



Member of Road Runners Club of America

## THE TODDS ROAD

# millemarker

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

Number 2

Fall 1983

# MARK NENOW



# RUNNING IN THE FAST LANE

photo by Tom Moran



# THE STARTING LINE

by Ken Pike

With this second issue of the MILE-MARKER we have taken some big steps. We are getting down to the real business of reporting on club and member activities, and we have improved the overall technical quality by going from typewriting to typesetting. A special thanks to Jim Bell for his article on Mark Nenow. We hope our readers will enjoy our labor of love.

**STUMBLERS PICNIC** — As announced in the Summer issue, the picnic was held at Spindletop on July 11. Bob Maclin led the fun run around a two mile course. Huge quantities of food appeared and disappeared. All of this was followed by swimming, volleyball, basketball and pleasant conversation. Notably missing was the rain and lightning of previous years. Thanks to Kim Dusch for managing the food arrangements. The attendance of 146 was the biggest ever. It was truly enjoyable. Be sure to see photos of the happy Stumblers in this issue.

**CLUBHOUSE DUTY** — The response to the request for volunteers for Clubhouse Duty (a.k.a. Doughnut Duty) was very pleasing. If you have not taken a turn yet please don't hesitate. Volunteers are still needed to keep those doughnuts coming.

**MEMBER INFORMATION** — In this issue we are reprinting a member information form. If you have not completed one of these then please do so. We are updating our membership list and putting it on a computer. We want to be sure that the data we are entering on you is current. You know how computers can be — if it gets wrong info, it stays wrong forever! Please help us avoid this. Just fill in the data and mail it to the address shown or bring it to the clubhouse. Extras are available at the clubhouse if needed.

**KENTUCKY ONE HOUR RUN** — In the race schedule in our summer issue we listed the Kentucky One Hour Run as being set up for July 20. As you will recall it was very hot and humid then and the air pollution levels were high, so about 10 days ahead of time it was decided to postpone to a cooler part of the year. Now that the weather has become cooperative we have another problem — the UK track is locked. Because of this we are not able to announce a new date. If other arrangements can be made we will spread the word at the clubhouse.

When the July date was cancelled we put a sign on the clubhouse bulletin board but several failed to notice it. For more on this see Dick Robinson's contribution in this issue. Many thanks Dick.

**LETTERS TO MILEMARKER** — Since our first issue we have received several

letters from our readers. All were complimentary and a few had some excellent suggestions. We earnestly solicit your ideas and comments and we offer our sincerest "thanks" to those who have taken the time to write. We will use as many of your ideas as we can.

**SEC and HIGH SCHOOL CROSS COUNTRY** — November 5 is a big day locally. It is the day of the state high school championships being held at the Horse Park at noon. Managing this meet is one of the Stumblers annual projects. If you want to help then contact Jerry Stone right away.

To add to the excitement, the Men's SEC Championships are also being run at the Horse Park on November 4. This means you can watch the state's best high school runners, and some of the finest collegiate runners in the nation, in competition right here in the beautiful Bluegrass. Don't miss it!!

**WINTER RUNNING SAFETY** — Although I haven't gotten over the shock from my last electric bill, it is apparent that the long hot summer is over. Those who work all day and use the mornings or evenings (or both) for training are finding their daylight running hours getting very short. My worst sports injuries have happened while training in the poor visibility that goes with this season, and Bill Morgan can still show you the scars he has from twanging his little bitty bod into a utility pole guywire at a 6:15 pace one recent dark morning.

What can be done to avoid this mayhem?

(1) Change your schedule. Run at lunchtime or some other daylight period.

(2) Change your route. Find one that has streetlights. If neither of these will do then:

(3) Memorize the hazards on your current routes. It's surprising how little attention we pay to the things we can see. On your next run give special attention to the locations of hazards such as low tree branches that might hurt your eyes, trees that drop branches or nuts that might trip you, cracks in the sidewalk, water meters or valves that could twist an ankle, pavement chuckholes, areas where playing children might leave a forgotten toy and (of course) utility pole guywires.

Finally there is the biggest danger — the auto.

Don't you just love it when they dazzle you with their high beams?

What can we do to minimize this threat?

(1) Run on golf courses.

(2) Schedule training for daylight hours.

(3) Run on the sidewalks.

(4) Wear reflective clothing. Some great new things are available to put on your shoes or outerwear.

(5) Always run facing the traffic even though a knee protests.

(6) Leave the stereo headphones at home.

(7) Be especially wary on winding or hilly roads where sight distances are short.

(8) Be willing to step off the road to let cars pass.

You will notice that at no time did we suggest that one quit running till next summer. For most of us only serious injury could make us quit. Running safely is the best answer.

**NEW YEAR'S EVE FUN RUN** — Believe me friends, 1984 isn't far away and the Stumblers will be there to run it in. We meet at the clubhouse at about 11:30 on New Year's Eve. A few minutes before midnight we all go to the starting line and head out. You can go as far as you like, but the idea is to be running when the year changes and then to get back to the clubhouse to share refreshments and the first moments of the New Year with fellow Stumblers. See you there!

**GETTING IN THE NEWS** — The Sports Department of the Herald-Leader has issued the following statement:

"The Lexington Herald-Leader is interested in running results from sanctioned running events.

To report results to the newspaper, simply call the sports department at 231-3225 between 3:00 p.m. and midnight. They will be interested in the top men and women finishers and the age group winners.

If you have any questions or problems reporting results to the paper, call Sports Editor Mike Johnson or Deputy Sports Editor Tony Wilson."

Race directors should respond to this offer. It makes your participants happy to see their results printed in a major publication. I have found that unofficial reports will be printed if they are well organized. If you go to an out-to-town event attended by several Stumblers just list everyone's names before the start and then agree on when and where to meet to put down each person's time and place. Then find the race director and get information on the top runners and any other significant performances. Finally you hurry to a phone, cram it full of money and make your report. The next day you're famous!

# PRESIDENT'S CORNER

by Jerry Stone

To me this is the busiest time of the year — assessing 1983 before its over to find changes that have happened and changes that need to happen — preparation for fall events while still training in summer heat. Everything runs together it seems when school starts.

I've got some items of interest to share with you:

**BLUEGRASS 10,000 NEWS** — For 1984 the starting time will change from 9 a.m. to 8 a.m. In the past the 9 a.m. time was required because of police shift changeover. Race director Sam Dunn also told me that age group awards will be deeper to reflect the number of run-

ners competing in the age groups. The RRCA awards will be separate also for 1984.

## INACCURATE RACE COURSES —

New race directors are having problems with course directing and measurement. We at Todds Road want to help so we are making available the RRCA-TAC recommended bicycle attachment known as the Jones Device. Art Moore will be the chief contact for borrowing it and he will also give instructions on the method for certifying courses. Local race directors are invited to make use of this equipment to prevent measurement problems in the future. Art can be contacted at 700 Hicrest Drive, Lexington, Ky. 40505, (606) 293-5918.

Remember runners, if you race then look for that RRCA logo on the entry form. It means that the race follows the RRCA guidelines and has been sanctioned by a RRCA member club. The sanctioning guidelines and the Runners

Bills of Rights are reprinted in this newsletter for your information.

**KENTUCKY HIGH SCHOOL CROSS-COUNTRY CHAMPIONSHIPS** — These championships are an annual project of our club. Last fall over 6,000 people (athletes, coaches, officials and spectators) in attendance made the event one of the biggest in Kentucky sports.

Two hundred and forty schools were represented by teams or individuals in six championship races. This year the SEC meet will be held at the Kentucky Horse Park the morning of November 5th and the KHSAA meet will follow at noon. Careful planning by the University and by Todds Road is underway in order to enhance the management of both events. The Board of Directors has affirmed our commitment to the highest ideals of athletic and personal accomplishment by sponsoring and managing the championships. Your time and energy may be requested. See you at the Horse Park!!

## MARK NENOW—RUNNING IN THE FAST LANE

by Jim Bell

Todds Road Stumbler star and former U.K. All American, Mark Nenow (pronounced Knee-no) went from local standout to world-class in just 27 minutes and 36 seconds time at Walnut, California on April 24, 1982. His time for 10,000 meters (10K) then made him the 13th fastest performer at 10K of all time, and faster than any Olympic 10,000 meter champion had ever run. Although that time was almost a full minute faster than his previous best, his competitive record of 1983 proved that it was no fluke.

Mark previewed his readiness to run fast track times in March 1983 with a very close second to Nick Rose in the Jacksonville 15K in a time of 43:42 (4:42 per mile pace). His speed was confirmed in his first track race of the season with a 28 second last 200 meters for a tactical 5000M victory in the Kentucky Relays over British luminary Dave Murphy. Mark then returned to Walnut, California in late April in the hope of obtaining a 10,000 meter time (faster than 28:03), which would make him eligible to qualify for the U.S. team that would compete in the World Track and Field Championships in Helsinki, Finland. A fast early pace and scintillating 56 plus last lap gave Mark a qualifying time of 27:56. Now, to make the U.S. team, he had to place in the top three at the National Championships in Indianapolis in June.

Several Todds Road Stumblers traveled to Indianapolis to see Mark make his

bid for the world championship team on the evening on June 18. Thirty-six runners started the race (25 laps around the 400 meter oval) on this warm evening. Mark took the lead immediately and established a pace of about 69 second per lap. This pace over the first mile dropped no one from the hunt. World marathon record holder Alberto Salazar then took over the pace and by halfway (5000 meters in 14:15), nine runners, including Mark, were still in contention. At this point, quite unexpectedly, large, cold raindrops began falling. The hearty Todds Road spectators stood fast in the bone-chilling rain as one by one runners dropped off the quickening pace until, with one mile remaining, only Mark, Craig Virgin and Alberto Salazar remained in the lead pack. Mark, with his place on the world team apparently secure, was clearly in a race for the national championship with two formidable foes. Into the last lap the triumvirate broke into a sprint, with Mark staying in contention until the last 150 meters. His 28:14 third place earned him a berth on the U.S. World Championship team.

The following week, Mark showed that his road speed had not been dampened by finishing 4th to Mike Musyoki's world record 15K in Portland, Oregon. Mark then returned to Lexington to compete in the prestigious Bluegrass 10,000. Mark showed that he is indeed a man apart by easily destroying a good field in a course record of 29:14 on a hot day.

Then it was off to Sweden for Nenow, to join the U.S. team to prepare for the World Championships. In a tune-up race at 5000 meters, Mark ran a personal best of 13:33, easily dispatching of, among others, Alberto Salazar.

In the World Championship more nations were represented (159) than had been in any previous Olympics or any other gathering of nations for sports. Also, the qualifying standards were tougher than the Olympic standards. In the 10,000 meters two qualifying heats would place 18 men in the final to be run two days later. Mark qualified by placing 8th in his heat with a time of 27:52. The final was run at a waxing and waning pace with the final drive beginning with one mile to go. With 500 meters (.3 miles) to go, Mark was with the lead pack of 13. A last lap of 53.9 seconds by European champion Alberto Cova spread out the field and left Mark in a close 13th place at 28:17. Nenow was the first American finisher, again beating Alberto Salazar.

Mark's last track race for 1983 was the Pan American Games 10,000 meters. He acquitted himself quite well, in spite of a slight case of the flu, as he won the bronze medal (third).

Thus, the story of local runner makes good continues with Mark Nenow running at a high level in world competition. This is a testament to his remarkable talent, since he has no formal coach, and does the majority of his training all alone.

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

by John Carroll

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

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

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

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

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

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

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

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

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

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

big turnout would be 30."

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

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

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

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

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

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

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

There have been many developments in recent years, among them: The club has become a regular supporter of track and field events in Central Kentucky including the Kentucky Relays. It has sponsored mid-night New Year's Eve runs. And recently it has produced its own newsletter, the MILE-MARKER.

Members of the club have carried the Stumbler name far and wide. Recently Mark Nenow ran in the world track and field championships at Helsinki, and the Pan American Games at Caracas. The club has high hopes that Nenow will continue his success at the Olympics in 1984.

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

# STUMBLERS ON THE MOVE

by Suzanne Sanders

Dyer Rodes has recently joined Webb Properties. Nancy Barron also has made a career change. She is now a Vice President at First Security Bank in charge of Discount Brokerage. Bob Shier, who opened his obstetrics practice last winter, will be moving his office to 818 Chevy Chase Place the first part of October. Ken Littrell has also gone into business for himself. He has started K.V. Construction Company, which specializes in apartment and residential construction. Mark Nenow recently bought a home in Lexington.

Some of the missing faces on Saturday morning are due to Stumblers who have moved from Lexington. Don Hardwick will be at Bacone College in Muskogee, Oklahoma for one academic year. He will be teaching in the Business and Economics Department as a participant in IBM's Faculty Loan Program. Clenet Ellis has accepted an ROTC teaching position at a high school in Burlington, North Carolina. Because of this move Clenet has withdrawn from the race of the 5th District Councilman. He was one of the top two vote-getters in the primary and was on the final slate in the coming November election. Wayne and Pat Ezell have moved to Boca Raton, Florida. John Saunders has moved to Houston, Texas with Ashland Oil. Liz Cornish will be working on her MBA at the University of North Carolina at Charlotte. John and Janna Unger have relocated to Frankfort, Kentucky.

We haven't seen much of Carol Grubbs since she married Phil Gregory on July 2. But Reese and Becky Lacey Reinhold are at T.R. regularly since their marriage last April.

It was good to see John Stoll two weekends in August. Too bad Pam had to stay home in College Station, Texas. Also it was a pleasure to see Steve Wilson while here for a visit from Detroit.

On the recovery list — Jerry Stone is beginning to run after having a collapsed lung. Helm Roberts is recovering from a broken leg.

Congratulations to Rick and Jan Fromm, who became new parents in May.

Capt. Don Stone, Jerry's brother, has moved closer to T.R. After three years in New Zealand, he's now at Wright-Patterson Air Force Base, near Dayton, Ohio.

Please let me know what you are doing either by phoning or writing Suzanne Sanders, 1656 Donelwal Drive, Lexington, Ky. 40511, 254-0844.

# RACE SCHEDULE

by Jerry Stone

Runners be sure to contact the race headquarters listed for more details and to avoid surprises. Races are sometimes cancelled or rescheduled. Some have entry deadlines and do not accept race-day entries. If you simply show up on the day shown you could be disappointed.

## NOVEMBER

4th

**Men's SEC Cross Country Championships.** Championships for the Southeastern Conference. The race will start at 11 a.m. The runners will cover a 5-mile course at the Kentucky Horse Park, Iron Works Pike, Lexington, Kentucky.

5th

**Wendy's Classic 10 K.**

Contact: Wendy's Classic, P.O. Box 1316, Bowling Green, Ky. 42101.

5th

**KHSAA Cross Country Championships.**

Kentucky High School Athletic Association Cross Country Championships - Boys and Girls. Races start at 1 p.m. at the Kentucky Horse Park, Iron Works Pike, Lexington, Kentucky.

13th

**Metro Marathon - 26.2 miles.**

Contact: Metro Parks, P.O. Box 37280, Louisville, Kentucky 40211.

## DECEMBER

3rd

**Blue Angel Marathon - 26.2 miles.**

Contact: Naval Air Station Recreation Dept., Building 632, Pensacola, Florida 32508.

10th

**Frankfort to Louisville Ultra Marathon - 50 miles.**

Contact: Cherokee Road Runners, P.O. Box 34532, Louisville, Kentucky 40232.

10th

**7th Annual Humana**

**Rocket City Marathon - 26.2 miles.**

Entry deadline is November 22, 1983. Limited to 2,000 runners. Contact: Huntsville Track Club, c/o Harold Tinsley, 8811 Edgehill Drive, Huntsville, Alabama 35802.

31st

**Todds Road Stumblers**

**New Year's Eve Fun Run.**

Meet at the clubhouse at 11:30 p.m. Refreshments served afterward.

# RATE THE RACES

by Jerry Stone

Here's how I do it objectively (with a 16-year subjective attitude on road races). Fourteen items are considered in rating races, if all fourteen areas are successfully done - we have a ★★★★★ race. Most races in our area are ★★★, some fall short to ★★, whereas a ★ rated race is a total flop. It is not necessary that a race be RRCA sanctioned to receive a high rating. Further, a race that does have the RRCA sanction will not get a high rating if the management fails to meet the guidelines. Charity races are not rated because their main aim is to raise funds rather than to produce a quality race. By comparison, a five star race is a classic - for a special reason. We currently have three races of that caliber in the Bluegrass area — Bourbon-Scott 30Km, Capitol Expo 10,000 and the Bluegrass 10,000.

Here are the fourteen items considered:

- (1) Race sponsorship.
- (2) Registration.
- (3) Race staffing.
- (4) Facilities.

- (5) Starting time.
- (6) Course accuracy.
- (7) Course topography.
- (8) Course control and marking.
- (9) Aid stations.
- (10) Course route.
- (11) Split and finish times.
- (12) Finish areas.
- (13) Post race refreshments.
- (14) Results and awards.

## Current Race Ratings:

Bluegrass 10,000, Lexington — ★★★★★ One can always feel the electricity of a major race. This year Mark Nenow ran away from the excellent field on his way to Helsinki.

Diet Pepsi 10K, Athens — ★★ Some one forgot about the turnaround.

Cynthiana 10Km, Cynthiana — ★★ Nervous officials changed the course at the last minute, didn't re-measure for accuracy. Good local support will guarantee race's future.

Wilderness Road 5,000, London — ★★★★★ RRCA state championship won by David Schaufuss and Phyllis Snyder. Great course; started my come back there.

Buffalo Festival 6-Mile, Stamping Ground — ★★★★★ Biggest event since the tornado to hit town. Don Coffman and Bill Smith ("Please don't leave me!") tied in a sprint finish.

Pioneer YMCA 10,000, Harrodsburg — ★★★★★ This is really a good race, folks — the rather challenging course would be more fun if the distance weren't 10Km.

Daniel Boone Pioneer 10K, Winchester — ★★★★★ Always a good race, the course has constantly been improved for the runner. The turnaround was a boost, psychologically.

## GET TO KNOW LARRY METZGER

by John Wisniewski

Larry Metzger moved to Lexington from Decatur, Illinois with his wife Deanna and sons Phillip, 14, and Christopher, 10, in August 1982. Larry leads an active and versatile life style. A fine runner, currently training for a fall marathon, Larry has PR's of 2:47:22 for the marathon and 36:11 for 10,000 meters.

Larry is an Illinois native and has a Bachelors degree in Accounting and Economics from Illinois State University and a Masters in Education Administration from Eastern Illinois University. He is the Executive Vice President of the Lexington Board of Realtors where he supervises the activities and committees of the association including educational programs and the multiple listing service. Before moving to Lexington, Larry held a similar position in Decatur. Prior to that Larry was in the Army stationed in Germany. He taught high school business subjects in Illinois and coached high school golf and was an assistant basketball coach. Larry is still very involved with these two sports. With a 10 handicap, Larry has been helping his son Phillip to improve his game this summer. In the colder months, Larry is a referee for local high school basketball and he has a state rating to referee women's college basketball. Larry's other activities include photography, Nautilus and swimming.

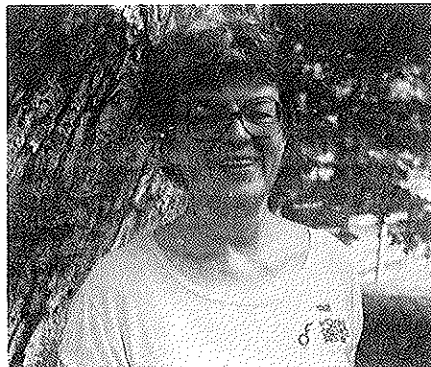
At the Daniel Boone Run in Winchester this past Labor Day Larry gave the local competition cause for a double take. Toeing the starting line along with Larry was his twin brother Terry who was visiting from Illinois. Even though they are identical, Larry insists that he is better looking than Terry.

Larry has been quick to adopt the Bluegrass as his home. He finds Lexington to be a great place to live and enjoys the beautiful countryside we have for running. Larry has photographed some of the Todds Road scenery which he has displayed in his office. We are all proud to welcome Larry to our running "family" at Todds Road.



photo by Ken Pike

photo by Dan Seaver



## GET TO KNOW PHYLLIS JENNESS

by Dan Seaver

Do you know any opera singers who are runners too? No, you say. Well, we know one. She's Phyllis Jenness, music professor in the College of Fine Arts at UK. Phyllis, a native of Northboro, MA is starting her thirtieth year in teaching voice. She came to Lexington in 1954 after a singing career in New York. Since that time she has been very active in her work at UK and in the community. Phyllis has been director of the University opera program for many years. She has directed a large number of productions including "La Boheme," this past year,

"The Medium," in which she sang, and "The Elixir of Love," planned for January. Phyllis has also sung at least one recital at UK each year since 1954.

One of Phyllis' most enjoyable activities was serving as the director of the Lexington Singers from 1959 until 1976. She has seen the group grow from a small number of singers to over 100 participants today.

What does running do for persons who sing opera? According to Phyllis, it helps their breath control and capacity, improves their muscle tone, and generally makes them feel good. However, "it's a little more difficult for an opera singer to run well in a 10K race after giving a demanding performance the night before."

What does running do for you, we asked her? Besides keeping in shape and losing weight, Phyllis says it's the feeling of accomplishment she gets from running whether in a race or on one of the Todds Road courses. "I owe so much to the Todds Road Stumblers for keeping me running," she admits. "A lot of club members have given me encouragement."

So the next time you see Phyllis running, if she's humming a tune, don't assume it's the theme song from "Chariots of Fire" or "Rocky." Instead you may be surprised to learn that it's the solo part from a favorite opera.

## GET TO KNOW DYER RODES

by Dan Seaver

"I was running before running was popular," is how Dyer Rodes recalls his early beginnings as a serious runner. After reading Kenneth Cooper's book on aerobics, Dyer began jogging on a local track. From there he moved to the open road and started logging in the miles. That was in the mid-1960's when runners were a rare group. Back in those days the sight of a person running six or more miles on city streets was enough to cause many passersby to shake their heads and wonder if the poor fellow had been out in the sun too long. How times have changed!

About 15 years ago Dyer was invited to join some friends for weekend runs on country roads in eastern Fayette County. And with this we have one of the early origins of the Todds Road Stumblers.

Today Dyer is still as active as ever although he no longer runs 80 miles or more a week. His work in real estate management for Webb Companies, Inc. along with his interests in gardening and outdoor activities keeps him really busy. His wife, Milly, a part-time physical education instructor at Transylvania University for many years, also enjoys these interests. But she admits that she is more of

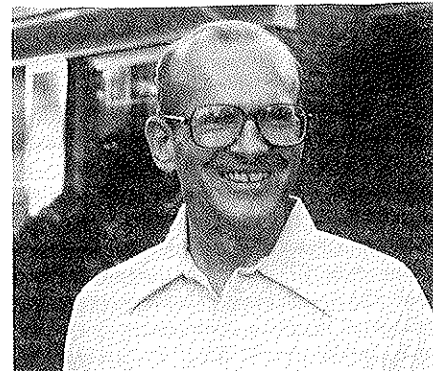


photo by Dan Seaver

a Todds Road stroller than a stumbler. Together Dyer and Milly are the proud parents of young Dyer, 25, a medical student at the University of Virginia and husband of the former Martha Huntley, and their daughter Lee, 21, who is majoring in nursing at UK. And we cannot forget Biff, their poodle who is not only a great companion, but also has quite a repertoire of tricks he performs.

When asked what he enjoys about running, Dyer responded by saying that the people he runs with make it a fun past-time. We may be prejudiced, but we think that just getting to know Dyer makes it fun for us too.!

# BILL OF RIGHTS FOR AMATEUR ATHLETES

by Jerry Stone

(1) An amateur athlete has the right to participate in amateur athletic events for which he/she meets the qualifications and which he/she deems are in the best interests of their competitive development. Participation in "open competition (that which is open to amateur athletes regardless of organizational affiliation or lack thereof) is a basic right. That right shall not be abridged or restricted on account of such competition being unsanctioned by a National Governing Body or other organization concerned with that athlete's

sport so long as the competition is conducted in accordance with prevailing international standards. No punitive action shall be taken against an athlete for competing in unsanctioned open competition.

(1a) It is recognized that educational institutions may have the right to request athletes to forego certain non-scholastic competition they believe may conflict with the activities of that institution's team. However, in the case of these athletes, a decision concerning participation should be a joint one including the athlete, coach,

parent or guardian in the case of minors, and the local school administrator. No national comprehensive policy shall bar the athlete from participating when the above deem it in his/her best interests.

(2) No sports group may withhold athletes from major local, regional, national or international competition for the purpose of organizational aggrandizement.

(3) An amateur athlete should not arbitrarily be prevented from competing in local, regional, national or international competition.

(4) Men and women should not be arbitrarily barred from joint participation, either as members of the same team or as individual competitors. (This does not preclude events open only to members of one sex, such as championships, or events designed to develop the athletic potential of members of that sex).

(5) The public and private sectors should both be encouraged to assist competing amateur athletes in their training by affording the time in which to train and compete and, where possible, assist in providing or locating training facilities.

(6) Amateur athletes should have meaningful representation on any boards, organizations, or other groups whose objective is to govern the conduct of a particular sport or sports. A reasonable effort should be made to cover all or part of the amateur athlete's expenses incurred for any meetings or official travel in order that their adequate representation and participation is assured, particularly in the case of an NGB.

(7) In competition amateur athletes have a right to competent officiating, proper medical supervision, and the efficient recording of the competitors' times, accomplishments, and records.

(8) In any dispute involving an athlete's right to compete, the issue should be referred to the American Arbitration Association for binding arbitration, in the absence of any other procedure for the resolution of such disputes.

(9) No individual who is eligible under applicable international or national amateur athletic rules and regulations may be directly or indirectly denied his/her right to attempt to qualify for selection, or if qualified, to participate in any international amateur athletic competition.

Adopted by the Road Runners Club of America at its 21st Annual Meeting, February 11, 1978, Baltimore, Maryland.

## GET TO KNOW THE FRAZIERS

by Dan Seaver



photo by Dan Seaver

In a lovely old Victorian house on Elsmere Park, a Lexington historic district, you'll find the Frazier family...Edd, Pennie, Butch and Wendy along with assorted dogs and cats. In addition to being Todd's Road Stumblers, the Fraziers are involved in a wide variety of activities which keep them "on the run" constantly.

Edd, a State Government employee in the Division of Air Pollution, finds time for home improvements, stained glass-making, sports cars and many other interests. Edd is credited with getting the family started in running.

Pennie, on the other hand, says she was the last member of the family to begin running. "I only got into running to keep up with Edd, Butch and Wendy." As a nurse in Cardiology at the V.A. Hospital, Pennie found that running was not only a great way to get exercise but it also gave her more credibility with patients when talking about ways to improve their health.

Butch, a junior at Henry Clay High

School, also enjoys the exercise from running, but he confesses that the donuts at the TRS clubhouse on Saturday mornings are the best reward. Aside from running, his interests include astronomy and The Who's music.

The youngest Frazier, Wendy, a ninth grader at Lexington Junior High, began running in 1980 just to beat her older brother in the wet Run Kentucky Run at the Horse Park. She has since gone on to become one of the best female runners in Central Kentucky, something Wendy hopes will pay off this year when she competes in school cross country meets. Wendy is also an accomplished musician on the violin. She has been chosen to play with the Central Kentucky Youth Orchestra.

If you're looking for an example of a running family look no further than the Fraziers. It's nice to see a family pursue many different activities and yet have a common interest, in this case running. Hats off to each of them!



# BLUEGRASS 10,000

by Stan Briggs

JULY 4, 1983 • Lexington, Kentucky

The seventh annual Bluegrass 10,000 kicked off the Fourth of July celebration in fine fashion. Numerous Todds Roaders participated in the event, and recorded some excellent showings. Mark Nenow won this year's event in a record time of 29:14 and more than lived up to the expectations as the pre-race favorite. Mary Witt was the second woman finisher this year, as she recorded a 38:50. Other excellent times included a 39:51 PR by Wendy Frazier, Mike Raftery's PR of 35:02, and Dan Kenady's PR of 43:53.

The overall operation of this year's race was excellent. Crowd and traffic controls were good, water stations adequate, and our friends and neighbors along the way provided some much appreciated water sprays to many over-heated runners.

Shown below are all the Todds Road award winners with their times and places in age groups:

NAME	TIME	AGE GROUP	PLACE
<b>MEN</b>			
Mark Nenow	29:14	25-29	1st
Dennis Creekmore	31:36	25-29	2nd
Gary Clouse	32:28	25-29	3rd
Frank Cornett	32:59	35-39	1st
Dan Dusch	34:02	35-39	2nd
Denny Williamson	35:47	40-44	1st
John Sensenig	38:14	45-49	3rd
Dwight Price	38:57	50-54	2nd
Donald Diedrich	42:43	50-54	3rd
Bob Maclin	43:36	60-64	1st
John Fitch	63:52	65-69	3rd
<b>WOMEN</b>			
Wendy Frazier	39:51	13-17	1st
Mary Witt	38:50	18-24	2nd
Kelly Bruner	44:19	30-34	2nd
Diane Stahmann	46:29	35-39	1st
Suzanne Sanders	47:05	35-39	3rd
Kathleen Kirk	49:06	40-44	2nd
Christie Robinson	49:35	40-44	3rd
Beth Argabrite	68:39	55-59	2nd
Phyllis Jenness	65:52	60-64	1st

# ROTARY 5K AND 10K

by Nick Nickell

Cynthiana, Kentucky

The Rotary Club 5K and 10K races produced some outstanding times, but the course was altered on race day after it was measured, and as a result, both distances were roughly a minute short.

Listed below are results of Todds Road Stumblers:

NAME	DISTANCE	AGE GROUP	PLACE
David Briggs	5K	M 12-14	1st
Stan Briggs	5K	M 40-44	1st
Joni Morgan	10K	F 25-29	2nd
Kelly Bruner	10K	F 30-34	1st
Ann Wheat	10K	F 35-39	1st
Christie Robinson	10K	F 40-44	1st
Dennis Creekmore	10K	M Overall	2nd
Mike Raftery	10K	M 30-34	1st
J.R. Miracle	10K	M 35-39	1st
Dick Hutchison	10K	M 45-49	1st
Bob Maclin	10K	M 60-64	1st

# 500 MILE CLUB

by John Wisniewski

They come in every shape and size. Some jog while others race; some press their limits while others take their time; but one thing they have in common is that they are striving to become members of the Todds Road Stumblers 500 Mile Club. These runners have many times flattened the famous Todds Road hills while rain, snow, cold, heat and the scent of an occasional skunk have done little to soften their determination.

Five hundred miles is a long distance. Some miles are easy while others take an extra measure of will, but by taking one week and one mile at a time, you will soon reach 100 miles, then 200, 300, 400 and finally 500 miles. All of us need a little extra motivation at times to stick with our running. Hot summer days or the chill of a winter morning can be enough to give us an excuse to stay off the roads on a Saturday morning. The purpose of the 500 Mile Club is to help encourage you to experience the joys of running and to join new and old friends at the clubhouse on Saturday mornings.

There are currently 64 members of the club which began on July 21, 1979 at the suggestion of the University of Kentucky track coach Pat Etcheberry. Coach Etcheberry along with assistant coach Don Weber also suggested the use of the sign up boards and they donated the wall plaques for the members names. The rules and procedures of the club are quite simple. They are:

- (1) Put your name on one of the boards in the clubhouse.
- (2) Record your miles as you run them.
- (3) Count only those miles which you run at Todds Road on Saturday mornings (holidays, Sundays, and weekdays do not count).

Stay with it and keep your miles up-to-date. If you let up for a period of time, pick up where you left off. As you near the magic number, don't forget to let your friends and other veterans know about it. When you reach 500 miles you are eligible for the priveleges of membership. You will be duly initiated into the community of grizzled veterans according to the rites prescribed by the Old Stumbler. A bottle of "bubbly" will be uncorked in your honor and in keeping with a somewhat messy tradition started by Don Cetrulo you will be cleansed of any



# PEPSI CHALLENGE

by Nick Nickell

**JUNE 19, 1983 • Athens, Kentucky**

weariness that the 500 miles may have caused. Your name will then be engraved and displayed on a wood plaque in the clubhouse. Below is a list of the members currently in the Five Hundred Mile Club. Following issues of the MILEMARKER will update this list.

It's fun and it's never too late to start. Set your goal now, put your name on the board and start with one mile at a time. We hope to see you at the starting line next Saturday.

## 1980 QUALIFIERS

Ken Pike, 5/3; John Fox, 6/7; Dyer Rodes, 7/5; Bob Bohanan, 7/12; Dick Hutchison, 7/12; Dan Dusch, 8/16; Don Cetrulo, 8/23; Diane Curry, 8/23; Dave Karrick, 9/20; Bob Barnes, 10/4; Cathy Fox, 10/4; Mark Morgan, 10/11; Bill Smith, 10/11; George Mason, 10/11; Wayne Wiegand, 12/13; Nick Nickell, 12/20.

## 1981 QUALIFIERS

Tom Radden, 1 / 31; Art Moore, 2/7; Ron Thompson, 2/21; Dick Robinson, 2/28; Bill Littral, 3/21; Tom Zentall, 4/11; Babe Ray, 5/16; Jim Colosi, 5/23; Bill Harshbarger, 6/20; Chris Riehl, 7/18; Judy Goodrich, 9/12; Jim Blackwell, 9/5; Phillip Wheat, 9/19; Earl Freeman, 9/26; Phil McConathy, 10/10; Harry Campbell, 10/17; Alex Campbell, 10/31; Daniel Richardson, 11 / 21; Linda Colosi, 11 / 21.

## 1982 QUALIFIERS

H. Terry Huey, 1/16; Tom Olshewsky, 1 / 23; Mark Horman, 1 / 23; John Wisniewski, 2/27; Suzanne Sanders, 4/17; Dan D. Brock, Jr., 5/29; George VanMeter, 7/24; Phil Osborne, 7/31; Martin Ginocchio, 9/4; Ron Sanders, 10/2; J.R. Miracle, 10/23; Clenet Ellis, 10/23; Jim Bell, 11/6; Phyllis Jenness, 11/6; Donald Diedrich, 11 / 20; Eric Friedlander, 11 / 20; Joseph Binford, 11 / 20; Steve McClure, 12/4; Bill Alley, 12/11; Bob Maclin, 12/28.

## 1983 QUALIFIERS

Terry McLorg, 2/12; Christie Robinson, 2/19; Eddie Frazier, 4/23; Don Hardwick, 4/30; Karl Heinz W. Boewe, 4/30; Marcia Moser, 5/7; John Carroll, 5/21; Ann Wheat, 6/25; John Saunders, 6/25.

Our race results for the Pepsi Challenge will only reflect the top finishers, as well as age group winners, since the course was considerably short (5.5 miles) and times would therefore not be reflective of normal 10K distances. Hopefully, this problem will be corrected before they attempt another Diet Pepsi 10K.

Special congratulations to Wendy Frazier for a second place overall among women competitors. Age group winners are listed below:

NAME	AGE GROUP	PLACE IN AGE GROUP
Russell Nally	M 15 and under	1st
John Giardina	M 16-19	2nd
Rob Redenbaugh	M 20-29	3rd
Mike Raftery	M 30-39	2nd
Dwight Price	M 50 and over	1st
Bob Maclin	M 50 and over	2nd
Kelly Bruner	F 30-39	1st

# PIONEER 10K

by Phil McConathy

**AUGUST 27, 1983 • Harrodsburg, Kentucky**

On this hot and muggy Saturday morning in Harrodsburg, 209 hardy runners completed this rolling 10K race. Congratulations are in order to all the Stumblers and for everyone who completed this race. The Stumblers finished as follows:

NAME	TIME	AGE GROUP	PLACE
Don Coffman	33:02	M 40-44	1st Overall
Bob Carden	36:00	M 20-24	1st
Mark Morgan	37:05	M 30-34	1st
Samuel Winburn	38:19	M 25-29	3rd
Larry Southard	38:46	M 35-39	2nd
Dick Hutchison	41:29	M 45-49	1st
Joni Morgan	45:35	F 25-29	1st-2 Overall
Kelly Bruner	46:02	F 30-34	1st
Cindy Hutchison	51:29	F 25-29	2nd
John Fitch	67:03	M 60 and over	1st
Joy Carden	68:08	F 60 and over	1st

# DANIEL BOONE PIONEER RUN

**SEPTEMBER 3, 1983 • Winchester, Kentucky**

by Nick Nickell

This race has been moved to the morning and to early September, and as a result, some fine times were turned in by our members. Special congratulations to John Wisniewski for his PR and first sub 40 10K race. John's time was 39:47. Also registering PR's were Earl Freeman at 40:47, Bob Dinsmore at 45:42, Bill Morgan at 36:35, and Tom Watkins at 45:43. Listed below are Todds Roaders and their times:

NAME	TIME	AGE GROUP	PLACE
Dennis Creekmore	32:25	M Overall	2nd
Russell Nally	35:08	M 15-16	1st
Sam Winburn	36:40	M 25-29	1st
Angela Murphy	43:24	F 25-29	1st
Mike Raftery	35:12	M 30-34	2nd
Mark Morgan	35:31	M 30-34	3rd
Lou Sievers	45:52	F 30-34	2nd
George Mason	37:35	M 35-39	2nd
Larry Metzger	38:05	M 35-39	3rd
Tom Cooper	37:11	M 40-44	1st
Dick Hutchison	39:56	M 45-49	1st
Tom Radden	48:46	M 50-54	2nd
Beth Argabrite	70:40	F 55-59	1st
Bob Maclin	42:41	M 60-64	1st
Harry Campbell	57:19	M 60-64	2nd
Phyllis Jenness	65:08	F 60-64	1st

# RRCA GUIDELINES

These guidelines, passed at the 23rd Annual Convention, are designed to insure minimum standards for races awarded on RRCA sanction.

It is hoped that runners will begin to look for the RRCA sanction as a guarantee of a well-run event.

In addition, when the RRCA begins to carry liability insurance for clubs, a sanction will be necessary to obtain the coverage.

It is equally important to spell out what these guidelines are not—

RRCA clubs are not required to sanction all of their events. It is possible a club may occasionally have an event, which for some reason they do not wish to sanction. That is okay, but that particular event could not carry RRCA insurance. A club may choose to sanction none of their races, although the national RRCA urges clubs to get the sanctions for most of their events.

RRCA sanctions are not punitive. Obviously no one gets in "trouble" for running (or putting on) a non-sanctioned race. The sanction is the RRCA "seal of approval".

## GUIDELINES

**Non-championship course accuracy:** Courses must be measured accurately. Preferably, the official RRCA certification process should be completed (in order for any records set on the course to be accepted, the process must be completed). It is recommended that no course be measured by an automobile. The method of measurement should be made clear on any entry blank or schedule.

**Entry fees:** Entry fees should be reasonable for what the runners will receive.

**Heat, weather, etc.:** Races held during the warm part of the year should be kept short and scheduled for the coolest part of the day.

**Medical assistance:** Race directors should provide adequate medical assistance for the size of the event. Small local races are urged to have a local hospital emergency room informed of the event and to take other appropriate measures. Larger events are encouraged to have on-site medical personnel.

**Facilities:** There must be an adequate number of toilets for both men and women. An indoor place for changing and showering is desirable, but not mandatory.

**Pre-race publicity:** Announcements about your race should accurately outline what the runners can expect—entry ceilings, awards, divisions, cut-off in recording time/finishers, fees, splits, aid stations, etc.

**Course marking:** Whenever possible, courses should be marked with directional arrows along the route with sentries at key points. The sentries should be well informed of their responsibilities.

**Traffic control:** The safety of the competitors from traffic is a primary concern. Whenever possible an attempt should be made to close roads for major races. Otherwise sentries should be informed of the need for traffic control.

**Aid stations:** Particularly during warm weather, aid stations should occur ever 2-3 miles in races over 5 miles in length. Water should be provided with an electrolyte replacement drink as an option. Wet sponges are recommended.

**Compiling results:** Each entrant should receive his/her time and finish place in races (fun runs excluded), in a reasonable time after the event. If, due to the size of the field, this is not possible, a large digital clock should be placed at the finish to enable finishers to record their times themselves. Furthermore, pre-race publicity should state how many times will be recorded.

**Divisions:** Men's, Women's, and Masters (over 40) divisions should be included (except in races specifically advertised as being held for one of these groups, i.e., an all women's race). Divisions into 10 or 5 year age groups should be left up to the discretion of the race director, depending on the number of competitors registered for each division, or expected to compete in each division.

**Splits:** Intermediate splits should be given to runners along the course. Splits at one mile and halfway are suggested.

**Awards:** Awards should be somewhat proportional to the entry fee and must be distributed among the age and sex categories advertised.

**Eligibility:** RRCA sanctioned races must be open to all RRCA members.

**Miscellaneous:** These following points are suggested: (a) Start on time. (b) Qualified race director for big races. (c) Full financial disclosure (books open for inspection). (d) Reliable finish line systems.

## KENTUCKY ONE-HOUR RUN

by Dick Robinson

July 20th marked the annual running of the RRCA One Hour Run at the University of Kentucky track.

The first issue of the MILEMARKER duly listed the event set to start at 7:30 p.m. sharp. Although the temperature was 95 degrees the faithful reader showed up. Crowd control was flawless. The official timer manned the watches. The lap counting team perched atop the finish line judging stand. All was ready.

The competitors milled about the starting line full of the usual big event nerves. Part of the field had just flown in from Washington, D.C. A large portion of the runners had travelled from such distant cities as Winchester and Nicholasville while a significant segment came from the northern part of the county.

The race was started, the runners ran, the timer timed, the counter counted, and here are the complete results:

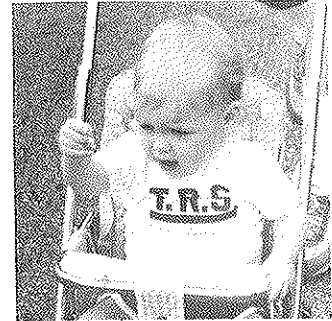
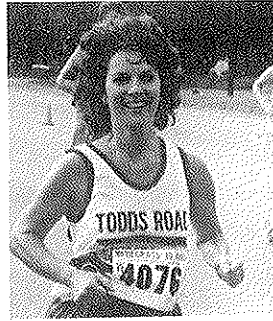
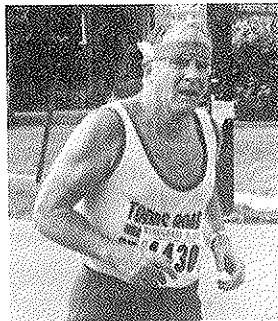
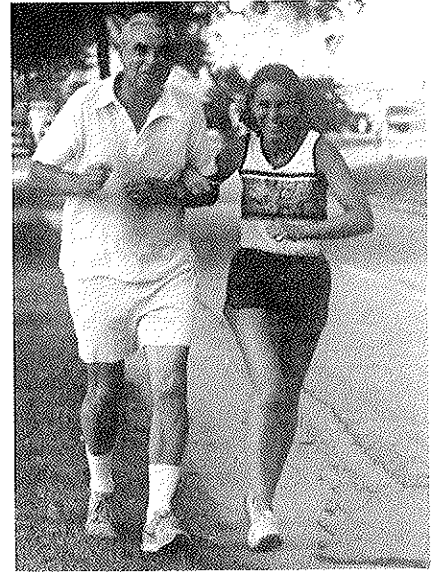
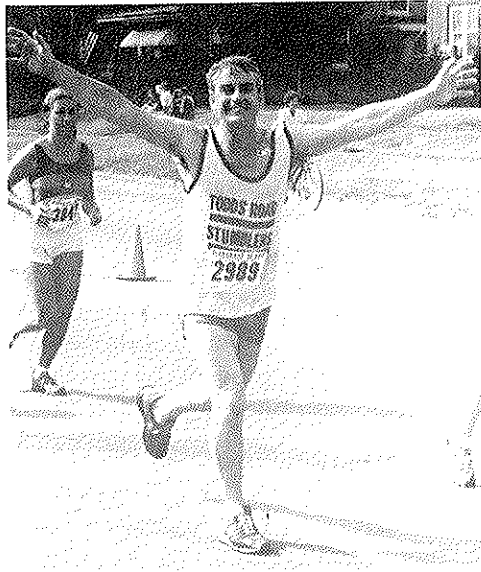
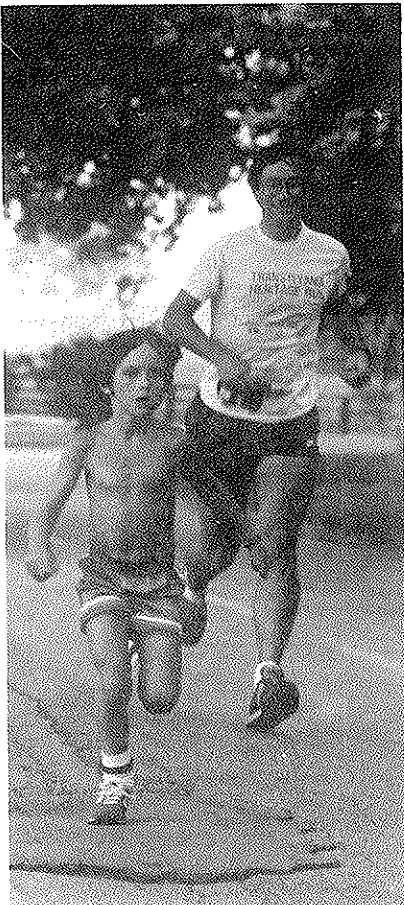
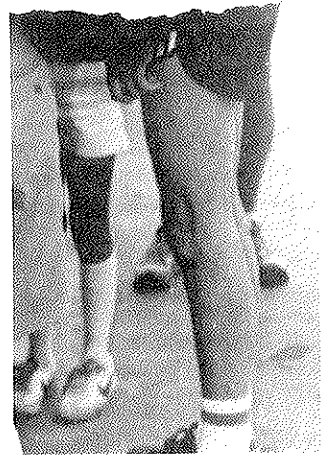
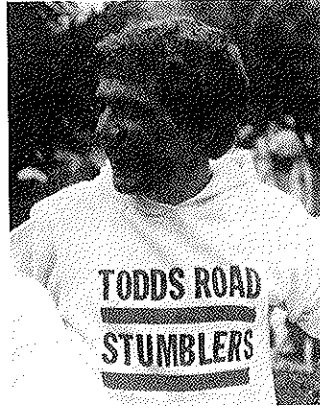
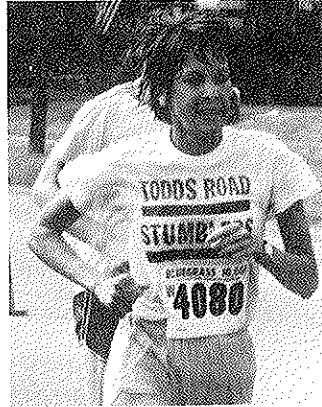
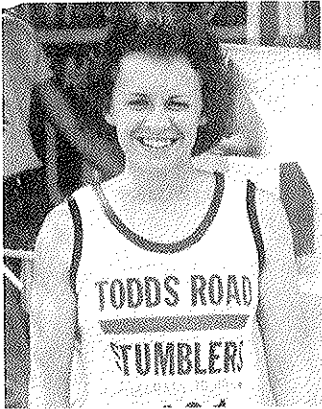
Overall winner - Cam Hubbard (Winchester), 10 miles, 1100 yards (a PR).

Women's division winner - Christie Robinson (north Fayette), 6 miles, 330 yards.

Men's under 40 winner - Mark Maloney (Nicholasville), 6 miles, 660 yards.

Men's over 40 winner - Dick Robinson (just off the plane), 7 miles, 1010 yards.

So what if the event had been called off due to the heat and air pollution? It still proved to be a good workout for all of the competitors and both of the observers.



photos by Jerry Stone and Camille Weber

NON-PROFIT ORG.

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

**BOARD OF DIRECTORS**

**President:** Jerry Stone  
**Vice President:** Dan Dusch  
**Secretary:** Cathy Fox  
**Members:** Don Coffman, Jim Bell,  
and Bill Matlack

**EDITORIAL COMMITTEE**

**Chairman:** Kenneth Pike  
**Race Schedules and Ratings:** Jerry Stone  
**Race Results:** Nick Nickell and John Carroll  
**General News:** John Fox, Suzanne Sanders,  
John Wisniewski, and Dan Seaver  
**Photography:** Jerry Stone and Camille Weber  
**Design and Production:** Camille Weber,  
Lillie Schweighardt, and Debbie Taylor

---

**MEMBERSHIP INFORMATION • TODDS ROAD STUMBLERS, INC.**

P.O. Box 223  
Lexington, Kentucky 40584

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_  
(last) (first) (mi)

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  MALE

PHONE \_\_\_\_\_ OCCUPATION \_\_\_\_\_  FEMALE

Are you interested in participating in club projects? (Please indicate)

Kentucky Relays (April)

MILEMARKER Newsletter

High School Crosscountry Championships  
(November)

Clubhouse duty (Saturdays)