



Member Roadrunners Club of America

THE TODDS ROAD

milemarker

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

Number 19 Winter 1988

Homecoming
King
—
John
Culbertson



Homecoming
Queen
—
Pennie
Frazier

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AT THE STARTING LINE

By Ron Sanders

500 MILE UPDATE

Four Stumblers have completed their 500 miles since our last issue. Greg Whittaker finished on Nov. 21, Wes Moody on Dec. 12, Jerry R. McDonald on Dec. 19 and Harlan C. Peden, II, on Jan. 16. Congratulations to this hardy group.

We have a number of people closing in on the magic number and wish them well. Remember to record all of your miles at Todds Road on Saturday mornings. It doesn't take as long to reach 500 miles as you might think.

SPRING CLEAN-UP

Volunteers are needed!

We have scheduled our annual clean-up for **March 19**. A late-scheduled race or inclement weather could necessitate a postponement. Watch for more information at the Clubhouse.

All that is required is to walk a mile or so and pick up the trash along the road. Bags, etc., are provided and a truck comes along to complete the pick-up. The entire affair only adds about 30 minutes to your Saturday morning time at Todds Road.

This is an opportunity to do something for the residents along Todds Road and Basin Springs. Most of them are pretty understanding when a collection of folks in multi-colored outfits come trudging along on Saturday mornings.

Mark **March 19** on your calendar and make a special effort to come out.

DONUT AND WATER DUTY?

On Jan. 23, donut and coffee duty was in the hands of three bachelors, Rick Fern, T.C. Martin and John Culbertson. While they did pretty good on the donuts, they apparently assumed that coffee came from a combination of heat and water. These three bozos plugged in the coffee machine, added water and then went for an easy twelve miles. When they returned, they were surprised to find lots of hot water and no coffee. The next

1987 PR's

By Phil McConathy

1987 was a very good year for many Stumblers as was evidenced by the numerous PR's that were logged on the sheet at the clubhouse. All listed PR's for 1987 are as follows:

NAME	RACE	TIME
Bill Mallory	Run for the Clover 5K	19:24
Nick Nickell	Run for the Clover 5K	18:46
	Cynthiana 10K	38:59
Phil McConathy	Cynthiana 10K	38:15
	ASPA 5K	18:32
Harlan Peden	Louisville Mini-Marathon	1:24:25
Bill Stofer	Louisville Mini-Marathon	1:33:30
Greg Powell	Louisville Mini-Marathon	1:36:50
	Midway Harvest Run 5K	20:09
Bill Ettinger	Western Fitness Classic Mini-Marathon	1:33:00
	Recreation Bowl 5K	19:16
	Marine Corps Marathon	3:37:00
Wendy Frazier	Bluegrass 10,000	36:57
	Midsummer Night's 5K	17:23
Rick Evans	Midsummer Night's 5K	20:19
	Republic Bank 10K	42:17
	New York City Marathon	3:23:37
Dave Kjelby	Salem Bicentennial 10K	39:50
Rob Rowland	New York City Marathon	3:20:46
Richard Hopkins	Richmond Road Race 10K	32:30
	Run for the Arts 15K	50:52
Julie Sullivan	Columbus Marathon	4:02:04
Jim Jones	Mudd Run 10K	39:52
Wes Moody	Constitution 5K	19:02
	Bluegrass Mini-Marathon	1:35:34
John Culbertson	Columbus Marathon	3:35:29
T.C. Martin	Columbus Marathon	3:40:34
Rob Lyon	2nd Time Around 2 Miler	12:58
	AVL Governor Cup 8K	32:47
	Huntington Distance Classic 10 Miler	1:15:59
Sharon Williams	Wendy's Classic 10K	1:06:00
Steve Coffman	Louisville Mini-Marathon	1:16:59

Congratulations to everyone and may 1988 bring many more PR's. ■

time they volunteer for donut and coffee duty, we'll try to have someone with a modicum of domestic skills join them.

SIGN UP!

Speaking of donut and coffee duty, the same names seem to occur with great regularity. Despite the paragraph above, it is not difficult. Almost anyone can manage.

We are always looking for ideas, suggestions and input. Don't hesitate to write the Milemarker or leave a note at the clubhouse. ■

JACKSON DAY RUN

By Phil McConathy

Dave Schaufuss placed second in the Jackson Day Run in New Orleans. His time was 26:45 which was only 5 seconds behind the overall winner. Dave stated that considering he was only training 70 miles per week with no hills and no speed work, he was very happy. Congratulations, Dave, from all Stumblers. Good luck in your future 1988 races! ■

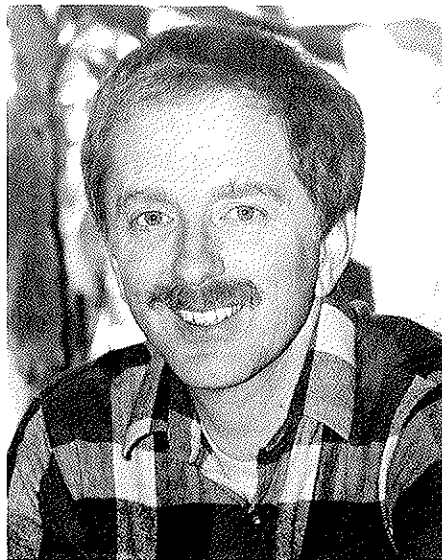
GET TO KNOW BOB STAIB

By Becky Reinhold

He flies jets, he's run nine ultra-marathons (that's a 50 miler folks!), with as little training as 25 miles a week, he's a great person to talk to and run with, and he's one of the "old" Todds Road Stumblers. Bob Staib, age 43, began running in 1975 while he was in the Air Force because they were "encouraged" to run for 12 minutes every day. One lap around the circle at the Air Force training school in Montgomery, Ala., was one mile, and they had to see how far they could go in 12 minutes. He remembers one night after a month of these 12 minute runs deciding to see just how far he could go. He made it 10 miles and was so pleased that he went back and told all his buddies of his accomplishment - they thought he had lost his mind!

Bob graduated from the University of Kentucky in 1966, then joined the Air Force for pilot training. In 1972 he returned to Lexington where he was an ROTC instructor at UK while spending his free time in Alabama at the training school. In 1978 he took a job here with Sprite Flitet Jets, a private jet charter service. He worked for then for 3 1/2 years before taking his current position with Orion Air. Orion Air provides pilots and maintenance for air freight companies including UPS, Consolidated Freightways and Emery Air Freight. Bob is a Captain on a 727 flying for UPS. He recently learned that UPS will be hiring their own pilots so he's hoping to be employed directly by them. His job sounds exciting and Bob seems to really enjoy the travel. Every month he's on call 20 days, then has 10 days off. When he has a layover he tries to take his running shoes, and runs to explore new places. Bob says he has met some really interesting people and good friends through running and that he's never met a runner he didn't like.

Bob started running with the Todds Road Stumblers in 1979, back in the days when Mr. Campbell would buy the gang breakfast at McDonalds after the Saturday runs. He is a good runner with a 10K PR of "around" 40 minutes. He followed the natural pro-



T.C. Martin

gression from 10K to mini-marathon to marathon but got a little carried away after Judy Rola talked him into his first ultra-marathon. He ran the Frankfort to Louisville race for the first time in 1979, 50 miles in 9 1/2 hours!

Since that first one he's run Louisville-Frankfort seven times and run one ultra-marathon in Chicago. Bob is a great advocate for the 50 mile races, saying "50 is much more fun and easier than a marathon. It's more enjoyable -- like an adventure." He also said you have to walk some in the longer races and you don't feel guilty like you do if you walk in the marathon. He thinks everyone should try one, swearing that he once finished one after training only 25 miles/week with a long run of nine miles.

Bob got married in 1982 to Jo Motsinger, who works for KET and is a 2-3 mile/day runner herself. They enjoy renovating houses and Bob says that Jo is the handyman in the family. After a fire destroyed the inside of their present house, they completely redid it -- Jo could definitely go into home remodeling if she ever gets tired of KET! *(continued on page 8)*

K-MEN'S 10 K

By Stan Briggs

October 31 was the date of the fifth annual K-Men's 10,000 meter race held on the University of Kentucky campus. Dave Schaufuss was the overall winner in a rather slow 31:21, followed by Tim Back in 32:57 and Tony Szwilski in 33:49. Eve Combs lead all women runners in 40:29 with Susan Stormzand-Murphy taking second in 40:52 and Nancy Bonhaus finishing third in 43:57.

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

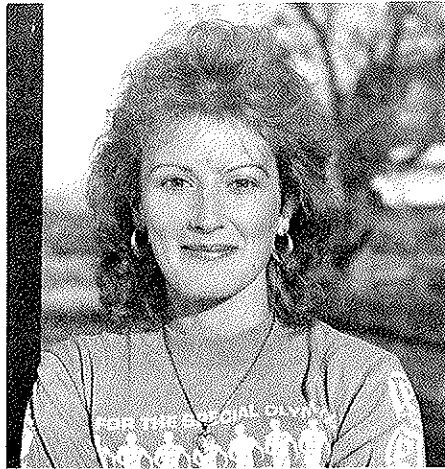
NAME	TIME	PLACE	AGE GROUP
Jeff Smith	34:34	1st	M 19-24
Dan Dusch	34:37	1st	M 40-44
James Sackett	35:03	1st	M 35-39
Phil Wheat	35:28	2nd	M 40-44
George Braman	36:36	3rd	M 30-34
Steve Coffman	36:55	2nd	M 35-39
Larry Wheeler	36:57	1st	M 25-29
Bob Carden	37:19	3rd	M 19-24
Jerry Mayer	38:44	2nd	M 25-29
Bill Mallory	38:46	3rd	M 40-44
Stan Briggs	41:57	1st	M 45-49
Don Diedrich	44:14	2nd	M 55-59
Mel Boyd	46:29	3rd	M 50-54
Terence McLorg	49:49	1st	M 65+
Susan Bradley-Cox	44:36	1st	F 45-49
Julie Sullivan	49:49	2nd	F 19-24
Elaine Schumacher	50:45	3rd	F 19-24
Helen Dalton	51:48	2nd	F 35-39
Elizabeth Wachtel	57:51	3rd	F 35-39
Joyce Coffman	59:02	3rd	F 40-44
Phyllis Jenness	84:07	1st	F 65+ ■

GET TO KNOW DEBBIE HOWARD

By Barbara Cook

For this issue I wanted to interview an interesting *woman* for a change. Boy did I get one! Bob Maclin suggested Debbie Howard, you know "Little Debbie," "Snack Cakes," that "cute little girl" who runs every Saturday without fail. Since the interview time coincided with the holiday season and we were both busy, we decided to try to meet at Todds Road and run together. Thank heavens a good friend talked me out of it at the last minute. I doubt if I would have survived. I couldn't even keep up with her as we talked in her kitchen several days later. Debbie is a dynamic, energetic woman who made me feel like I should be doing 5 or 10 more things in my life. After talking with her, I felt good all day.

Debbie had been up since 5:30 a.m. That's her peaceful time alone. She runs for an hour and relaxes a bit. By the time I got to her house at 10, she had seen her husband, Tim, off to work. She looked like the "cute little girl" from Todds Road with a pink sweatshirt, soft hair, sparkling eyes and a ready smile. She greeted me at the door with a baby in one arm and a huge Samoyed at the end of the other arm. She apologized for the dirty dog (believe me, he was *white*). While we talked, she bathed her four month old, Chris, then fed him and held him with one hand while she made sandwiches with the other (for Tina, her three year old, and Scotty, Tina's five year old friend). Debbie babysits for Scotty every morning because he's good company for Tina. I was so confused by all the activity that I couldn't concentrate. She had to escort Scotty to the corner at the proper time for school and she handed her baby to me as she flew out the door. Now people who know me may gasp as they know I'm not big on kids. In fact, the last time I held a baby was when my brother was little - 20 years ago - but I had no choice. After realizing what a whiz Debbie is at everything, I figured I better do it and do it *right*. Not to worry - she was back in a flash and I got the impression she would have been talking all the way to the corner if I'd gone along. I was getting tired just watching her.



T.C. Martin

Debbie's kids are one reason she started running. She began after Tina's birth - six weeks after to be exact. She had gained more weight than she wanted to and after questioning her healthy looking doctor, Bob Shire, she ended up at Todds Road. Although she "felt like an idiot" at first, she just started picking people out, then "picking them off" until she could beat her target. "See it, believe it, and do it" is Debbie's motto. She's a serious and disciplined runner with a 41:10 10K time and two Chicago marathons under her belt. She ran one of them her first year out! Last year, despite a stress fracture in her foot around the 17th mile, she qualified for Boston. I bet she would have run Boston even though she was pregnant (I was afraid to ask) but the fracture sent her to the YWCA where she swam until Chris was born. Three weeks later she was running again, hoping to "get serious" this spring, qualify for Boston and maybe throw in a triathlon. For a kid who hated gym and was never athletic, she's done well. She surprised herself, and she likes the confidence and competitiveness that running has developed in her. It also gives her time alone, away from her little ones.

How did Debbie get into this family madness? Well, she grew up in Chicago, lived there with her mom through high school, moved to Florida briefly, then came to Kentucky to stay with her dad. She got a temporary job as a waitress at Jerry's and a bad case of culture shock (Chicago to London). Speaking of shocks, she then tried a brief career as an electrolysis, but eventually decided to take busi-

ness courses at Sue Bennett Junior College. School proved easy for Debbie and she was an excellent student, but she couldn't make her car payments. She was lifting weights in a gym when one of her buddies told her he knew a guy at HoJo's who was hiring. Debbie drove to Corbin and stopped in the parking lot to ask a guy where the manager was. This guy was eating lunch in his truck and almost choked on his Twinkie (I'm glad it wasn't a "Snack Cake" or this story would be too unbelievable!). Anyway, the guy turned out to be the manager, Tim Howard. Although he said there were no openings, he thought he could work her in. Work her in he did - they've now been married five years and are in the restaurant business. They started with one Waffle House where Tim cooked and Debbie waited tables. They now have five and will eventually own 14. Waffle Houses are open 24 hours. When you open one on the first day, you throw away the keys. Think about it...what if someone doesn't show up for work...that's right, Tim and Debbie are on call 24 hours a day. Now they have managers and are glad those days are behind them. Tim works six days a week and Debbie claims she doesn't work. While I was there, one of the managers called to thank her for filling in during a crisis over New Year's weekend. I didn't bother asking any more questions about how much she *doesn't* work.

What else are these driven people up to? Oh, nothing much -- just buying up hotels (their partnership owns five).

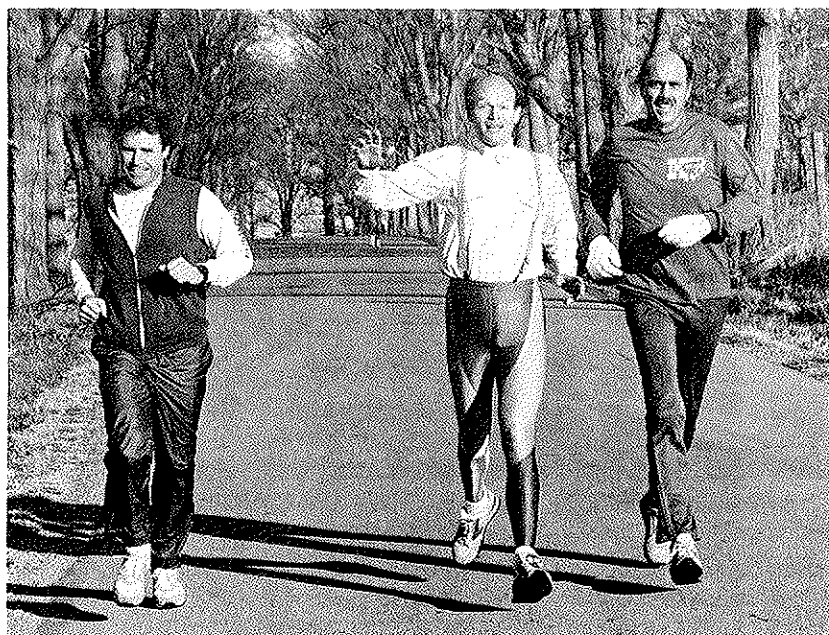
Tim doesn't have a secretary, so Debbie does that. In the meantime, she's not sure she's a good parent and wants to read more books on the subject. They're building a new house, they're still on call 24 hours a day. Then there's Boston to qualify for. And she had the nerve to ask me how to set up a weight training program! When??

So guys, think twice when you speak of "Little Debbie." She's a dynamo who hasn't even begun to realize her potential. She's intelligent, athletic, beautiful and competitive.

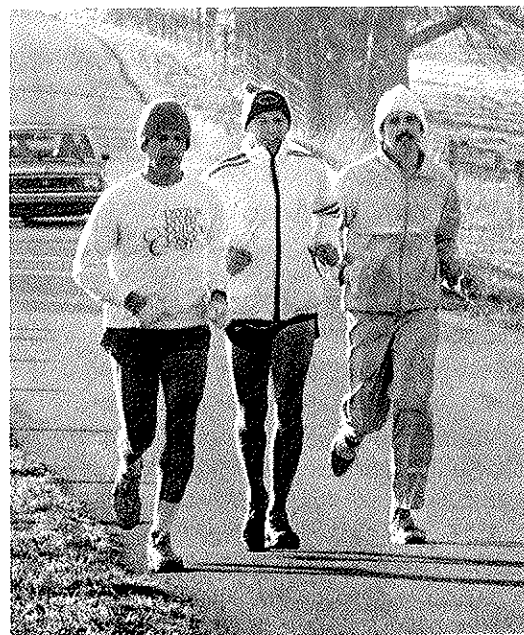
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HOMECOMING PICTURES

Photos by T.C. Martin



Dan Jordan, John Culbertson and Dave Alexander



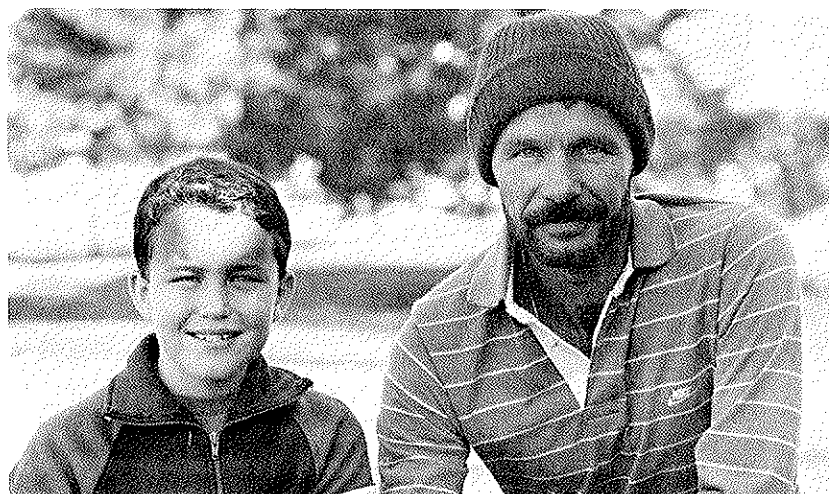
Tom Glover, Nick Nickell and Phil McConathy



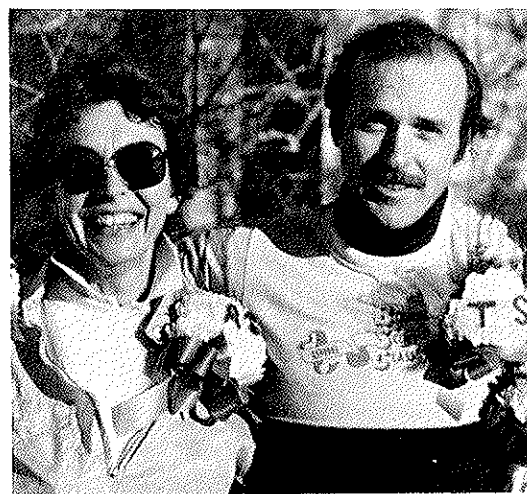
Larry Steur



Barb Cook and Dick Bass



Chad Smith and Bill Smith



Patsy Cook and Tom Martin

GET TO KNOW DAN SEAVER

By David Jones

Dan Seaver, a long-time Todds Road Stumbler, says he hasn't been running much in recent months so you may not have seen him for a while. But as a reader of the Milemarker, you certainly must recognize his name.

Dan's byline has appeared in this publication atop 32 articles, usually features on other Stumblers. If 32 articles isn't a record of some kind, it ought to be enough to put him into the Milemarker Hall of Fame, if there were such a thing.

Dan said he found that running and writing rather complemented each other.

"One of the reasons I got involved in the interviews was to meet more people from Todds Road," he said. "I heard this from everybody I ever interviewed: Running has put me in contact with people from all walks of life. I've met some really nice people. It's sort of like an extended family."

As much as he enjoyed his Milemarker work, however, he has taken early retirement. His work, community activities and his growing family have taken more and more of his time, he



T.C. Martin

explained.

Dan is Director of Student Affairs at the University of Kentucky College of Dentistry. He is responsible for student recruiting, admissions, placement, financial aid and a staff of six. Before taking that job in July, 1986, the 41-year-old Seaver held a number of other administrative positions at UK, including director of undergraduate admissions and director of student services for the UK College of Allied Health Professions.

He has been at UK since 1973

when he went to work on a master's degree in higher education.

"I never planned on staying in Lexington this long," he said. "But being an Army brat, I never had roots anywhere. I really like a sense of community. This is my home town now."

Dan grew up all over the world, moving about as his father, a colonel in Army Intelligence, was transferred. Among his stops were Washington, Baltimore, Pittsburgh and West Germany, where he attended high school. He came back to this country to attend the University of Maryland and to work. He was working at Sears, Roebuck and Co. and going to school until early 1966 when he followed in his father's footsteps, enlisted in the Army and became part of its intelligence division. While stationed back in West Germany, he worked in an interrogation center in Nuremberg.

Honorably discharged in 1969, he wound up in Nashville, where his father had moved. Resuming his studies, this time at Middle Tennessee State University in Murfreesboro, he graduated in 1971 with a degree in history. In addition, he met his future wife, Cindy, a librarian at MTSU and a cousin of a fraternity brother. (He was an SAE.)

After graduation, he had planned to work for the Defense Intelligence Agency but a federal job freeze scrubbed that idea.

Instead, he rejoined Sears, as a management trainee, and received his first assignment: help open the new Sears store in Lexington, Ky.

"We were ecstatic to come to Lexington," he said. "Cindy is a Transy graduate and a UK master's graduate so she was familiar with it."

Within a couple of years at Sears' Fayette Mall store, however, "I realized I didn't want to stay in the retail corporate rat race. A friend suggested I go back to school and get a master's degree."

Once back in school, he took a part-time job advising veterans on how to get their educations. After receiving his degree, he became di-

(continued on page 7)

WOODFORD RUN

By Phil McConathy

On Saturday, October 17, 1987, approximately 105 runners completed these two races. The Stumblers who won age group awards were as follows:

NAME	5K		PLACE-AGE
	OVERALL PLACE	TIME	
Dave Winters	1st Overall	16:48	1st 35-39
J.R. Miracle	3rd Overall	17:48	1st 40-44
Robert Green	4th Overall	18:31	2nd 40-44
Celia Wheeler	2nd F Overall	23:00	1st 35-39
Elaine Schumacher	3rd F Overall	23:11	1st 20-24
Sue Winters	4th F Overall	24:00	2nd 35-39
James Waliga		24:40	3rd 45-49
Harry Campbell		50:52	1st 65+
	10K		
Tony Szwilski	1st Overall	33:27	1st 35-39
Phil Wheat	2nd Overall	34:56	1st 40-44
Larry Wheeler	3rd Overall	35:36	1st 25-29
David Wilhite	7th Overall	38:43	2nd 25-29
William Mallory	8th Overall	38:57	2nd 40-44
Richard Fern		44:18	3rd 35-39
Lynn Coe		45:51	1st 45-49
Mel Boyd		46:36	1st 50-54
William Meeker		47:14	2nd 50-54
Mary Nagle	4th F Overall	47:18	1st 40-44
Stuart Butler		49:08	1st 55-59 ■

RACE SCHEDULE

By Bob Maclin

Many local and area race dates have not been decided upon at the time of our press deadline; therefore, please watch for entries and race dates on the table at the clubhouse and also at local running stores. Many of the old classic races in Lexington, Louisville and Cincinnati are not too many days away. This race schedule is prepared from many sources, so verify dates, entry deadlines and time for races, etc., before traveling to a race; and send a SASE when requesting entry forms.

MARCH

- 5 - Run for the Sun, 4 miles, Louisville, Ky.** Ken Combs, 502-895-3410
- 12 - Rodes City Run 10K, Louisville, Ky.** Box 36452, Louisville, Ky. 40233
- 12 - Run for the Clover 5K, Lexington, Ky.** John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502
- 12 - Azalea Trail 10K, Mobile, Ala.** 205-473-RACE
- 19 - Music City Marathon, Nashville, Tn.** 606-269-4575 (p.m. only)
- 27 - Cincinnati Heart Mini-Marathon (15K), Cincinnati, Oh.** 513-281-4048

APRIL

- * - **Diet Pepsi 10K, Louisville, Ky.** Gil Clark, Box 36452, Louisville, Ky. 40233, 502-459-5606
- 3 - 4th Annual Tater Day 5K, Benton, Ky.** 502-527-7686
- 16 - Crescent City Classic 10K, New Orleans, La.** 504-861-8686
- 18 - Boston Marathon, Boston, Ma.** 617-435-6905
- 30 - Ky. Derby Mini-Marathon, (13.1 mi.), Louisville, Ky.** Gil Clark, Box 36452, Louisville, Ky. 40233
502-459-5606

MAY

- * - **G.E. Goodlife Gallop 10K, Louisville, Ky.** Gil Clark, Box 36452, Louisville, Ky. 40233
- 8 - Americas Marathon, Chicago, Il.** 312-951-0660
- * - **Derby Day-Hardy 10K, Richmond, Ky.** John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502
- * - **Strohs 10K, Louisville, Ky.** Gil Clark, Box 36452, Louisville, Ky. 40233, 502-459-5606
- * - **Run For Life 5K & 10K, Cynthia, Ky.** John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502
- * - **Bourbon-Scott 30K, Paris-Georgetown, Ky.** John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502
- * - **Suggins Fun Run 5K, Lexington, Ky.** John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502
- * - **Zuppie Run (40+) 3K, Lexington, Ky.** John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502
- * - **Pepsi Challenge 10K, Lexington, KY.** John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502
- * - **Wendy's Capitol Classic 10K, Lexington, Ky.** CLS Sports, Frankfort, Ky. 40601
- 30 - Cotton Row 10K, Huntsville, Ala.** 205-881-8507

JUNE

- 5 - Gwinn Island Triathlon**
- 11 - Grandma's Marathon, Duluth, Mn.** 218-727-0947

JULY

- 4 - Bluegrass 10,000, Lexington, Ky.** Parks & Recreation Dept., 545 N. Upper St., Lex., Ky. 40507
- 4 - Peachtree 10K, Atlanta, Ga.** 404-231-9064 ■

GET TO KNOW DAN SEAVER

(continued from page 6)

rector of admissions at Lexington Technical Institute, now Lexington Community College, and that has led him right up to his current post.

His running activity began about the time he entered graduate school. "I ran a little with a friend," he said. "I remember running in tennis shoes.

"I really picked up on it in 1980 because a lot of my friends were running," he continued. "I got so I really enjoyed the races. I remember the Run Kentucky Run at the Horse Park. It was so muddy that people were having their shoes sucked off.

"Then I ran in a Bluegrass 10,000. I tell you, I really used to get a high about a minute before the start of the Bluegrass."

He became a regular out at Todds Road. "I know it sounds stupid, but I enjoy looking at the cows," he remarked. His times improved to the point where he ran a personal record 43:13 in the Daniel Boone 10K in Winchester about three years ago.

But pain (too much of it) and time (not enough of it) have largely sidelined him for a year or more, he said. He broke a toe in a fall some years ago. "I ran for six years after I broke the toe and had no real problems," he said. Now, however, he said he suffers from a pinched nerve in the same toe whenever he runs. "Running with pain is no fun," he added.

His increased responsibilities at UK have taken up more time and he finds

himself more involved with his children's activities. The Seavers have a nine-year-old daughter, Nancy, a third-grader at Glendover Elementary, and six-year-old twins, Jim and Rob, at St. Michael's Episcopal school. In addition, he's president of the Cherokee Park Neighborhood Association, which has been deeply involved in zoning matters along Nicholasville Road. And, finally, he's working on a doctorate in education at UK.

Now, when he puts his running shoes on, it's to take a walk with his wife around the oak tree-lined circle of Cherokee Park.

"I still read Runner's World," he said. "The interest is still there, but I just wish I had more time."

Todd's Road Stumblers, Inc.



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GET TO KNOW BOB STAIB

(continued from page 3)

One bit of advice Bob passes on to all of us: Bob believes running is the greatest thing you can ever do for yourself but he warns of the damaging effect of the sun and weather on fair complexions. He thinks he has "wrecked" his skin and highly recommends using sunscreens. Bob, if you would join our group for our 6 a.m. runs you wouldn't have to worry about the sun! ■

GET TO KNOW DEBBIE HOWARD

(continued from page 6)

She's happy and healthy with two great kids and a supportive husband. I have a feeling that although things are wonderful right now, if a change occurred, she'd jump right in and take charge in her usual way. Get to know this bundle of energy - if you can catch her. I think you'll agree that we can expect BIG things from Little Debbie Howard. ■

RUN FOR HUNGER

By Stan Briggs

Nearly 800 runners competed in this 5K race in near perfect weather conditions on Thanksgiving morning at Marriott's Griffin Gate Resort. The race registration fees were contributed to the God's Pantry-Crisis Food Center, a community-based non-profit agency which meets the needs of the hungry in Central and Eastern Kentucky. David Keyes won the men's division in 15:30, followed by runner-up Bill Olrich, Jr. in 15:49. Bev Yancy led all women finishers in 19:24, with Eve Combs close behind at 19:28.

The Stumblers who won age group awards are as follows:

NAME	AGE GROUP	TIME	PLACE
Becky Reinhold	F 30-34	19:59	1st
Brenda Curd	F 20-24	22:12	2nd
Susan Bradley-Cox	F 50-54	22:13	1st
Chere Leonard	F 35-39	23:01	2nd
Beth Argabrite	F 60-64	29:52	1st
Mark Thomas	M Open	16:00	3rd Overall
James Sackett	M 35-39	16:18	2nd
Phillip Wheat	M 40-44	16:48	1st
Dan Dusch	M 40-44	16:54	2nd
Larry Wheeler	M 25-29	17:53	2nd
Danny Place	M 45-49	17:54	1st
Stan Briggs	M 45-49	18:29	2nd
Ernie Perry	M 50-54	21:14	1st
Charles Rutherford	M 55-59	21:54	1st
Bob Maclin	M 65+	22:49	1st ■