confused that the officials took some of their tags, and yet not all of our team members had their tags pulled. This is apparently just a communications problem, because I am told we will get team results, but it sure led to a lot of confusion among my team when the race ended. We didn't know the place cards given out took the place of pulling

(continued on page 11)

MIDSUMMER RUN

(continued from page 10)

the tags - hopefully, you already knew this.

We had an article in a recent issue of the Milemarker which discussed the responsibilities of a race director. I have not gone back and looked them up, but I would like to make a few suggestions which I feel are important.

1) Race directors are paid for their efforts, and we should expect certain minimum standards. Among those are a properly measured course with knowledgeable personnel at key turnarounds and given proper split times and water at the appropriate mile markers.

2) Part of this salary for the race director should be used to have a minimum of one training session for each race. Certain race directors appear to feel that things will naturally fall together at the last minute for all their races, instead of taking the time to organize a proper race. Training sessions one or two days before the start of the race should become a requirement for all new races where you have untrained personnel, and I personally would want to see them have such a session for each and every race, whether new or not.

3) All races should have seeded runners based on times submitted from previous races, and they should be the only runners on the front few rows. Race directors should have someone responsible for lining up the competitors prior to the race, and for letting them know when you are about to start - I didn't hear a thing about that on August 8, but then I might be hard of hearing.

4) If it is called a race, everyone should receive a time. If you don't give times and places to everyone, tell us it is a fun run and we will run it that way.

5) Results should be mailed to all competitors listing their times and places within two weeks of any race. After that, who cares. Most of us are willing to pay the fees to run in a well-managed race, but we want to see something for our money other than a T-shirt.

Finally, I hope you don't totally write this race off for next year because of the various foul-ups this year. If the sponsors follow through and pay the fees to bring in top quality planners for next year as they say they will, I think this unique night-time run in downtown can become a quality race. ■

BLUEGRASS STATE GAMES

by Stan Briggs

The finale of the second annual Bluegrass State Games was held in Lexington on August 1, 2 and 3. The Cycling events were held at Commonwealth Stadium while the Track and Field events were at the Shively Sports Center track. Execution of the events was improved over last year even though there were more competitors this year. A great time was had by most of the participants. Many of our club members acted as officials this year and did an outstanding job.

Stumblers who won gold, silver or bronze medals in this year's competition include.

CYCLING				
NAME	PLACE	EVENT	AGE GROUP	
Jim Blackwell	1st	10-miles-Novice	46 & Over	
Dan Richardson	3rd	10-miles-Novice	46 & Over	
Nancy Bonhaus	1st	10-miles-Novice	18-35	
TRACK				
NAME	PLACE	EVENT	TIME	AGE GROUP
Tom Moran	2nd	800M	2:00.60	M0-29
Robert Green	3rd	800M	2:18.66	M40-49
Wayne Collier	1st	800M	2:22.2	M50-59
Russell Nally	1st	3000M	8:54.3	M17-19
Mike Sanner	1st	5000M	15:01.5	M Open
Ellyn Crutcher	2nd	800M	2:38.88	W30-34
Sue Winters	1st	800M	3:17.44	W35-39
Wendy Frazier	1st	3000M	10:34.5	W17-19
Jerry Stone	3rd	400M	1:01.22	M40-49
Wayne Collier	1st	400M	1:02.4	M50-59
Mike Sanner	1st	1500M	3:54.69	M20-29
David Winters	2nd	1500M	4:34.77	M35-39
Don Coffman	1st	1500M	4:22.8	M40-49
Ellyn Crutcher	3rd	100M	14:55	W30-34
Judy Thomas	1st	100M Hurdles	15:29	W20-29
Ellyn Crutcher	2nd	400M	1:08.34	W30-34
Wendy Frazier	1st	1500M	4:55.5	W17-19
Sue Winters	1st	1500M	6:39.0	W35-39 ■

DANIEL BOONE PIONEER RUN

by Dan Wells

The 8th Annual Bud Lite Daniel Boone Pioneer Run was held on August 30 in Winchester. The event featured a 10K race as well as a 2 mile family fun run. Although the course was described as gently rolling, most participants thought the course was difficult. In the 10K race Duane Gaston finished 3rd overall. Winchester resident Richard Hopkins finished 4th and Bob Green finished 10th. The younger members of the Wisniewski family did well, as both John and Sarah won their age categories. Dave Winters won the 2 mile race, and his wife Sue won her age category. The results are as follows:

NAME	TIME	AGE GROUP
10K		
Duane Gaston	33:22	3rd Male
Richard Hopkins	33:47	1st M 25-29
Bob Green	37:09	1st M 40-44
John Wisniewski		1st M 12 & under
Dwight Price	41:15	1st M 55-59
Jim Omohundro	38:00	2nd M 20-24
Sarah Wisniewski		1st F 12 & under
Lythia Metzmeier	45:56	1st F 25-29
2 Mile Run		
Dave Winters	10:22	1st Overall
Sue Winters		1st F 35-39
Mary Mullins		1st F. 40-44 ■

Todd's Road Stumblers, Inc.

milemarker

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TODDS ROAD TRIATHLETES

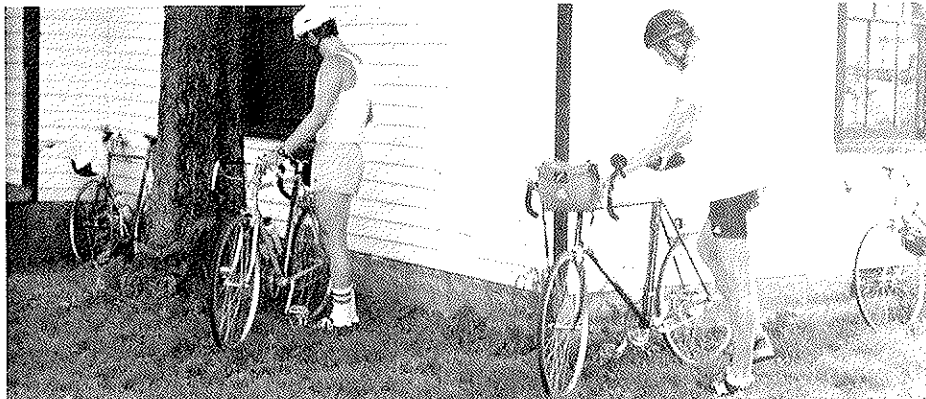
by Kenneth Pike

When summer comes to Todd's Road, so do the runners. Over the last few years, however, we also have seen a big increase in the bicycle population as more and more Stumblers become triathletes. Two of our members, Susan Cox and Hord Tipton, have qualified for the big one -- the famous Ironman World Championship Triathlon which is set for October 18, 1986 in Hawaii. To be allowed to enter one must participate in one of the qualifier events

(which are one-half the Ironman distance) and must place well overall or in an age group.

Susan, who qualified at the Gulf Coast Triathlon, has a contagious enthusiasm about her athletic life. She is constantly bubbling over with stories about the accomplishments of her friends. Here is an example. On the day that she was to compete in the 1985 Boonesboro Triathlon her son severely injured his arm. The attending physician, Dr. John Balthrop, was quite surprised to learn that this concerned mother intended to go that

afternoon to be in an athletic competition involving swimming, biking and running. During the following treatments and check-ups, the doctor showed increasing interest in triathloning. Before long he was in training. One year later he entered the 1986 Boonesboro Tri and placed very high overall in an excellent time. Thus another dormant athlete begins to seek his potential. ■



Triathletes Greg Whittaker (L) and Wes Moody.



Jim Blackwell and Scott McKenna.