



Member Roadrunners Club of America

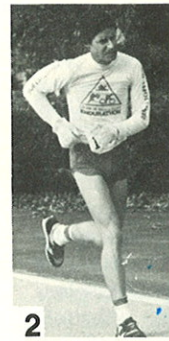
THE TODDS ROAD

milemarker

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

Number 3 Winter 1984

METRO PARKS MARATHON



photos by Ken Pike

1. Front L-R. J. Wisniewski, W. Alley, J. R. Miracle, D. Palmer, J. Sensenig, L. Seivers. Rear L-R. T. Huey, B Staib, E. Freeman, B. Barnes, E. Frazier, P. Wheat, M. Raftery, W. Harshbarger, T. Kinzel. 2. W. Harshbarger 3. J. Pendleton, B. Collins 4. M. Raftery, P. Wheat, J. R. Miracle 5. J. Sunde, T. Picard 6. L. Hills 7. J. Grisso 8. J. Blackwell (on bike), P. McConathy 9. S. Sanders, R. Sanders. (See story, page 8)

THE STARTING LINE

by Kenneth J. Pike

Winter is upon us, but spring can't be far behind. We hope that the good news in this issue will help to keep you warm and to beat the winter blues.

500 Mile Club

You may have noticed some mysterious green marks that recently appeared on the 500 Mile boards at the clubhouse. John Wisniewski put them there to establish each member's total recorded mileage as of 7 December 1983. His article in this issue tells of some of the discoveries that he made along the way.

Race Results

The race schedule for the past few months has been very crowded. Nick Nickell and his team have done a super job of reporting the results. You are sure to enjoy reading about the fine performance of our members. If any one was overlooked, we offer our sincere apologies.

Member Information

Many Stumblers have not turned in an information sheet to verify membership. If you have not done so you can get a form at the clubhouse or you can find one printed on the back page of this newsletter. The Race Results committee uses the membership list when writing up their reports for this newsletter. The list is also used for mailings of information on other club activities. To stay in the flow you should send in your info sheet.

Personal Record Board

Nick Nickell will soon be putting up a board in the clubhouse so that all members can report their 1983 PR's. If you set a PR at any distance during 1983 then come out and sign up before 1 March 1984. Nick will summarize everything and publish the results in the spring issue of the MILEMARKER.

Carpooling to Races

The spring season will bring back many of our favorite races in Louisville, Cincinnati, and Dayton.

Part of the fun is in sharing the experience with fellow Stumblers, but it's not always easy to find out who else is going to certain events so that carpools and group dinners can be set up. If you are planning to go to such a race, and want to get in a carpool, then write to us at the MILEMARKER and we will set up a system for getting everyone together. Act now to avoid the last minute rush.

Kentucky Relays

The 15th Annual Kentucky Relays will be held at the UK track on April 20 - 21, 1984. All Stumblers have the opportunity to serve as officials for the track events. There should be several Olympians competing. It is very exciting and rewarding to have such a close-up view of these fine athletes. We will begin calling for volunteers in March, so mark your calendar now to be sure that you can avoid schedule conflicts.

Clubhouse Duty

The volunteer spirit has been excellent! We are seeing many members who are serving for the first time. Everyone is thankful for the warm clubhouse and the hot coffee on these cold Saturdays. We know that it's the volunteers who get it done. Thanks to all of you!

Mark Nenow Update

Mark was the central topic of Jim Bell's article in our fall issue. Since the Pan Am Games he has settled into a recovery training phase, but he still manages to slip into the "fast lane" occasionally. I saw Mark recently at his part-time job at John's Running Shop and got the following report.

On November 20, 1983, he won the Rosemont Turkey Trot 10 K at Chicago in a time of 29:17. James Stinzi was second in 29:43 and third place went to Greg Meyer (winner of the 1983 Boston Marathon) in 30:34. Mark was the subject of a very nice article in the Chicago Tribune. A copy is posted on the Clubhouse bulletin board.

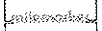
On December 3, 1983, Mark was in Nassau, Bahamas, for the Blue Water Run 10 K, which he won in 29:20 over Greg Meyer and British Olympian Nick Rose. Mark said that the 80 degree temperature was quite a shock after training in Lexington's cool weather, which made him very happy with his performance. Now his plan is to concentrate on high volume training to strengthen his base. He will avoid races until some time in March when he is thinking of doing a 10 K in Memphis, Tennessee, and a 15 K in Jacksonville, Florida. After that he will begin charging up his systems for the Olympic Trials and (hopefully) the Olympics.

Mark also has some interesting and humorous stories to tell about the people who share the fast lane with him, and he plans to write them up for a future issue of the MILEMARKER.

Anyone who has met Mark is impressed by how friendly and open he is. We are very fortunate to have him with us. He is truly the "home team" and we will be with him in spirit wherever his career leads him.

Letters to the Milemarker

Thanks to all who have written in with their comments and suggestions. The Committee realizes how much trouble it is to compose a letter and is deeply appreciative to those who took the time.



THE PRESIDENT'S CORNER

by Jerry Stone

The High School State Meet was a big success again this year, thanks to the hard work and dedication of the committee formed earlier this year. Those members are: Cathy Fox, Bill Matlack, John Unger, John Fox, Don Cetrulo, and Dan Dusch. Thanks again to the American Red Cross of Lexington-Fayette County, the Blue Grass Amateur Radio Club, and our Frankfort friends, the Bluegrass Striders. This year, UK hosted the SEC Meet the day before; the administration and personnel at the Horse Park were really supportive for both of our events.

November Runner's World Magazine featured an interview with Joe Henderson which pointed out a resurgence of interest in the track, as opposed to the '60's surge away from the track (the Lydiard Movement). Indeed, track fans may become more numerous since Mary Decker's heroics at the World Championships at Helsinki. Also noticed among competitors at home is a swing in the direction of more quality training — a little less mileage, and more emphasis on the track. A lot of people say that the only thing LSD makes you is a long, slow runner. This isn't so bad, as long as one has the choice. Our sport is unique in accommodation — the exclusion of runners is a rare case; we must resist those who would take our freedoms of space and movement away. Property and traffic concerns are never to be abused for convenience, nor should they be sacred — the real owners are ourselves.

I have not written any race ratings for this issue, because I haven't trained or raced since my injury at the beach last summer. The recovery has been slow (torn lung tissue) with a couple of setbacks along the way. I have heard, however, that the three big fall races were very good — namely, the ENERGY RUN, K-MEN'S 10,000, and the BLUEGRASS HALF MARATHON. (Be back next issue).

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GET TO KNOW LESLIE STAMATIS

by Dan Seaver



photo by Dan Seaver

You might not spot her in a sea of faces at some race around the state, but when she flexes her muscles these days a lot of people take notice. She's Todds Road Stumbler Leslie Stamatis.

In addition to being a runner, Leslie is also a bodybuilder. Now don't confuse bodybuilding with mud wrestling or any other activity where muscles are often a substitute for gray matter. Bodybuilding is much more than that. But how does a University of Kentucky co-ed get involved in a sport like bodybuilding? Leslie tells us it's a long story.

This physical education major says that she has been interested in fitness for a long time. As a senior at Henry Clay High School, Leslie was a member of both the track and cross country teams. She remembers how in 1981 the track coach would bring the team out to Todds Road for Saturday morning runs. Frequently the visits to the clubhouse took place during the winter because Leslie recalls the bitter cold weather on more than one occasion. After high school she entered the University of Kentucky. Prior to that time she had been lifting for the sheer enjoyment of feeling herself getting stronger and stronger. About the same time Leslie started reading about the sport of bodybuilding. She was encouraged by friends at Ford's Fitness Center to give some thought to entering a competition. And so in November of 1982 Leslie began her formal training in bodybuilding.

In a little over a year, this tall and trim young lady has been involved in

four bodybuilding contests. She has been the runner-up in the 1982 Ms. Ohio Valley and 1983 Ms. Kentucky competitions. Then she won the Ms. Southern Kentucky contest in October. But perhaps her greatest achievement in bodybuilding so far was in the Ms. Collegiate America contest where she recently won one class and also the overall competition.

Leslie says that running is beneficial to her both physically and mentally. "It complements the weightlifting and clears my mind." Running is especially important in helping to keep a competitor's body fat low. And very low body fat as well as properly developed muscles are essential to a bodybuilder's routine and appearance during a contest. Well-choreographed poses don't mean a thing to the judges if you are not in top shape. Conditioning, diet, and a good routine make all the difference in this fast growing sport.

Leslie's next goal in bodybuilding is to compete in the 1984 Ms. Kentucky contest to be held on February 4th in Louisville. A regional Ms. USA contest may also be a possibility sometime, but she feels she's not quite ready for this higher level of competition. In the meantime, her future plans include graduating from UK and then working in the fitness field. Leslie is a part-time employee at Ford's Fitness Center, but she thinks it might be nice to open her own gym one day. Whatever her future holds, we think Leslie's perseverance and self-discipline will help her be successful in almost any career field she chooses.

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K-MENS 10,000

DAYTON CORRIDOR CLASSIC

October 9, 1983 ● Lexington

by Becky Reinhold

The Todds Road Stumblers had an impressive showing at the second annual K-Mens 10,000 race, held this year on a beautiful fall day before the Kentucky-Auburn football game.

Congratulations to Cathy Fox who took the women's first place with a personal best time of 38:26. Other excellent times included a 39:45 PR by Nick Nickell, a 37:40 PR by Gary Bigler, a 38:20 PR by Stan Briggs, a 39:00 PR by Ed Frazier, and a 43:45 PR by Bob Hart.

Listed below are the Todds Road award winners:

NAME	TIME	PLACE	AGE GROUP
MEN			
Russell Nally	34:21	1st	13-17
Bob Daley	34:52	2nd	13-17
John Giardinia	36:38	3rd	13-17
E. Weyhrauch	33:45	2nd	18-24
Mark Morgan	34:25	1st	30-34
Mike Raftery	34:53	2nd	30-34
Toni Szwilski	35:08	3rd	30-34
J. Miracle	35:01	2nd	35-39
Phil Wheat	35:14	3rd	35-39
John Pendleton	35:58	1st	40-44
Tom Cooper	36:30	2nd	40-44
William Bengert	39:55	2nd	45-49
Dick Hutchinson	40:19	3rd	45-49
Martin Ginocchio	43:39	1st	50-54
Jim McCall	47:18	3rd	50-54
Harry Campbell	51:57	1st	60-64
WOMEN			
Brenda Curd	41:59	1st	18-24
Joni Morgan	42:18	3rd	25-29
Cathy Fox	38:26	1st	30-34
Janet Freudenthal	43:03	2nd	30-34
Susan Cox	47:11	2nd	45-49
Joy Carden	59:56	3rd	50-54

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BLUEGRASS MINI-MARATHON

October 22, 1983

by Phil McConathy

On a very cold and rainy Saturday morning over 100 brave souls started this 13.1 mile race. There were 97 runners who completed the race and must be congratulated for hanging in there, due to the poor running conditions. The top three Stumblers by age group are as follows:

- Rick Barger 1st place 25-29 age group-male - 1:26:37
 - Larry Metzger 3rd place 35-39 age group-male - 1:28:14
 - John Sensenig 1st place 45-49 age group-male - 1:29:07
 - Brenda Curd 1st place 15-19 age group-female - 1:38:51
 - Suzanne Sanders 1st place 35-39 age group-female - 1:47:51
 - Bill Ransford 1st place 55-59 age group-male - 1:56:07
 - Harry Campbell 1st place over 60 age group-male - 2:06:26
- Two known personal bests by Stumblers are as follows:
- John Wisniewski - 1:28:19
 - Phil W. McConathy - 1:28:54

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September 25, 1983

by Phil McConathy

On a sunny, cool Sunday morning, approximately 2000 runners started this top 25 ranked 13.1 mile race. 1,776 hardy souls completed the distance and many personal records were had for the day. A world's record was set by Paul R. Cummings, as he finished in 1:01:31, which is 4 seconds faster than the record.

Anyone who missed this race and the fun associated with it truly was the loser. The Saturday night prior to the race, 21 Stumblers gathered for a meal at a local pasta house and everyone had a great time. The Lexington and Frankfort areas of Kentucky were represented well at this race. Some personal records that were obtained are as follows:

William R. Morgan - 1:19:54

Larry L. Metzger - 1:22:44

Stan Briggs - 1:26:25

John Wisniewski - 1:27:21

Richard D. Hutchison - 1:29:10

Phil W. McConathy - 1:30:46

Suzanne Sanders - 1:38:47

Ann Wheat - 1:46:54

Everyone needs to be sure to put this race on your 1984 calendar.

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SHOES, ETC.

John's Running Shop in Chevy Chase is now carrying several different types of Todds Road equipment. He also gives a 10% discount on most purchases made by Stumblers. All you must do is inform the salesperson that you are a member, and the discount is yours.

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GET TO KNOW JOHN AND CATHY FOX

by Dan Seaver

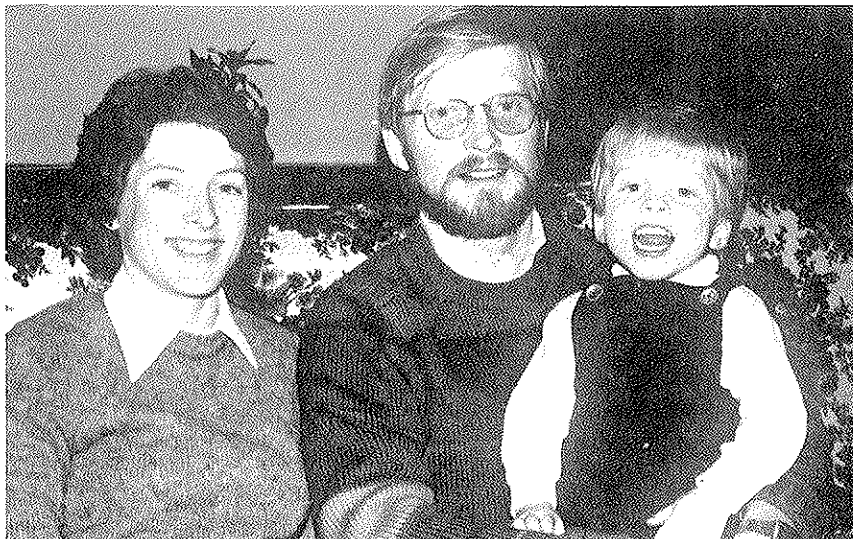
They're both accomplished runners. They're also the parents of a 2½-year-old toddler. Add to this busy working lives along with outside activities and you might ask the question, how do they each find time for running? It's all a matter of scheduling according to John and Cathy Fox, one of Todds Road Stumblers' favorite running couples.

Not too many years ago the situation was a little different. In the mid-1970's both were fairly new to the sport and there always seemed to be plenty of time for training runs together. However, today things have changed somewhat.

John, the chairman of the Modern Languages Department at the Lexington School, and Cathy, executive assistant to a prominent Todds Road Stumbler, pursue their mutual interest in running these days by setting up a schedule for early morning runs. John hits the road at 6 a.m. on Mondays, Wednesdays, and Fridays. Tuesdays and Thursdays are Cathy's days. And weekend runs are worked in around the family's commitments and other activities.

John and Cathy's story goes back to the 1960's when they met in college at the University of Toronto. John grew up in Olean, New York, while Cathy hailed from Dubuque, Iowa. After marrying they came to Lexington in 1971 at which time John started Graduate School at the University of Kentucky. In the interim period both have gone on to earn degrees at UK, John his master's and doctorate and Cathy her bachelor's.

John has been at The Lexington School for seven years. In addition to administrative duties and teaching, he finds time to coach basketball at school. He also enjoys photography, music, and reading. John began running in 1975 and particularly between 1977 and 1979 was putting in around 65 miles a week. But he all but stopped running in 1980 when his attention and energy were focused on completing his doctorate. Today with his busy life, running is more of a hobby than



anything else.

Cathy's activities also keep her on the go constantly. Between work and family responsibilities, she still makes time for her interests in needlework, gardening, reading, music, and photography. But as in John's case, running has taken on a less important role in Cathy's life. However, she does recall with pride some of her past accomplishments as a runner. Since she first started running in 1976, Cathy has won or finished high in many races from 10K to marathons. One of her fond memories is competing in the Boston Marathon in 1978. But these days instead of running 50 or more miles a week, Cathy is just glad to find time for the 25 miles a week she is able to log in.

Running has and continues to be a great sport for the Foxes. John and Cathy have been members of the Todds Road 500 Mile Club for a long time. Running has also provided them with some funny experiences. For example, John remembers the 1977 Derby Mini Marathon, his first road race. How disheartening it must have been for him upon completing the exhausting race to

be asked by an earlier finisher where he had stopped for lunch. And who can forget Cathy in the 1981 Bluegrass 10,000? She had the distinction of being the only noticeably pregnant runner to compete in the race. Few people realized that she was in her ninth month of pregnancy.

That brings us to Jack Fox, the junior member of the family and a Todds Road Stroller. When asked if he liked running, Jack responded with an emphatic "no!" But he does confess to liking basketball, records (especially Beethoven — believe it or not!), and pre-school. He's also a big fan of the donuts at the clubhouse on Saturday mornings.

John and Cathy tell us how much they appreciate the friendships, encouragement, and support they have received from so many Stumblers. This was particularly apparent two years ago when a fire completely destroyed their Harrodsburg Square apartment. Running friends really helped them during this period. That's no surprise, however, because the Foxes have meant so much to the Todds Road Stumblers.

5milesoutlet

IF TOTAL FITNESS IS YOUR GOAL, THEN WHY WEIGHT?

by Don Cetrulo

Everyone who runs has his own reasons why he began. Goals for weight control, fitness and sport have motivated a reported 20 million people to begin a running program. Most have gotten more than they bargained for, finding more of a lifestyle than an activity. Whether at 20 miles or 120 miles a week, you may or may not be completely satisfied. Some of your goals may have been reached and passed and others may now seem impossible. In any event if you are not satisfied with your level of fitness, if you are convinced you have run your best times or your last marathon, or if you're looking for a little variety, weight training may be for you. Most runners neglect the rest of their bodies and beginning a weight lifting program will be much the same as taking those first few running steps. Early achievements are modest but progress will accelerate. Many of the positive feelings arising from a developing running program exist in equal measure in weight lifting, such as a sense of achievement and enhanced self-worth. So if your running isn't all that you think it should be, a fresh start in a new activity may be just the thing.

To start with, good supervision is vital. It is a lot easier to go wrong on a weight training program than in running. There are many fine strength training facilities in the Lexington area. Selecting the one that suits you best requires that you do a little research. Get the advice of other lifters and take the time to visit several places to get a feel for the qualities that are important to you. I can recommend Ford's Fitness Center without qualification. They maintain a no-pressure recruitment policy, first class equipment and plenty of it, and superb assistance. For \$30 you can try it for a month. Running tends to result in a smaller upper body. If you adhere to the "lose, lose, lose" theory of weight control then at this point it is probably best to move onto the next article, because most of what follows is for the

purpose of developing and strengthening arms, shoulders, chest and back and abdomen.

My present schedule is four workouts per week of about an hour and a half, Saturday, Sunday, Tuesday and Thursday. Saturdays and Tuesdays are devoted to exercises for the chest and back, while Sundays and Thursdays are for the shoulders, arms, abdomen and an abbreviated leg workout.

On those days devoted to chest and back, I begin with the chest. I do bench presses, incline bench presses and reverse incline bench presses. The bench press is done on a bench parallel to the floor while the other two are both done on benches at a 45 degree angle. On the inclines the head is higher than the torso and on the reverse inclines, the head is lower. There are two types of workouts, light and heavy. A light workout is ever increasing weights but light enough to handle six to eight repetitions per set. Heavy workouts are also ever increasing weights but heavy enough to make triple repetitions difficult. Reverse inclines are always done with light weight and bench and incline bench are alternated, one day light and one day heavy so that each day I have one heavy and two light workouts for the chest.

The same philosophy is followed for the back. I do a rowing exercise for the lower lats and an exercise which requires a pulling motion straight down with arms spread apart for the upper lats. There are several different exercises and machines which are used for the back, but again the light, heavy procedure is used in an alternating fashion.

For the Sunday, Thursday workouts for the shoulder and arms, a little different twist is added. For biceps, triceps and shoulders heavy days will consist of 4 to 6 repetitions

while light days will be 8 or 10. The smaller the muscle, the more repetitions even on the days for heavy workouts. For biceps, I do dumbbell curls, a sitting bar curl which allows you to steady your elbows and a standing bar curl. Again, the standing bar curl is always light and dumbbell and sitting bar curls are alternated heavy and light. For shoulders, I do dumbbell exercises in which I am either sitting or standing, leaning over from the waist and raising the dumbbells at arm length from the waist to a position higher than parallel to the shoulders. Again, I alternate day-by-day, heavy and light, on the sitting or standing exercises.

All my abdominal work consists of sit-up on a 90 degree angle board holding progressively heavier weights behind my head ordinarily 5 to 7½ pounds.

I let the running take care of my legs for the most part. However, I do squats. This is an exercise in which the bar is placed on the shoulders behind the head doing what are generally referred to as deep knee bends. This can be a somewhat dangerous exercise. The important thing to remember is that the exercise is improperly done if the first motion is to bend the knees forward. The lower leg should remain perpendicular to the floor and the first motion is to move backward and down.

I began slowly with the program of two days per week and have built up over the last year to the weight program just outlined. I plan to stick to it and gradually increase the amount of weight as I am able to handle the load. Like the beginning runner, I am anxious to see where it will take me. I can't say that it has helped my running but it sure has helped me.

milemarker

JIM BELL will be transferring to Baltimore this spring. We will all miss him. He has made many, many contributions for a number of years. For more about Jim see Dan Seavers' article.

Also leaving will be MARY HOLLENKAMP, LESLIE McGINNIS and JANET CHERRETT. They received their Masters in Family Nurse Practition from UK in December. Mary will be returning to Illinois, Leslie to California and Janet to Canada. JOHN WISNIEWSKI has enrolled at Georgia Tech for another Masters in Engineering with classes starting on January 3. John will be at Georgia Tech for one year and then will return to Lexington. We hope he won't be turned into a Ramblin' Wreck.

Hopefully they will all visit TR from time to time.

Which reminds me, it was good to see BILL and DORIS MATLACK at the clubhouse last month. We also had a visit from JIM HUNTER who lives in Memphis.

Both BERNADETTE MADIGAN and DAN DUSCH have had foot surgery and both are recovering satisfactorily.

DICK ROBINSON has started a

new business. He is distributing USA TODAY, a national afternoon newspaper, in Lexington and Louisville.

Mr. and Mrs. TERRY HUEY have a baby boy named Brandon Dean Huey. He was born on September 7, one month early. Brandon had to spend several weeks in the hospital but is fine now and is ready for his first pair of Nikes.

BOB MACLIN recently made his television debut. He was the subject of a nicely done special interview by Mark Sok of Channel 18. Sok asked Bob lots of questions about his goals and motives and then made him run several miles while the camera rolled. The segment aired in late October 1983.

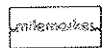
There have been two weddings since the last newsletter. On December 3, MARY ANNE ELLIS, daughter of Lt. Col. and Mrs. CLENET ELLIS, married Dr. Hendree Brinton Milward Jr. They will continue to live in Lexington. So will RON LOVAN and SUSAN STEWART after their marriage on January 7.

As you can see from the race results the Stumblers have been traveling all about to participate in races. In October on the night be-

fore the Dayton River Corridor Classic, 21 of us gathered at Franco's Italian Restaurant. Franco cooked for us and then came out to give us a few words of encouragement. Attending this pre-race celebration were: JIM BLACKWELL, STAN BRIGGS, DICK HUTCHINSON, ANN and PHIL WHEAT, MIKE RAFTERY, BILL MORGAN, LARRY METZGER, RICK and MARY DONATO, JOHN WISNIEWSKI, DARLENE MUNRO, JIM GRAHAM, DENNIS HADDAD, NICK NICKELL, PHIL McCONATHY, MARSHA MOSER, RON and SUZANNE SANDERS and AGNES CHRIETZBERG.

Another race that instigated a number of Stumbler gatherings was the Wendy's 10 K in Bowling Green held in November. One group spent two nights in Bowling Green. They partied both before and after the race and even turned in some good race results. In this group were: BOB and DORIS MACLIN, HARRY and MARCY CAMPBELL, T. and BEVERLY KINCAID and DICK and TIA HUTCHINSON.

If you know of any Stumbler news, please call Suzanne Sanders at 254-0844.



EXCUSE DU JOUR

By Kenneth J. Pike

A long standing joke among my training partners is the ritual of establishing a suitable excuse-of-the-day (or Excuse Du Jour) to explain away a sub-standard performance (e.g. "my old shrapnel wounds were acting up"), while those who had a good performance either ignore you or else heartlessly pick apart your carefully constructed alibi. In a recent issue of the Huntsville Track Club Newsletter was an article on this subject by Craig Thompson. I thought it was very well done and so we reprint it for your amusement.

Ten Selected Excuses

1. Well, I didn't take steroids. (This excuse places doubt on the winner's scruples.)
2. I'm not used to running with other people. (This is sometimes called the leper excuse.)
3. I'm following a Runner's World

training schedule. (Unfortunately, this excuse, while effective, places doubt on your I. Q.)

4. Gee, I can't believe how well my artificial heart worked. (This excuse makes even the most paltry effort seem heroic.)

5. I'm addicted to cable T.V. and don't have time to train. (You're a helpless victim of media exploitation.)

6. I've got a slow beeping pace watch. (You're the helpless victim of the computer age.)

7. I like to carbo-load with bran cereal. Where's the bathroom? (You're a helpless victim of the natural food fad.)

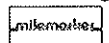
8. I stopped at the three mile point to bite a dog. (Every runner's fantasy.)

9. I lost this race to protest Soviet aggression in the 3rd World. (This is

known as the Jimmy Carter excuse.)

10. I was up late last night reading Dostoevsky's CRIME AND PUNISHMENT. (Intellectual giants seldom win races.)

Although Mr. Thompson's article pretty well covered the subject, at the same time I suspect that some of our more inventive (or devious) Stumblers could add to or improve on his list. With this in mind I hereby announce an Excuse Du Jour Contest. If you will write down your favorite excuses and send them to the MILEMARKER at the address shown on the back cover, the Editorial Committee will judge them and publish them in the Spring issue. All entries must be in by 1 March 1984 to be eligible. We will come up with some appropriate prizes for the five best excuses — that is, unless our old shrapnel wounds start acting up again.



METRO PARKS MARATHON

November 13, 1983 ● Louisville, Kentucky

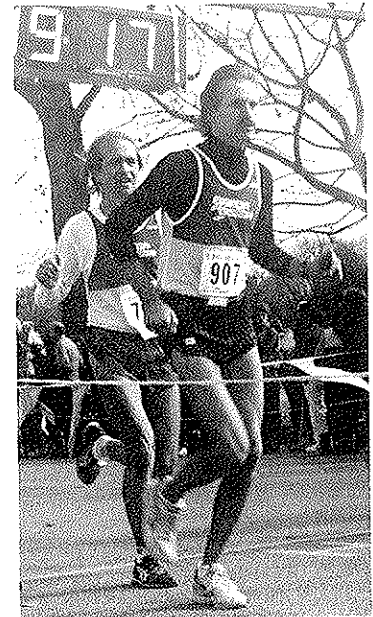
by Stan Briggs

Race director Gil Clark and the Metro Park Board of Louisville put on another well run marathon this year. Just over 1,000 runners officially completed the race and Todds Road was well represented among the finishers. Special congratulations to Dan Kenady, Lou Sievers, Joni Morgan, Tim Picard, Jon Sunde and Terry Huey who made this their first (but probably not their last) marathon.

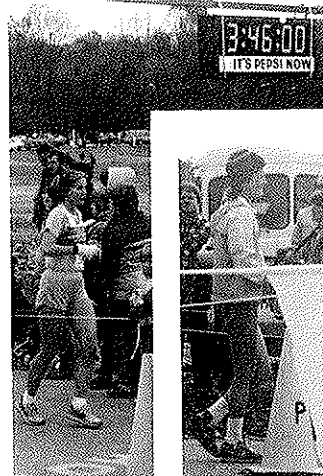
Shown below are all of the Todds Roaders and their finishing times and places:

NAME	TIME	PLACE
WOMEN		
Suzanne Sanders	3:32:30 (PR)	21
Lou Sievers	3:39:52	28
Joni Morgan	3:45:59	40
MEN		
Doug Worful	2:48:19 (PR)	68
Barry Collins	2:49:16 (PR)	80
John Pendleton	2:49:17 (PR)	81
Bill Harshbarger	2:50:17	90
Jim Grisso	2:56:46	130
Mike Raftery	2:57:17	136
J.R. Miracle	2:59:34	150
Phil Wheat	2:59:35	151
Larry Hills	3:06:28 (PR)	195
John Wisniewski	3:11:27 (PR)	241
Stan Briggs	3:12:56 (PR)	257
Phil McConathy	3:17:43 (PR)	302
Ed Frazier	3:21:27	334
Dan Kenady	3:32:22	436
Bob Barnes	3:35:16	457
John Sensenig	3:37:27	475
Dave Palmer	3:37:57	481
Bill Alley	3:49:06	586
Ron Sanders	3:56:40 (PR)	660
Terry Kinzel	4:12:28	737
Tim Picard	4:27:12	798
Jon Sunde	4:32:01	816
Terry Huey	4:45:04	848

For more photos see page 14.

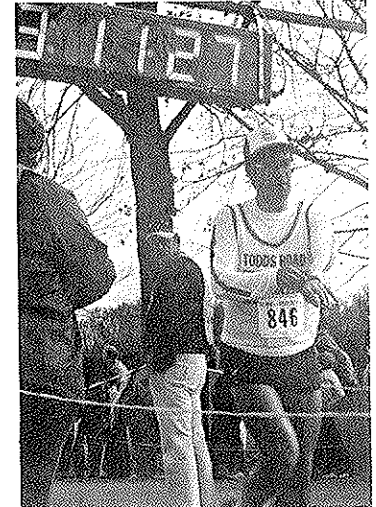


John Pendleton and Barry Collins

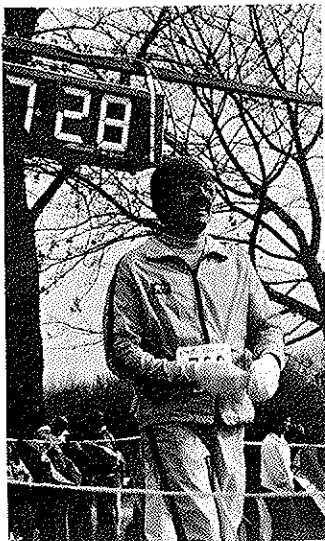


Joni Morgan

Suzanne Saunders



John Wisniewski



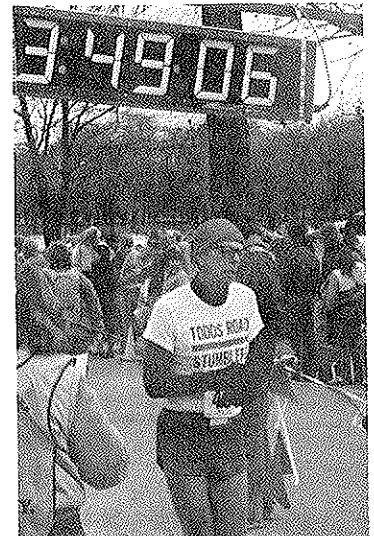
John Sensenig



Stan Briggs



J. R. Miracle and Phil Wheat



Bill Alley

photos by Ken Pike



Ed Frazier



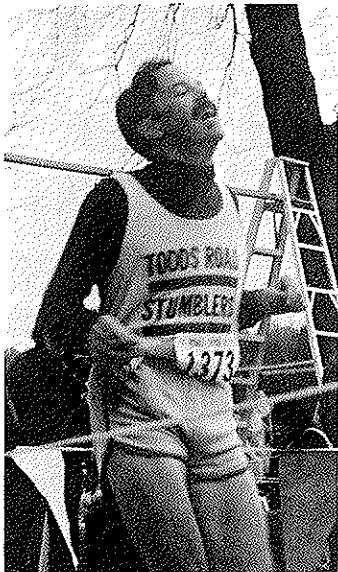
Mike Rafferty



Dave Palmer



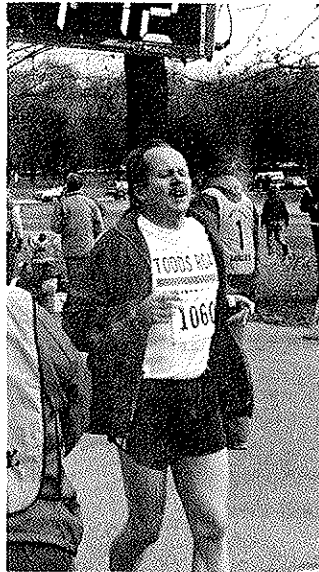
Jim Grisso



Dan Kenady



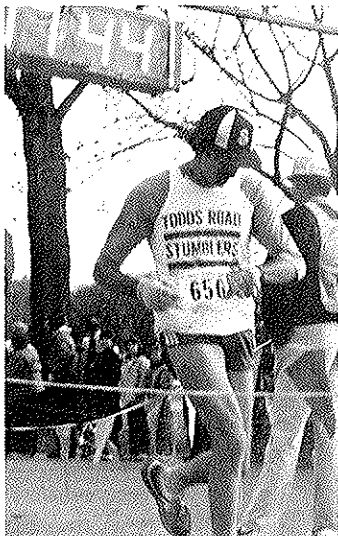
Bill Harshbarger



Tim Picard



Ron Sanders



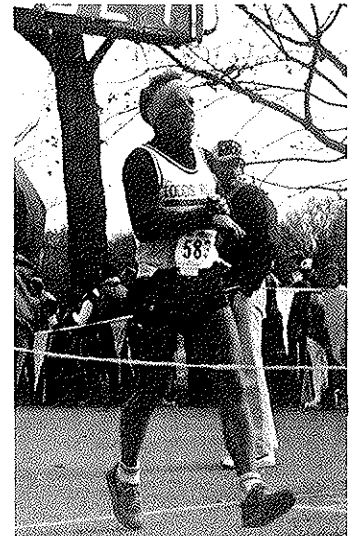
Phil McConathy



Doug Worful



Bob Barnes



Larry Hills

Congratulations, praise and welcome to three new members of the Todds Road Stumblers 500 Mile Club. They are:

- Nancy T. Barron II
- Larry Metzger
- Virginia Wells Adams

We also have a report that Bob Shier completed his 500 miles in April; we are waiting for Bob to fess-up to his accomplishment so he can be properly inaugurated. Congratulations Bob!

They join the ranks of 64 other Stumblers who have crisscrossed the Bluegrass countryside sharing friendship, nature, an extra measure of perseverance and an occasional bout with shinsplints.

We often hear a great deal about the endurance of long distance road runners and I believe that we at Todds Road have some bragging rights in this department. On one recent evening Ken Pike and I calibrated our eyeballs, fired-up our calculators and set out to count all the

miles that are posted on the boards in the clubhouse. The results were impressive! Would you believe that 674 runners logged a total of 94,916 miles? That's almost four times around the world, all on Saturday mornings and all on our small patch of beautiful Bluegrass countryside!

We can only speculate what the total of all the miles run at Todds Road is. To do so we would have to add the miles of those who have finished their five hundred miles and have stopped logging their Saturday runs and the miles of those who have never logged their miles. A conservative guess would be to at least double the amount which has been charted. That would bring the total to about 200,000 miles — quite a record for a bunch of recreational runners.

In the Junior Division, the Todds Road Strollers, 200 Mile Club, there are seven pamper-clad entrants all out to be the first to reach 200 miles while in training for the Olympics in

2000. So far there is a total of 112 miles logged with Bobby Unger setting the pace with 62 miles.

As Ken and I were counting the miles we uncovered some small bits of Stumbler history and trivia. Buried amongst all those thousands of little tick marks were a few scattered messages. One Stumbler who had passed 300 miles wrote "Goodbye Lexington, lookout Richmond, VA". One well known Stumbler took a slight exception to the rules; he wrote "Got married, add 50 miles." On another board, competition gave way to a little nicknaming as one zealous Stumbler was knighted as the "Mile Muncher." The tradition of runners' nicknames appears to be well established at Todds Road, others have been dubbed "The Coach," "Wimp," "One Eyed Runner," "Pavement Buster," "Double-D" and "The Old Stumbler."

We will continue to keep you updated on those who reach 500 miles and the total mileage posted at the club. We hope to see you at the starting line next Saturday.

500miles.com

WENDY'S CLASSIC

November 5, 1983 ● Bowling Green, Kentucky

by Nick Nickell

This is one of the finest races in the state with a quality field and a fairly flat course. Only two problems with this race: they do not send results of all participants and with the large numbers of runners, the start is too congested. Over 4,000 runners ran in the fourth annual Wendy's Classic, plus another 600 in the mile fun run. Nick Rose was the overall winner with a time in the low 28's, plus there were numerous other runners under 30 minutes. While with no overall results to quote all exact times from, I was especially impressed when I heard the time for third place in the Men's 25-30 age group — 30:07 — not too shabby for third in age group. Wonder what the other two did? This race is rated as one of the top 100 in the country, and deservedly so. Friday night started off with a pasta/beer party, with Dr. George Shee-

han, of which 600 seats had been sold out the first week. Saturday morning Wendy's started you off with a free breakfast which was followed up by a free lunch after the race, plus long sleeve T-shirts and trophies for each runner (my first ever trophy — but who will know the difference that we all got 'em). A lot of local runners showed up for this race and I hope I don't omit someone, but here is a list of the ones I know who showed up:

1. Earl Freeman — who had a P.R. of 40:09. It it hadn't of been for the first mile——
2. Jim Blackwell — who ran in the low 38's.
3. Nick Nickell — who finished in 39:54.
4. Gary Bigler — who was disappointed that he didn't break 38 minutes in only his third race.
5. Bob Maclin — who ran in the 41's and set a P.R., as well as won first place in his age group 60-65.
6. Richard Hutchison — who also had a P.R. of roughly 38:35. As Dick gets closer to 50, he seems to

get better.

7. Phil Wheat — who just broke 35 minutes.

8. Mike Raftery — who ran a 34:37 P.R. and the quality of the race was such that his time didn't place Mike in the top in his age group.

9. Jan Grigsby — who I didn't see after the race, but I heard he had a P.R.

10. J. R. Miracle — who ran right around 35 minutes.

11. Bill Morgan — who had a P.R. in the low 36's.

12. Bob Hart — who had a P.R. in the 43's.

13. Doug Worful — who ran his usual good race.

14. Barry Collins — who is getting back into his shape of two years ago, had a P.R.

15. Judy Collins — who did have a P.R.

16. T. Kinkead & Beverly Kinkead — who did have a P.R.

17. John Pendleton — who had his best time for 1983.

500miles.com



photo by Dan Seaver

What do running and collecting rare horse bridle bits have in common? Nothing you say. On the contrary! They are both favorite pastimes of Todds Road Stumbler Bob Maclin.

An administrator at the National Institute on Drug Abuse Addiction Research Center, Bob started collecting horse bits in 1971 long before he began running. Over the past 12 years his collection, part of

which is prominently displayed on the den wall, has grown to more than 600 horse bits. It includes several rare U.S. Cavalry bits dating from 1812 to 1943. Why collect horse bits? Bob says his interest in this hobby is a natural one. A transplanted Texan, Bob practically grew up on horseback roping calves and even riding a few bulls. But he claims that it was his wife who really got him started. Doris, a secretary in the U.S. Attorney's office, has collected early American pattern glass for many years. It was her encouragement to find a hobby that prompted Bob to begin his unusual collection.

Running on the other hand has been a more recent interest for Bob. In 1979 he began jogging to get more exercise. From there he started logging in the miles. Bob soon found that running and especially road racing appealed to his competitive spirit. It is this spirit and also his athletic ability that have brought Bob, age 61, so much success as a runner. This year alone he has won his age division in almost 30 races. He has earned the respect of runners of all ages as well. But Bob will be the first to tell you that not everyone goes along with his interest in running. Take for example the two drunks who stopped their car one day to find out what he was trying to prove. When Bob replied nothing, the two asked him if he wanted to fight. No, he countered, but he was willing to race them. With that the two drunks laughed and drove on. Obviously they recognized that racing Bob would have been a losing proposition!

HUMANA ROCKET CITY MARATHON

December 10, 1983 ● Huntsville, Alabama

by Kenneth J. Pike

The early morning clouds cleared away and the temperature shot up to 65 degrees. Although this would please golfers, it is usually not good news to marathoners who have been training in sub-50 degree temperatures for several months. In spite of the heat our Todds Road Stumblers made an impressive showing in the starting field of 1,800. Don Coffman and Bill Olrich were part of a winning team in the Masters competition and Coffman was the overall Masters Champion. Olrich had problems that slowed him down for several miles, but he eventually pulled himself together and ran a gutsy race. Earl Freeman, Jan Grigsby and Dick Hutchison all set PR's which will qualify them for Boston. Bill Morgan ran unofficially to a PR of 3:04. Here are the results of the locally based runners.

NAME	TIME	PLACE
Don Coffman	2:27:08	29
Bill Olrich	2:41:00	74
Sam Cockerham	2:44:15	91
David Lee	2:47:11	?
Jan Grigsby	3:09:38	300
Earl Freeman	3:10:10	307
Dick Hutchison	3:10:34	314

milermotels

While Bob is happy with his own accomplishments, he is especially pleased with those of his son and daughter. Bob and Doris are the proud parents of Robert, a UK Law School student, and Leslie, an accountant manager for Canteen Corporation in Chicago. Both are graduates of the University of Kentucky and have gone on to enjoy success in their individual endeavors.

Happy miles ahead to you Bob in 1984! May you continue to enjoy success in your races throughout the coming year.

milermotels

GET TO KNOW JIM BELL

by Dan Seaver

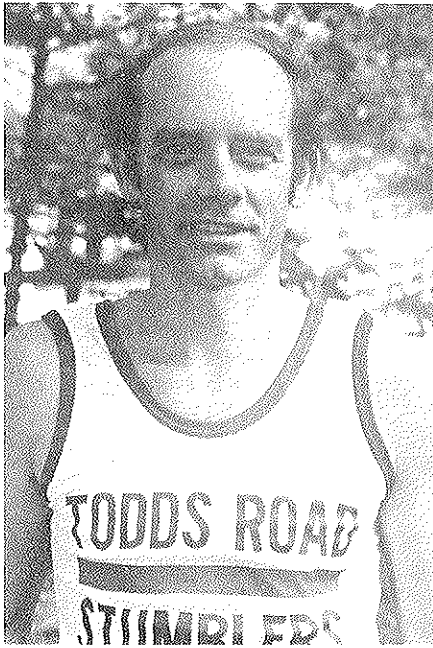


photo by Dan Seaver

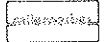
thons. In spite of injuries and illness, Jim has remained a strong competitor over the years. He is also the area authority on the technical aspects of running. Likewise if you want to know almost anything about track on the national and international level, Jim is the one to ask.

In looking back, Jim says that moving to Lexington in 1972 has done a lot for his running. He feels that the level of competition and also the interest area runners show in one another makes Lexington a great city for running. During the 1970's the UK track was a good place to meet many runners. There was a real sense of community among the runners who would meet there regularly. And like so many others, Jim agrees that becoming a member of the Todds Road Stumblers has also helped to keep his in-

terest in running at a high level. That's why leaving Lexington will be so difficult.

This summer Jim, his wife Marcella, and their sons Ricky, 12, and Andy, 10, will be moving to Baltimore along with other NIDA Addiction Research Center staff. While he will certainly miss his friends in Lexington's running community, Jim is looking forward to the new opportunities that usually come with a job transfer. We also hear that Jim has begun scouting out the tracks in the Baltimore area. Baltimore's RRCA club is reported to be one of the nation's oldest, so we feel confident that it won't take long for Jim to make new running friends.

Jim's Todds Road friends wish him all the best in Baltimore. But don't forget the good times in Lexington!



How do you respond to a Todds Road Stumbler who tells you he's been running since 1957? First you think, "Boy this guy must really be tired!" Then after grinning, you begin to understand that you are talking to a serious runner.

Serious is probably a good way to describe how Jim Bell feels about running. For Jim, a biological scientist at the National Institute on Drug Addiction Research Center, running has been an important part of his life for many years. As a teenager growing up in Lakewood, Ohio, he quickly discovered that running was a sport he was good at and enjoyed. At that time in his life Jim was so hooked on running that he designed a one-eighth mile practice track in an apple orchard near his house. Back in those days runners were not looked at in the same way as they are today. Running laps in the orchard was a great way for Jim to train without drawing too much attention to himself. The worn trail that he created over a period of time testifies to his strong interest in the sport.

After high school he moved on to Miami University (OH) where he was a member of the track team. Jim competed in the half-mile and mile relay events. Since college, however, he has been running longer distance races including 10,000 meters, half-marathons, and mara-

OCTOBERFEST 15K

by Nick Nickell

This was a new race for Lexington held at the Horse Park, on October 8th, in conjunction with the Octoberfest activities. Not being highly publicized, the race didn't get the numbers nor the quality of most Lexington races, but nonetheless, was a good race. Several Todd's Roaders placed very well in the overall standings. Listed below are the age group winners we know of and their times:

NAME	TIME	AGE GROUP	PLACE
Mike Raftery	54:21	(30-34)	1
John Pendleton	55:40	(40-44)	2
Bill Harshbarger	55:56	(35-39)	2
J. R. Miracle	56:46	(35-39)	3
Dennis Haddad	56:46	(25-29)	1
Stan Briggs	59:50	(40-44)	3
Bill Bengert	1:02:19	(45-49)	1
Bob Maclin	1:06:29	(60-64)	1
Suzanne Sanders	1:10:49	Woman Overall	2nd
Susan Cox	1:14:41	(45-49)	1
Judy Collins	1:16:44	(35-39)	2
Tom Radden	1:18:03	(50-54)	2
Harry Campbell	1:23:06	(60-64)	2
Beverly Kinkhead	1:23:34	(40-45)	3
Bill Ransford	1:29:52	(55-59)	2
Phyllis Jenness	1:36:43	(60-64)	1
Joy Carden	1:40:51	(50-54)	1
John Fitch	1:46:33	(65+)	1

