



Member Roadrunners Club of America

# THE TODDS ROAD

# millemarker

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

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Tom Martin

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Those of us who ran at Todds Road on June 6 had a surprise in store for us. The bridge over the old abandoned railroad track on Basin Springs Road at the 2.5 mile mark was gone. The runners either had to turn around or imitate mountain goats to get across. By the next week, the area had been filled in and graveled over. The hill is now a little lower, although I suspect that it is still the highest point on the six mile course.

A number of people have expressed concern over the relatively small number of people running at Todds Road this year. Part of the reason may be that there are fewer people overall running these days. However, I think another reason is that we have not been doing enough to encourage and recruit new runners. Many of the regular runners run their long run of the week on Saturday morning with their usual companions, and start well before 8:00. As a result, there are fewer people who start at 8:00 anymore. Some people have come out for the first time expecting to start at 8:00 with a large group of runners, only to find themselves running alone on an unfamiliar route. Although we cannot expect the people running long distances to wait until 8:00 to start, I strongly encourage those running six miles to wait until 8:00, and to make an effort to identify and welcome new runners. We can all do more to welcome new runners after the run, and encourage them to return. It is inevitable that some of our regular runners will move, lose interest in running or become injured. Unless we want to become a small "cliquish" club, we need to encourage others to join. Every new Stumbler is a potential close friend.

Speaking of attendance at Todds Road, we would like to encourage some of the more inactive members to come out and run every now and then. Even if you're not willing to make the early morning commitment every Saturday, pay us a visit from time to time. If you can't make it to Todds Road, let us hear from you if

you have some news to report. Pennie Frazier and Judy Collins are always eager to pass on news in their column, but they can't report what they don't know.

## DOUGHNUT DUTY

Volunteers for doughnut duty have been few of late, and some people have been doing doughnut duty over and over. There are still enough people who run regularly that no one should have to do it more than once a year. The job is easy and there is a chart on the wall in the clubhouse that explains everything that needs to be done.

## UK TRACK

The UK Track program has just completed a successful recruiting period. The next issue of the Milemarker will include a report on some of the recruits and a schedule for the 1987-88 seasons. All Stumblers are encouraged to support the UK program whenever possible.

## GVC

Most residents of Central Kentucky are aware that the Georgia Vegetable Co. has come to Clark County. This has generated some controversy in Clark County concerning the plans to bring in migrant workers and spray the vegetables from the air. One of the farms leased by GVC is on the Combs Ferry Road near Becknerville, at approximately the 6.5 mile mark on the 9 and 12 mile courses. It is my understanding that GVC plans aerial spraying only when the weather does not permit spraying from the ground, and will notify the residents before spraying. I hope the Stumblers can also be informed before the spraying, and urge our Clark Co. members to let the rest of us know if they hear anything about the spraying. One of the best things about running at Todds Road is to get out on Saturday morning and breathe the fresh country air. My idea of an enjoyable morning run does not include pesticides dumped on me from an airplane.

## MIDSUMMER NIGHTS RUN

In a recent Milemarker the Midsummer Nights Run was criticized, primarily because the route was incorrectly measured and a few logistical problems. I would like to say a few words in defense of the race and the people responsible for putting on the race. The Midsummer Nights Run has been a victim of its own success. When first run in 1985, the turnout was much greater than anyone had reason to anticipate, and last year the number of participants was even greater. Most races start small and gradually grow, but the Midsummer Nights Run has been a large race from the start. It is already the second largest race in Central Kentucky, and may eventually surpass the Bluegrass 10,000 in number of participants. The organizers did not have the opportunity to gain the experience needed to put on such a large race. The race is obviously the right distance at the right time, and the night of the race is turning into a popular downtown festival for runners and non-runners alike. Last year's race was advertised as a fun run, with official times only for the top 100 men, 50 women and the teams.

The people at Central Baptist Hospital and the other sponsors have spent quite a bit of time and money putting on the race, and I for one appreciate their efforts. The race is planned for the same weekend this year, and promises to be bigger and better than ever. I understand that the same people who do the finish line for the Bluegrass 10,000 will be responsible for the finish line of the Midsummer Nights Run this year. They are well-experienced and have always done an excellent job in their races in which I have run. Rumor also has it that several nationally known runners are going to be brought in to run in the race, a rarity for Central Kentucky. The people at Central Baptist Hospital deserve our thanks for their efforts, and our encouragement in the future. I am confident that the race will continue to grow and improve. ■

# GET TO KNOW PHIL McCONATHY

by Dan Seaver

To most Todds Road Stumblers, Phil McConathy is known as a strong runner who loves the competition of a good race. You will find him competing in almost every area race, as well as in races in cities such as Louisville, Dayton, Columbus, Charleston and Chicago. This is someone for whom running is more than just a sport; it's a way of life. Yet few people realize that beneath the cool exterior of this fleet-footed runner is a person who spends his working week in the fast lane at one of Central Kentucky's major utility companies.

Phil McConathy is the Employee Relations Manager at the Kentucky-American Water Company. A Lexington native, Phil went to work for the water company 20 years ago as a night shift filter plant operator. Over the years he was promoted from one position to another at Kentucky-American as his talents were recognized and rewarded.

Phil says he likes his job because of all the contact with people, and he also enjoys helping Kentucky-American employees get well-deserved promotions. But certainly one of the most difficult requirements of his work is dealing with claims against the company or dismissing employees. These and other demanding responsibilities keep Phil's job both interesting and challenging. And it's plain to see that he has been successful in this field as evidenced by the recognition he has received. Phil was named a "Professional in Human Resources" by the American Society of Personnel Administration. He is also a past president of the Bluegrass Personnel Association.

Phil grew up on a farm where he learned the importance of a strong work ethic. He likes to stay active at the office and at home. A modern fieldstone house on Hunters Point Drive is home to the McConathys. He and his wife Emily built the house in 1984, and Phil hauled the rock and helped plan the structure. Emily is a talented artist and many of her paintings are on display throughout the home. Every effort was made to ensure that energy efficiency was emphasized in the house's construction. Coincidentally, it



Dan Seaver

is located on the McConathy family's ancestral land which was first settled in 1797.

Staying fit is also important to Phil. Along with devoting a lot of time to running each week, he likes to work out at the Kentucky Fitness Center. Cutting wood, boating, biking and working on his 1952 MG kit car are some of his favorite pastimes. And of course both Phil and Emily are great sports fans. While the McConathys follow the Kentucky Wildcats, they are even bigger fans of the Eastern Kentucky Colonels. Phil is an ECU graduate, and he and Emily try to attend as

many home and away games as possible.

Phil began running in 1977, motivated by the desire that many of us have had to win the "battle of the bulge." Some friends at work encouraged him to train for the Bluegrass 10,000 that year, and he finished the race in around 56 minutes. Ten years later Phil is not only much faster, but he also has lots of miles to his credit. His PR for a 10K is 38:59. Other PRs include 18:36 for a 5K, 1:26:12 for a minimarathon, 2:21 for a 30K and 3:08 for a marathon. During 1986, Phil ran in 17 races and amassed over 1,740 miles for the year. While some of us keep plugging away to finish our first 500 miles at Todds Road, Phil can take pride in having done this three times. That's what hard work and persistence will do for a runner.

When asked what his goals are for running, Phil will tell you he would like to finish a 10K race in under 38 minutes and a marathon in under 3:05. This fall he hopes to qualify for the 1988 Boston Marathon. He will need a time of 3:10 to accomplish this, and we are convinced that Phil is more than equal to this challenge.

Keep an eye on Phil McConathy during 1987. With his determination and dedication, he's a good bet to be in Boston next April. Good luck, Phil! ■

## KENTUCKY DERBY MINI-MARATHON

by Stan Briggs

The 14th Annual Derby Mini-Marathon in Louisville was held on April 25. This 13.1 mile race started at 8:30 a.m. and 3,037 runners completed it. The overall winner was Ed Merkler in 1:07:08.

Listed below are the Todds Road Stumblers who finished in the top four places in each age group:

| NAME           | TIME    | PLACE | AGE GROUP |
|----------------|---------|-------|-----------|
| Quinton Marks  | 1:17:01 | 3rd   | M 15-19   |
| Gary Clouse    | 1:09:59 | 2nd   | M 30-34   |
| Mike Raftery   | 1:15:51 | 4th   | M 35-39   |
| Bill Smith     | 1:12:20 | 2nd   | M 40-44   |
| Don Hardwick   | 1:22:20 | 4th   | M 45-49   |
| Pamela Denney  | 1:30:43 | 1st   | F 20-24   |
| Judith Collins | 1:41:46 | 4th   | F 40-44   |
| Susan Cox      | 1:45:55 | 3rd   | F 45-49 ■ |

As the states closest to Kentucky have been claimed, our progress toward "running the USA" seems to be slowing. Our goal is to have a member of the Todds Road Stumblers run a race in every state plus the District of Columbia (Kentucky does not count). Only two more states have been added since the last issue, making 32 states down and 18 to do.

Phil McConathy has claimed the state of Missouri. Phil ran in a race in Kansas City, Missouri, that was part of the American Society for Personnel Administration National Conference. Phil's time of 18:32 was not only a PR for a 5K race, but Phil finished first among approximately 250 runners.

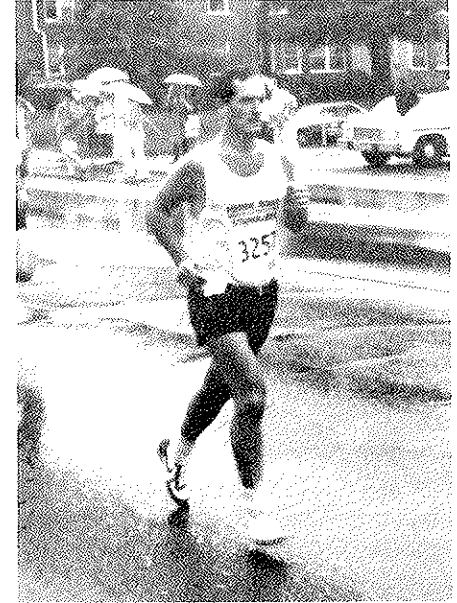
We reported in the last Mile-marker that Dick Hutchison, who had recently moved to New Hampshire, had claimed New Hampshire and Vermont. Dick has been promoted, transferred again, and claimed another state. Dick is now the Vice President and Assistant General Manager of the Hagerstown, Maryland Division, and is now living in Smithsburg, Md. Dick ran in the Hagerstown 5K on June 13, claiming the state of Maryland. His time of 20:11.9 was good enough for first place in the 50-59 age group. Dick was back in Lexington recently and ran in the Bluegrass 10,000, finishing 7th in his age group. If we can keep getting Dick promoted and transferred, we may get all 50 states yet.

Here is a list of the states that have been claimed to date in Run USA.

AL - John Dickinson  
 CA - Lou Sievers/Walt Isaacs  
 CO - Phil Powell  
 FL - Harry Campbell  
 IL - Leslie Maclin  
 IN - Rob Lyon  
 IA - Harry Campbell  
 KS - Kathy Kirk  
 LA - Phil McConathy  
 ME - Carol Good  
 MA - Suzanne Sanders  
 MD - Dick Hutchison  
 MN - Martin Ginocchio  
 MO - Phil McConathy  
 MS - Phil McConathy  
 NE - Jeff Baldwin



Phil McConathy in action.



Dick Hutchison sprinting

NH - Dick Hutchison  
 NJ - Bill Sanborn  
 NY - Dick Robinson  
 NC - Phil Powell  
 OH - Wendy Frazier  
 OR - W.L. Burke  
 PA - Jerry McDonald  
 RI - Stuart Butler

SC - Carl Hacker  
 TN - Ron Sanders  
 TX - Debbie Lacy  
 UT - Bill Stofer  
 VT - Dick Hutchison  
 WV - Chris Payne  
 WA - Don Stone  
 DC - Mike Schlink ■

## CYNTHIANA ROTARY RUN

by Phil McConathy

On Saturday, May 9, the weather cooperated as over 130 runners started this dual start 5K and 10K race. The temperature was in the upper 60's and it was partly cloudy. This flat and fast course provided numerous PR's and Todds Road had 29 members out of the 64 finishers in the 10K race. Tim Back from Morehead, Ky., was the overall winner at 32:15. Ellen Hagerman was the first female finisher in 37:36. The final results of the Stumblers who won age group trophies are as follows:

| NAME           | PLACE | AGE GROUP | TIME     |
|----------------|-------|-----------|----------|
| Nelson Leonard | 1st   | M 35-39   | 35:44    |
| Ed Gardner     | 2nd   | M 35-39   | 37:08    |
| Don Hardwick   | 1st   | M 45-49   | 37:10 PR |
| Ellen Hagerman | 1st   | F 30-34   | 37:36    |
| Robert Green   | 2nd   | M 40-44   | 37:51    |
| Harlan Peden   | 4th   | M 30-34   | 38:10    |
| David Wachtel  | 3rd   | M 40-44   | 38:13    |
| Clyde Parsons  | 2nd   | M 44-49   | 38:14    |
| Phil McConathy | 3rd   | M 35-39   | 38:15 PR |
| Nick Nickell   | 4th   | M 40-44   | 39:01 PR |
| Nancy Bonhaus  | 2nd   | F 30-34   | 42:18    |
| Larry Steur    | 2nd   | M 50-54   | 46:15    |
| Stuart Butler  | 1st   | M 55-59   | 46:47    |
| Michael Wilson | 4th   | M 25-29   | 48:41    |
| Robert Elsea   | 2nd   | M 55-59   | 53:04    |
| Harry Campbell | 1st   | M 65+     | 59:20 ■  |

# STUMBLERS ON THE MOVE

by Pennie Frazier

Six weeks in Canada! It sounds like a dream for those of us in the sultry South, but for **Jim Blackwell**, it's only a job. Jim is getting "on the job training" for a project involving construction of windshields for Toyota and General Motors.

It was party time at the **McLorg** house on June 2, but **Terry** was kept in the dark. "You've rearranged the furniture and you want me up there now to look at it?" he groaned to **Marilyn**. Little did he know that "up there" was a contingency of well wishers waiting to celebrate his move into the next age bracket. (No, we won't say which birthday it was -- ask Terry!)

Stumbler **Dick Hutchison** has had yet another job promo and has moved to Maryland. We were happy to see him back for the BG 10,000.

Congratulations are in order for **Ron** and **Susan Lovan**, now residents of Colorado, who had a son, Austin Cole, on May 30.

Weddings continue to abound in our club (must be in the water) -- On May 9, **Jim Kurz** and **Carolyn Larson** were married. And on May 16, **Alex G. Campbell, III**, wed Tracey Cobb. The Campbells will reside in the bride's hometown, Baltimore.

The latest word on **Mark Nenow** is that he plans to follow the summer European Track Circuit. Then there was the rumor of the New York Marathon....

Our talented friend, **Dan Mynear**, has opened The Language Institute at 404 Lafayette Avenue, near Chevy Chase. The school will offer private lessons to groups or individuals in a variety of languages.

Before winning the state track meet 1600 and 3200 meter runs this spring, **Wendy Frazier** made an agonizingly difficult decision and signed to run at the University of Florida. Then the coach was dismissed. Hey, Wen, do you think....? ■

# PEPSI CHALLENGE

by Stan Briggs

This race was held at the Kentucky Horse Park on a warm morning in late May on a very scenic and rolling course. An Ohio runner, Gordon Sanders of Troy, trailed early in the race but came on strong to win in 30:05. Eve Combs of Lexington was the women's winner in 39:46. A total of 202 runners competed in this event.

The 10K team competition was won by the Bob Schul Racing Team. In the 5K team event, the men's under 35 competition was won by Kentucky Utilities, the men's 35 and over competition by Ashland Oil, and the men's open division by Island Creek Coal. The Texas Instrument Running Fillies took top honors in the women's team competition.

Stumblers who finished in the top 20 places in the 10K were:

| NAME            | PLACE  | TIME  |
|-----------------|--------|-------|
| Vicki Grubbs    | 14th F | 51:48 |
| Richard Hopkins | 11th   | 34:27 |
| Jim Sackett     | 13th   | 34:36 |
| Larry Wheeler   | 20th   | 35:39 |

Age group winners in the 10K included:

| NAME           | PLACE | TIME  | AGE GROUP |
|----------------|-------|-------|-----------|
| Casey Hall     | 3rd   | 54:50 | F 40-49   |
| Beth Argabrite | 1st   | 62:48 | F 60 +    |
| Steve Coffman  | 3rd   | 36:15 | M 30-39   |
| Don Hardwick   | 3rd   | 38:08 | M 40-49   |
| Dwight Price   | 2nd   | 40:08 | M 50-59 ■ |

# DERBY DAY 10K

by Phil McConathy

On Saturday, May 2, 1987, approximately 200 runners started this rolling course in Richmond, Ky. The sponsor was Hardee's of Richmond, and the race was handled in a first class manner. It also started earlier this year, which helped, as the temperature was much lower at the 8:30 a.m. start. The winning time was turned in by Doug Bonk at 30:13. The first female was Susan Stormzand at 40:47. The award winning Stumblers by age group are as follows:

| NAME            | PLACE | AGE GROUP | TIME    |
|-----------------|-------|-----------|---------|
| Doug Bonk       | 1st   | M 25-29   | 30:13   |
| Richard Hopkins | 2nd   | M 25-29   | 32:31   |
| Frank Cornett   | 1st   | M 35-39   | 32:54   |
| James Sackett   | 2nd   | M 35-39   | 33:17   |
| Dave Winters    | 3rd   | M 35-39   | 35:17   |
| Robert Green    | 1st   | M 40-44   | 37:55   |
| Dwight Price    | 1st   | M 55-59   | 38:54   |
| Phil McConathy  | 4th   | M 35-39   | 39:14   |
| Stan Briggs     | 2nd   | M 45-49   | 39:39   |
| Jim Jones       | 1st   | M 50-54   | 41:25   |
| Arlene Rector   | 2nd   | F 25-29   | 42:41   |
| Nancy Bonhaus   | 1st   | F 30-34   | 43:20   |
| Ernest Perry    | 3rd   | M 50-54   | 43:42   |
| Celia Wheeler   | 1st   | F 35-39   | 47:26   |
| Sue Winters     | 4th   | F 35-39   | 52:21 ■ |

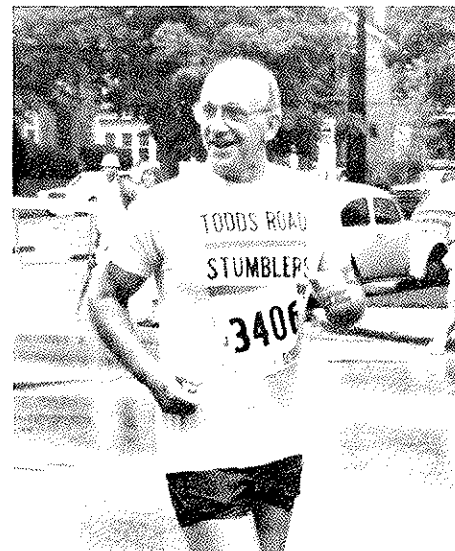
# STUMBLERS AT THE BLUEGRASS 10K



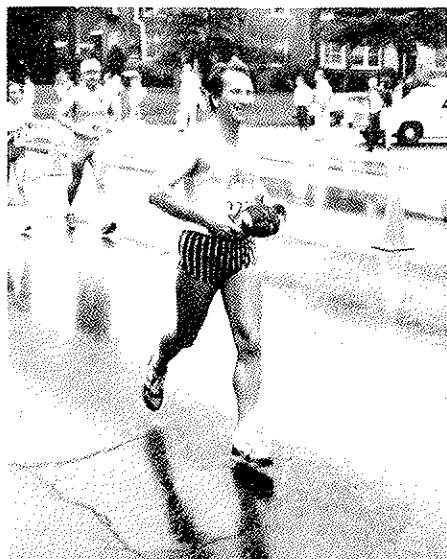
John Carroll spies Donna Rice in the crowd.



Bob Eisea, working hard.



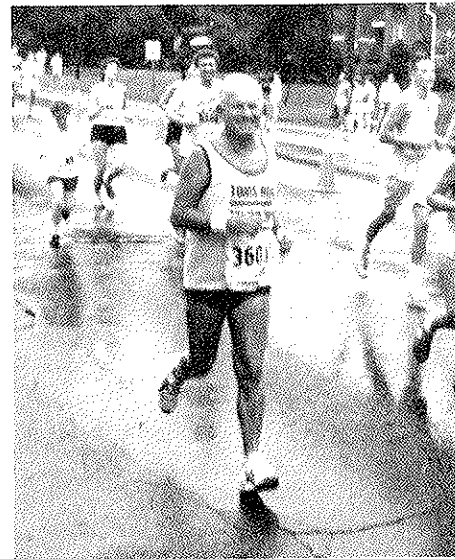
Babe Ray, as always, smiling.



Ken Pike, hat in hand.



Sean Boonpracong, slightly askew.



Harry Campbell, almost home.



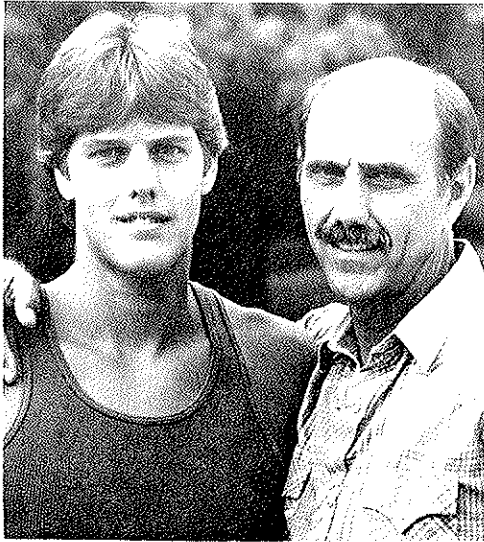
Don Collins, Jim Cammack, and Dan Wells, looking cool.



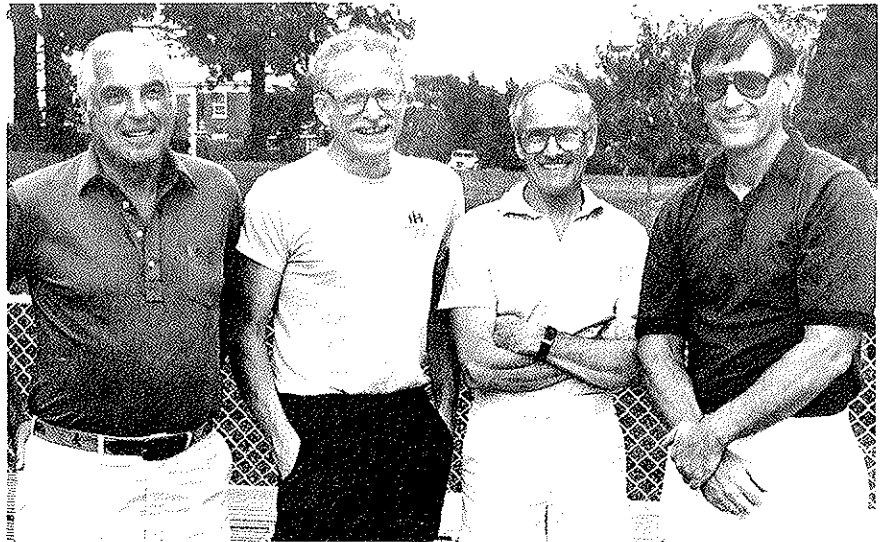
Tom Radden, doing the wave.

# STUMBLERS PICNIC - 1987

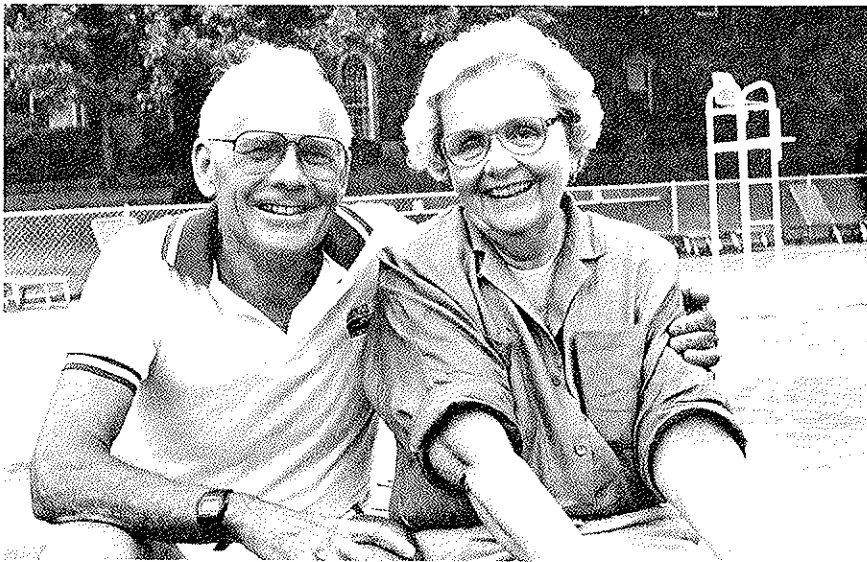
Photos by T.C. Martin



Seth and David Alexander.



Bill Matlack, Martin Ginocchio, Terry McLorg, Ranny Blount.



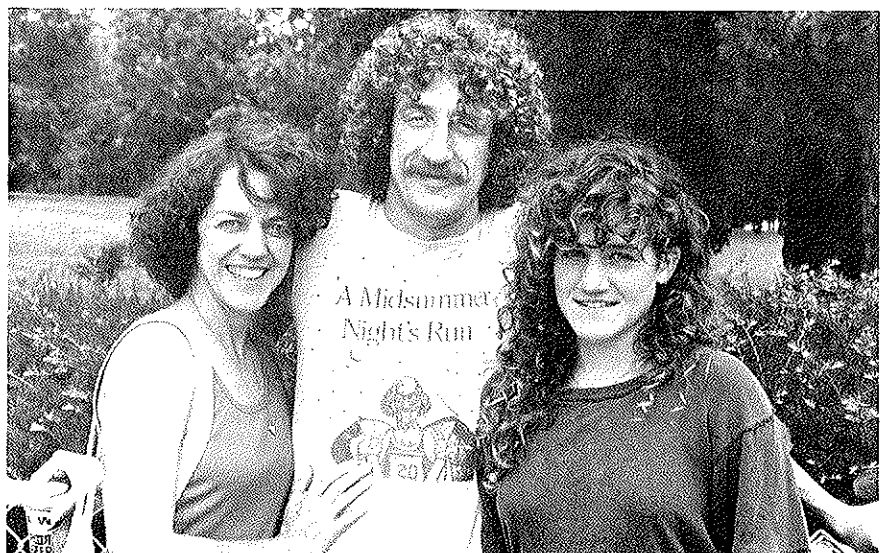
Bob and Doris Maclin.



Mary Jane Amick, Benjamin Amick Mudd, Robbie Mudd.



Pam and Billy Sparks.



Pennie, Edd, and Wendy Frazier.

## MEMORABLE RACES

by Pennie Frazier

"It was the most wonderful race I ever ran!" This statement from Dan Kenady about the London Marathon caused me to remember the 1983 Louisville Mini Marathon. There was a foot of water at the entrance to Iroquois Park, a Harvey Sloane campaign party complete with champagne and THE T-shirt obtained *only* by finishing the race. Often we recall our runs not because of the success or failure involved but because of the other factors, concrete and intangible, which are present. Keeping this in mind, I asked a dozen Stumblers to share with us their most memorable runs. Some of these memories are direct quotes and others are composites of statement. They are in alphabetical order.

**Beth Argabrite:** The 1984 Dayton Corridor Classic. "After I won my age group and received my trophy, I was confronted by a woman who swore, cursed and insisted she had beaten my time." Stunned, Beth relinquished the trophy and beat a retreat. The race officials, equally stunned, assured her that they would investigate the matter. "I learned a lot from that experience!"

**Jeff Booth:** The 1986 Bluegrass 10,000. "It was a longer race than I had ever run before so I trained longer, but after it was over, I felt that it was worth it. I was pretty hot and about three hours later, I thought I would fall down, but right after the race I felt REALLY GOOD!"

**Dan Kenady:** The 1987 London Marathon. "...perfect weather, a flat course, incredibly good organization, arches of balloons marking water/aid stations and clocks every mile and, most memorable of all, the people. The course was lined six deep with spectators and the participants included a man dressed as half bride and half groom, a waiter with a tray of wine and a clarinet player!" (Space does not permit printing the rest of Dan's comments, so ask him about this, his P.R. marathon.)

(continued on page 10)

## PLANTAR FASCIITIS

by Donald L. Ambroziak, D.P.M.

One of the most common running injuries seen in the foot is the heel injury. We usually classify this injury as plantar fasciitis or heel spur syndrome. These two medical problems are essentially the same entity.

Plantar fasciitis is an inflammation of the plantar fascial ligament at its insertion into the bottom of the heel bone. Pain is usually described as that of a deep bruise. There is minimal swelling. The pain has a characteristic peak on first awakening or after sitting for prolonged periods and a decrease during activity.

The cause of the ligamentous strain is faulty arch structure. The excessive pronation associated with low-arched or flatfeet causes an excessive shift of stress forces from the bony architecture to the soft tissue structures. This excessive stress causes overuse with resultant inflammation of the plantar fascia.

Conversely, high arch structure is prone to ligamentous strain due to the "bowstring" effect. A high arch causes poor weight distribution pinpointed at the heel and ball of the foot producing excessive strain on the plantar ligament.

Home treatment should consist of a restricted running schedule, ice after activity, aspirin 3-4 times daily and evaluation of shoes for excessive wear.

Medical consultation should be obtained if the problem persists for more than 3-4 weeks. The arch structure and heel bone will be examined by X-ray. Oral or injectable anti-inflammatory medication will be administered. Sports orthotics can be used to relieve plantar fascial strain and improve arch function. Orthotics are definitely indicated in chronic or repetitive episodes of plantar fasciitis. ■

## REMEMBRANCE RUN

by Bill Stofer

The first annual Remembrance Run was held Memorial Day at Masterson Station Park. This race was sponsored by Centenary United Methodist Church along with many others that gave door prizes. It was a beautiful day, but a little warm for the 400 runners to compete in the 5K and fun run. A time of silence and prayer was observed before the race began for the fallen soldiers who had given their lives for freedom around the world. The silence was broken with the sound of taps and a time of personal reflection. As a first time race, it was very well organized with free Pepsi to everyone, nice trophies to the award winners and shirts to all participants. I'm sure this race will become a runner's favorite in years to come. Phil Lucas was the men's winner with a time of 15:59, and Barbara Hopkins was the first women with a time of 20:45. The known Stumblers who finished are listed below:

| NAME           | PLACE | AGE GROUP | TIME    |
|----------------|-------|-----------|---------|
| Jim Sackett    | 1st   | M 35-39   | 16:30   |
| Robert Green   | 1st   | M 40-44   | 18:19   |
| Phil McConathy | 3rd   | M 40-44   | 18:56   |
| Don Hardwick   | 1st   | M 45-49   | 18:13   |
| Mel Boyd       | 1st   | M 50-54   | 22:22   |
| William Meeker | 2nd   | M 50-54   | 23:23   |
| Celia Wheeler  | 3rd   | F 30-34   | 22:58 ■ |



# GET TO KNOW PAM SPARKS

by Becky Reinhold



Tom Martin

"If you can't be fast, be fashionable." Meet Pam Sparks, a fashionable and "getting faster" lady that didn't begin running until she was 32. Today at age 34, she can boast of having completed numerous races including 5Ks, 10Ks and the Louisville Mini Marathon.

Pam married when she was 19, and she and her husband, Billy, started their family two years later. Their son Billy is 14 and Lisa is 12. After Lisa started first grade, Pam decided to go back to UK to get her accounting degree. After graduating in 1985, Pam vowed to do something to help get herself in shape and running seemed to be the logical answer. She had never done anything athletic but began training for the MidSummer Night's Run in August of 1985. Although it "about killed" her, that race gave her the inspiration she needed.

Pam's first goal was to run the Bluegrass 10,000 which she successfully did in 1986 in a time of 57:17. Since then her running has taken the natural progression from 10K to 9.3 miles to mini-marathon to training for a marathon. She was up to running 21 miles when she got the flu and never got back to full strength in her training. The marathon is still one of her running goals. Today she runs about four times a week, usually twice after work during the week and both week-end days. She first joined and still runs

with the Bluegrass Runners, who meet on Sunday afternoons for a 5 or 6 mile run. Marilyn Hammond encouraged her to visit Todds Road where she has run the 6, 9 and 12 mile courses. Pam says the reason she has kept running is because of the encouragement and friendliness of the running clubs.

After graduating, Pam worked for the Lexington Public Library as their accounting manager for a year and a half. She then moved to her present position in the corporate accounting offices of Island Creek Coal Company.

In her spare time, Pam enjoys spending time with her family and she recently bought a bicycle. She hopes that biking may help strengthen a weak knee that has given her a few problems with her running. When

asked if a triathlon was in her plans for the future, she denied it, but I wouldn't be surprised to see Pam enter one after she's accomplished her marathon goal! Her family is very supportive of her running, and she sometimes has her daughter, Lisa, enter races with her. Pam also plays "a little" tennis with her husband but says that sport is definitely not her strong point!

Pam's quote about being fashionable is a joke she shares with fellow runners as she is passing them or being passed by on the road. So if you happened to notice a runner in the Bluegrass 10,000 in high heel Nikes and color coordinated running wear, it may have been Pam Sparks -- her outlook on running is wonderful. Just finish the race and have a great time! ■

## GWINN ISLAND TRIATHLON

by Bill Stofer

The fourth annual Gwinn Island Triathlon was held June 7 at Gwinn Island Resort on Herrington Lake. There was a bad fire at the dock this spring, and there was some question as to whether the event would be held this year. John Sensenig, race director, stated that three weeks prior to the race Dick Burchett, the owner, called and said they wanted to proceed with it. I'm sure all the participants want to thank Dick for his enthusiasm for the sport. The race consisted of a 1K swim, 10K run and 30K bike ride. There were 130 individuals and 18 relay teams that participated. The number was considerably lower than last year due to the uncertainty of it happening.

The race started at 5 p.m. on a beautiful day with hot and humid conditions. Jeff Smith set a new course record of 1:40:35, bettering Brad Swope's record in last year's race by 25 seconds. Brad Swope-Douglas Tennant-Harlan Logsdon made up the winning relay team with a time of 1:37:18, finishing three minutes faster than the best individual and 10 minutes faster than the second relay team. Becky Keller was the women's overall winner at 1:56:08, bettering last year's winner, Nancy Bonhaus, by seven minutes. Nancy bettered her last year's time by three minutes to finish in second place. Other notables were Brad Rex, who finished 6th in a time of 1:49:50. The point about this finish is that Brad competed in a triathlon the day before in Ohio and still finished this strong. Dennis Haddad, who works at John's Bluegrass Shop finished 16th overall and never trained for this event. Dennis told John he didn't need to train that much. However, the next day, I've been told, Dennis wasn't moving very fast.

Congratulations to all the finishers for a good race.

The known Stumblers are listed below:

### NAME

Edd Frazier  
Nancy Bonhaus  
McRobert-Wanthen-Frazier  
Hykle-Wells-Hykle

### PLACE AND TIME

34th Overall, 1st 41-44, 2:04:29  
29th Overall, 2nd Female, 2:02:55  
9th Overall, 1:51:07  
46th Overall, 2:08:52 ■

## MEMORABLE RACES

(continued from page 8)

**Bob Maclin:** "Two races stand out in my mind. First, I vividly remember the Cincy Heart Mini Marathon some years ago because it was the first big race in which I won my age group. As I entered the chute, some fellow grabbed me and congratulated me. I thanked him, thinking he thought it was nice an old man had finished, but he told me then that I had won in a meet record time so I was surprised and very excited." The other memorable race was "The Louisville Mini Marathon that same year where the guy I thought would win was actually behind me. In neither race did I have any idea of winning!"

**Suzanne Sanders:** The May 6, 1979 All Women's Avon Race in Ohio. "It was a 30K race on the hilliest course I have ever run! People in the small communities along the way had programs so they looked up your number and yelled your name as you went by! They also would tell you that there was only one hill left -- they lied every time! In fact, one hill was so bad, the bikers had to walk up it!"

**Dave Schaufuss:** The 1985 Bluegrass 10,000. "I was entered as Abebe Bikila and the press people following the race were unaware of who he was and unable to pronounce his name. I was disqualified and my second place finish deleted from the results."

**Bob Staib:** The 1985 Louisville to Frankfort 50 mile race: "It had snowed for days before and there was a very deep accumulation. In fact, the snow was so deep the state police stopped and told us they would arrest us if we didn't get off the road." (Note: This is the only one of these races Bob has failed to complete)

**Sarah Wisniewski:** The Bluegrass 10,000. "I liked it because it was the fastest 10K race I have ever run!" (Sarah was third in her age group with a nice time of 48:50.)

The level of enthusiasm coupled with my slow note taking may have resulted in a misplaced word or two, but I'm sure you get the idea that these Stumblers are as articulate as they are diverse.

(continued on page 11)

## BLUEGRASS 10K

by Dan Wells

The 11th annual Bluegrass 10,000 was held this 4th of July in steady drizzle. This race saw the women's record broken by 1:12. Kristy Orre, who will run track next year at UK, won the race with a time of 34:44. Kimberly Hawkins, another UK runner, finished 2nd in a time of 34:44, which also broke the old record. Our own Wendy Frazier finished 3rd with an excellent time of 36:57. Wendy's time was good enough to have won seven of the past Bluegrass 10,000's. The men's race was won by Steve Hetherington in 30:09, finishing 20 seconds ahead of UK runner Richard Ede.

Although a record 3501 runners registered for the race, the 3007 finishers was below the 3097 who finished last year. The rain undoubtedly deterred some would-be racers. Although some Stumblers ran well, the times in general seemed a little slow, as the humidity approached 100%, the temperature was over 70°, and the pavement was wet. Of course the fact that some of us are in not in very good shape this year may also have something to do with it. The Stumblers who finished in the top five of their age group are listed below. ■

| MALE - NAME          | TIME    | PLACE AND AGE GROUP |
|----------------------|---------|---------------------|
| Chuck Meshako        | 34:29   | 1st 13-17           |
| Tim Back             | 32:03   | 4th 25-29           |
| Doug Bonk            | 30:50   | 1st 30-34           |
| Tony Szwilski        | 33:15   | 2nd 35-39           |
| Dave Winters         | 35:22   | 4th 35-39           |
| Nelson Leonard       | 35:44   | 5th 35-39           |
| Don Coffman          | 32:39   | 2nd 40-44           |
| Frank Cornett        | 32:54   | 3rd 40-44           |
| Dan Dusch            | 34:27   | 4th 40-44           |
| Bill Smith           | 34:36   | 5th 40-44           |
| Jim "Rambo" Kurz     | 1:40:02 | 2928th overall      |
| Don Hardwick         | 38:42   | 4th 45-49           |
| John Sensenig        | 39:43   | 5th 50-54           |
| Martin Ginocchio     | 45:35   | 2nd 55-59           |
| Donald Deitrich      | 46:29   | 3rd 55-59           |
| Charles Rutherford   | 47:10   | 4th 55-59           |
| William Riley        | 48:05   | 5th 55-59           |
| Wayne Collier        | 43:29   | 2nd 60-64           |
| Bob Maclin           | 48:37   | 5th 60-64           |
| Terry McLorg         | 50:51   | 3rd 65-69           |
| <b>FEMALE - NAME</b> |         |                     |
| Sarah Wisniewski     | 51:02   | 1st 12 and under    |
| Wendy Frazier        | 36:57   | 3rd overall         |
| Mary Witt            | 37:49   | 2nd 25-29           |
| Ellen Clark Hagerman | 37:23   | 1st 30-34           |
| Nancy Bonhaus        | 42:47   | 2nd 30-34           |
| Lou Sievers          | 44:08   | 4th 30-34           |
| Jean Grotophorst     | 44:25   | 5th 30-34           |
| Kelly Bruner         | 44:48   | 2nd 35-39           |
| Bitsy Ruch           | 45:06   | 3rd 35-39           |
| Mary Hagihara        | 44:05   | 1st 40-44           |
| Ann Wheat            | 45:29   | 2nd 40-44           |
| Judy Collins         | 47:35   | 4th 40-44           |
| Casey Hall           | 52:24   | 4th 45-49           |
| Christie Robinson    | 54:02   | 5th 45-49           |
| Beth Argabrite       | 1:02:40 | 2nd 60-64           |
| Phyllis Jenness      | 1:14:28 | 4th 60-64 ■         |

# RACE SCHEDULE

by Bob Maclin

Have you run any of Kentucky's festival races? Why not try one. They are great races and all the locals and many of the natives who live out of state and elsewhere return for the hometown race and festival activities. You can expect some very good runners at these races. Watch for some of these festivals and races...Apple Festival, Honey Festival, Sorghum Festival, Festival of the Horse, Panther Chase, Run for the Cow, Pokey Pig, Green River Lake, Wilderness Road, etc. Watch local and county seat running stores for entry forms.

Remember this race schedule is prepared from many sources, so please verify dates, times, etc., before traveling to a race, and send a large SASE when requesting entry forms.

## AUGUST

- 8 - **Mid Summer Night 5K Run, Lexington, Ky.** John's Running Shop, 321 S. Ashland Ave., Lexington, Ky. 40502
- 9 - **Fantabulous Oak Ridge Triathlon, 1/4th Iron Man, Marina, Oak Ridge, Tenn.**
- 15 - **St. Peter's 10K, Lexington, Ky.** John's Running Shop, 321 S. Ashland Ave., Lexington, Ky. 40502
- 15 - **Wilderness Road 5K, London, Ky.** Frank Cornett, 312 McWhorter St., London, Ky. 40741, 606-864-7455
- 22 - **Maggie Valley 5 Mi. Run, 5 Mi. Women, Waynesville, NC.** Haywood Athletic Club, Box 416, Waynesville, NC 28786
- 22 - **Recreation Bowl 5K, Mt. Sterling, Ky.** John's Running Shop, 321 S. Ashland Ave., Lexington, Ky. 40502
- 28 - **Midnight Chase 4.66 Miles, Iroquois Park, Louisville, Ky.** Gil Clark, Box 36452, Louisville, Ky. 40233

## SEPTEMBER

- 5 - **Kiwanis Panther Chase III 5K, Flemingsburg, Ky.** Jeff Donovan, Box 247, Flemingsburg, Ky. 41041
- 5 - **Daniel Boone 10K, Winchester, Ky.** John's Running Shop, 321 S. Ashland Ave., Lexington, Ky. 40502
- 7 - **Republic 10K & 1 Mile Run, Lexington, Ky.** John's Running Shop, 321 S. Ashland Ave., Lexington, Ky. 40502
- 12 - **United Way 5K & 10K, Churchill Downs, Louisville, Ky.** Gil Clark, Box 36452, Louisville, Ky. 40233
- 19 - **Thoroughbred Classic 8K, Athens, Ky.** John's Running Shop, 321 S. Ashland Ave., Lexington, Ky. 40502
- 20 - **Dayton River Road Classic 13.1 Mi., Dayton, Oh.** John's Running Shop, 321 S. Ashland Ave., Lexington, Ky.
- 20 - **Danville 5K and 10K, Danville, Ky.** Running stores.
- 26 - **St. Matthews Children's Summer 10K, St. Matthews, Ky.** Ken Comb's Running Store, Louisville, Ky.
- 27 - **Pokey Pig 10K, Lebanon, Ky.** Chamber of Commerce, 107A W. Main St., Lebanon, Ky., 606-692-2661

## OCTOBER

- 3 - **Sorghum Festival 10K, Springfield, Ky.** Springfield Sun Newspaper, Springfield, Ky. 40069. 606-336-3716
- 7 - **Audobon Park Classic 5K, Louisville, Ky.** Cherokee Road Runners, Box 34532, Louisville, Ky. 40232
- 10 - **Citizen's Challenge, Seneca Park, Louisville, Ky.** Metro Parks, Louisville, Ky.
- 17 - **U of L Homecoming 10K, Louisville, Ky.** Metro Parks, Louisville, Ky.
- 18 - **Green River Lake 10K, Campbellsville, Ky.** Central Ky. News Journal, Campbellsville, Ky. 42718  
502-465-2500
- 24 - **Wendy's 10K Classic, Bowling Green, Ky.** Running Stores, David Mason, Box 1316, Bowling Green, Ky. 42101
- **Lexington Mini Marathon, Lexington, Ky.** Parks & Recreation Dept., 545 N. Upper St., Lexington, Ky. 40507  
606-255-0835

## NOVEMBER

- 1 - **New York Marathon**
- 8 - **Louisville Marathon, Louisville, Ky.,** Box 36452, Louisville, Ky. 40233
- 21 - **Vulcan 10K, Birmingham, Al.** Box 2563, Birmingham, Al. 35202, 205-325-1925
- 22 - **Vulcan Marathon, Birmingham, Al.** Box 2563, Birmingham, Al. 35202  
205-325-1925
- 27 - **Run for Hunger, Lexington, Ky.** John's Running Shop, 321 S. Ashland Ave., Lexington, Ky. 40502
- 27 - **Turkey Day Run, Lexington, Ky.** To be announced.

## DECEMBER

- **Rocket City Marathon, Huntsville, Al.** Huntsville Track Club, 8811 Edgehill Dr., Huntsville, Al. 35802
- 31 - **Todds Road Stumblers New Year's Eve Run, 11:30 p.m.** Clubhouse, Lexington, Ky. ■

# MEMORABLE RACES

(continued from page 10)

**Judy Collins:** The Bonne Bell Classic I ran in Nashville. "It was an all women's race which I enjoyed and the first time I broke 50 minutes in a 10K race. I also wound up in the medical area with heat prostration."

**Art Hellebusch:** The 1984 Bluegrass 10,000. "It rained so much I lost my footing and fell in the last part. Later, I had to have stitches put in my foot and I still finished the race. It's a wonder..."

**Hannah Helm:** The 1987 Run for the Trees. "The whole time it was snowing like hell and at the end, 'Smokey the Bear' gave me a hug!"

(continued on page 12)

# Todd's Road Stumblers, Inc.

**milemarker**

P.O. Box 223  
Lexington, Kentucky 40584  
(606) 268-2701

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## ARBY'S CAPITAL CLASSIC 10K

*by Stan Briggs*

The Arby's Capital Classic 10K was run on May 30 in Frankfort with 465 participants completing the run. This is the seventh year for this fine quality race and the first year for its new sponsor, Arby's. Stumbler Doug Bonk was the overall men's winner in 30:02.

Listed below are the Stumblers who were age group award winners this year:

| NAME              | TIME  | PLACE | AGE GROUP |
|-------------------|-------|-------|-----------|
| Don Coffman       | 32:14 | 1st   | M 40-44   |
| Dwight Price      | 39:37 | 3rd   | M 55-59   |
| Harry Campbell    | 61:50 | 3rd   | M 65 +    |
| Cathy McEllistrem | 45:19 | 2nd   | F 16-19   |
| Elaine Schumacher | 49:30 | 2nd   | F 20-24   |
| Maggie Cable      | 46:06 | 3rd   | F 30-34   |

In addition, the following Stumblers were among the men's top 30 finishers: Doug Bonk, Don Coffman, Richard Hopkins, Larry Wheeler and Jim Sackett. Women Stumblers finishing in the top 20 included: Cathy McEllistrem, Maggie Cable, Joni Morgan and Allison Lucas. ■

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## MEMORABLE RACES

*(continued from page 11)*

**Cathy Fox:** The Boston Marathon in 1978. "One thing about it was that most people who went to watch were stuck in one spot but Mr. Campbell was in six different checkpoints with my family in tow! Wellesley was an experience!" The women lined the street so you went through single file. There were only 150-200 female runners so the students knew you from your number in the newspaper and they were chanting your name. "I was two feet off the ground! Going up heartbreak hill, you were screamed at by the crowds. They really kept me going!" ■