

THE TODDS ROAD
milemarker
 Newsletter of the
 Todds Road Stumblers, Inc.
 Lexington, Kentucky

Number 20 Spring, 1988

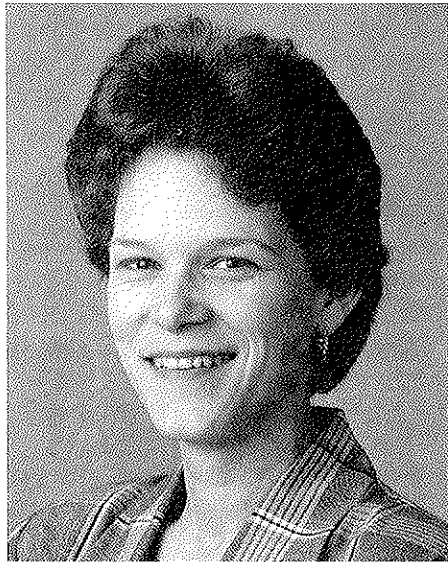


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AT THE STARTING LINE

by Ron Sanders and Dan Wells



Herald-Leader

Would you believe that the one person associated with all of the first nineteen issues of the Milemarker is a non-runner? Not just a non-runner, but a determined, dedicated, committed, talented, experienced, capable, hard-working, well-trained, twice-a-day, enthusiastic NON-RUNNER!

Ms. Debbie Taylor was recently promoted from John Carroll's secretary (yes, that's the Herald-Leader's John Carroll) to Training Coordinator. Until then she had provided the typesetting for almost five years of Milemarkers. She has typed stories about shin-splints, cross-training, carbo-loading, PR's, Morton's toe, and a host of interviews, all without the slightest inclination to put on her jogging togs and take to the back roads of central Kentucky.

Despite her lack of enthusiasm for sore legs, stress fractures, dog bites, and the many other joys of running, we have thoroughly enjoyed working with Debbie. She claims she gets any necessary exercise trying to keep up with her three sons; Bradley, 10, and the always active twins, Jason and Justin, 4.

We will miss working with Debbie. Her cooperation and professionalism were badly needed by an otherwise disorganized Milemarker staff. We wish her well in her new job and plan to keep in touch.

SPRING CLEAN-UP

Our annual (sort of) spring clean-up was held on March 19 after a one year absence. This event was held earlier than

usual since it is easier to clean up the trash before the weeds and grass start growing, and because there were races scheduled almost every Saturday in April. The day before the clean-up the weatherman was predicting 3 to 5 inches of snow, and I had visions of digging through the snow for beer cans. Fortunately, the weather was much better than predicted, and the clean-up went on as scheduled. Only part of the six-mile course was picked up, but we got the areas that needed it the most. Our informal survey shows that our litter bugs showed a wide variety of tastes in beer, including a surprising amount of imported beer. Ale-8 One was the soft drink of choice in its native county. I only wish the natives were as proud of their landscape as they are of their soft drink, and stop the littering. We would like to thank all of those who participated, especially Bob Maclin for coordinating things. This is a small way to improve our image in the Pine Grove area. We use their roads regularly, and most of the residents are quite tolerant of us. Our efforts also make the area more pleasant to run through.

KEN PIKE SAFETY LECTURE

The roads we run on at Todds Road are narrow with little or no shoulder, and it is important to use good sense when running on them. One problem that can be avoided easily is for the runner to stay on the same side of the road when a car is passing. I have been in groups when part of the group goes to the left and part to the right, forcing the driver to shoot the gap in the middle. This is always dangerous, particularly when two cars are approaching from opposite directions. There is also a problem when runners running the twelve mile course meet those running the six mile course. There is a natural tendency to stay on opposite sides of the road when passing. However this becomes dangerous when a car is approaching. Everyone needs to be alert to the dangers inherent when running on country roads, and make a conscious effort to reduce the risks as much as possible by staying on one side of the road and giving the cars the other.

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DOUGLAS GAY

by Alex G. Campbell, Jr.



Herald-Leader

a shed trying to keep dry in a pouring rainstorm. Mr. Gay stopped and asked if we would want to use an old tenant house on his farm for a meeting place. I gladly accepted and offered to pay him \$200/month rent. Knowing Stumblers was a nonprofit organization he made us an offer that couldn't be refused. We would pay \$100/month rent and he would make a \$100/month donation to TRS (therefore a nullifying transaction). We all pitched in and cleaned and painted the old tenant house, transforming it into our current clubhouse.

Unfortunately, Mr. Douglas Gay passed away March, 1988. Thanks to his kindness and generosity the Stumblers have enjoyed the use of the clubhouse for many years. Mr. Gay was a sweet and lovely person who will be greatly missed by all who knew him. ■

One Saturday morning years ago when Todds Road Stumblers was a fledging organization with less than 50 members, Mr. Gay came upon our group huddled under the porch roof of

GET TO KNOW JOE BINFORD

by Pennie Frazier

*"Boil that cabbage down, down,
bake them biscuits brown, brown..."*

Sings that down home country boy in his lovely tenor voice. He may accompany himself on a variety of instruments from banjo to piano. Hard to believe the owner of those vocal cords and nimble fingers, Joe Binford, has recently spent time living and studying the cultural history in such diverse places as Brazil and India. Indeed, this historian who received his doctorate from the University of Kentucky met his extremely talented wife Ann while "bumming about" in England. Seems he was a bit short of cash and turned up as an artist's model (No! Not nude - this is a family publication) in Ann's drawing class. She was rather taken with his "lovely yellow skin" and the rest, as they say, is history - (Ann reminds us that frequently artists marry their models, but generally the sexes are reversed.)

Now those of you at Todds Road who only know Joe as the guy who runs for the donut reward are missing a treat. This multi-talented man was the first person I met when I moved into our neighborhood nearly sixteen years ago. I liked him immediately.

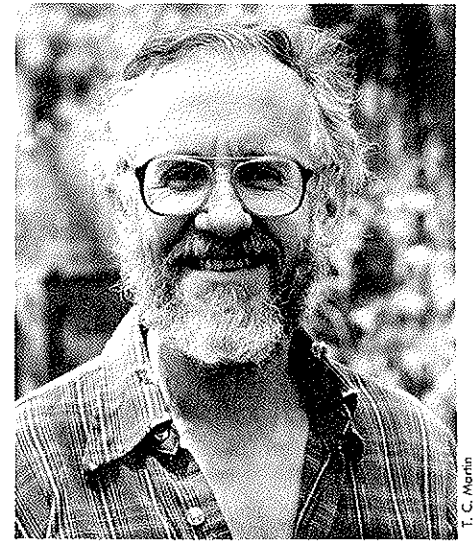
Joe and Ann Binford live in a fine old Victorian era house that they have renovated themselves. Their four children Joanna, Patrick, Kate and Liza have finished school and moved away leaving

their parents to boredom. Yeah. Two and a half years ago, after nearly a year of living in Mexico, they returned just in time for Ann to move to Chicago to finish a masters degree in fine arts. One of her pen and ink sketches hangs in my house - I wish I could afford a sculpture, too. Being program director of the history department at Transylvania University keeps Joe moving faster than his 10K PR pace and the Binford garden is a full time job as well.

If there's something Joe isn't good at, I haven't discovered it. He works on his car, cooks (makes a mean Minestrone) and is an all around great neighbor.

Back to the running aspect of Joe's life. He says he can't remember a time he didn't run. From high school (where he was a basketball player) to the present he has always run to stay in shape and to use up his excess energy. About eight years ago, he began to (what he calls) run systematically. Joe has a downtown run of between six and seven very diverse miles but his favorite spot to run is at Todd's Road with the surrounding country lanes.

Joe's goals in running have changed as have those of many of us. Once he wanted to break forty minutes in a 10K. Now, he feels he could do this with intense training which would probably be injury producing and since another goal is to remain injury free he isn't willing to take



that chance. Keeping in shape and running his 10K races in the mid forty minute range are more important to him now.

This summer we won't see much of Joe as he has been chosen one of twelve people to attend the National Endowment for Humanities' Summer Seminar in Virginia to study aspects of International Slavery with his emphasis on Latin America. Anyway - get to know Joe Binford - if you can catch up with him. ■

Editors Note: As we go to press, it has been announced that Joe Binford is one of the recipients of the prestigious Bingham Awards for teaching excellence at Transylvania University. Congratulations, Joe.

AT THE STARTING LINE (continued from page 2)

REPRISE OF DOUGHNUT DUTY LECTURE

We are still having problems getting people to sign up for doughnut duty. This is not a difficult job and it is not expecting too much to ask everyone to take a turn. All you have to do is get up a little earlier than usual to pick up the doughnuts, and unlock the clubhouse. The water is already in the coffee pot, so once you get to the clubhouse all you have to do is dump the coffee in the top, plug it in, and then get out the cups, cream, and sugar, etc. If everyone takes a turn, then no one has to do it more than once a year. Instead, it seems as though people wind up doing it about once a month. We may have to position one of our biggest and meanest Stumblers (Beth Argabrite comes to mind)

with a ruler between the coffee pot and doughnuts, and have her smack the hand of any regular runner who hasn't done doughnut in a year or more. So sign up now, or prepare yourself to face the wrath of Beth Argabrite.

RACE RESULTS

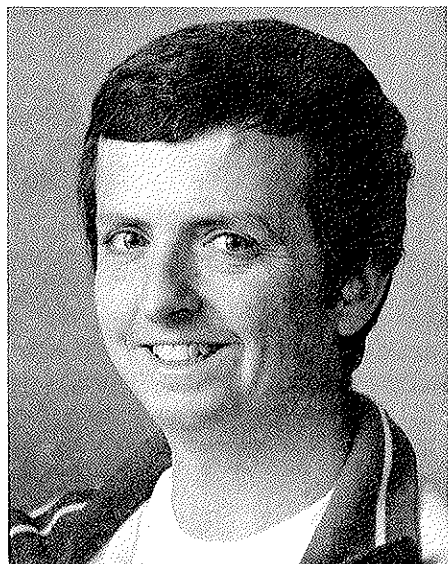
One of the most difficult and thankless jobs on the Milemarker staff is preparing race results. We sometimes hear complaints that the same people are mentioned in every race, others are overlooked, and that the results are reported late. Since I used to do race results, I am aware of the problems involved. To obtain the names of the Stumblers who participated in the race, you must match

the official race results with the Todds Road mailing list. This would not be too difficult for a small race and a small running club. However, Todds Road has over 1500 names on the members list, and matching this list to the race results in even a small race, much less a large race such as the Bluegrass 10,000 or the Midsummer's Night Run, is a difficult and tiresome task. We have tried to think of ways to recognize more people other than just those who are award winners. There is already a chart at the clubhouse to record PR's, and we will put up another one for race results. If you want a race result reported, you can write it down on the chart and we will try to recognize it in the next issue. You can also notify one of the people responsible for the race results. ■

GET TO KNOW MARK MALONEY

by David Jones

When most of us go to work in the morning, it's to an office building, factory or some other typical workplace. Not Mark Maloney. When he goes to work, he may go to the Los Angeles Coliseum, the finish line of the Boston Marathon or, he hopes, the Summer Olympics in Seoul, South Korea.



Herald-Leader

Mark, 36, is a sportswriter for the Lexington Herald-Leader and his primary beat is track and field. His "job" has taken him to the 1984 Summer Olympics in Los Angeles and the 1988 Winter Olympics in Calgary. In the past few years, he has covered the Boston Marathon, the Pan American Games, the World Indoor Track and Field Championships and dozens of local, state and regional events at all levels of competition.

It sounds glamorous and many times it is. So how did this slightly built, soft-spoken family man get this job? Well, it goes back to his own running career in college.

"I ran cross-country and track at (the University of) Akron," he said during a lunchtime interview at a downtown "sports bar." "I noticed that there wasn't much publicity about the team so I started writing about us for the college newspaper."

While spreading the word about his team's ups and downs, he got a degree in English and secondary education, finishing in 1973. After graduation, he applied for teaching positions as well as newspaper reporting jobs. As fate would have it, a reporting job came up first. He spent the next three and a half years as a do-it-all sportswriter for the Painesville, Ohio, Telegraph, a small daily. Although

he covered all sports at various levels --and still does, to some extent -- track and field was still a favorite topic.

After that came a brief stint at a daily in Anderson, S.C. He came to Lexington in 1977 as a sportswriter for the Lexington Herald, the pre-merger morning paper of the Herald-Leader Co. He has held various posts in the sports department, editing copy, writing headlines and covering events of all sorts. But since the merger of the morning Herald and the afternoon Leader, he has been able to spend more time on the track and field beat. He also spends much of his time covering high school basketball during the winter, and therein lies some of the less glamorous aspects of sportswriting.

In the two weeks prior to his interview with the Mile Marker, Mark covered more than 30 high school basketball games and had a few more to go. That will test your enthusiasm for a game.

Mark and his wife, Margie, have two sons -- Joey, 11 and Matt, 6. The family lives in Nicholasville, where Margie is a substitute teacher while working on a master's degree in elementary education at the University of Kentucky.

Mark's running in college not only led him to a career, it also led him to Margie.

"I met her in college because I was a lazy runner," he said. "The team was running through Firestone Park. Everything's named after a tire company in Akron. We were supposed to run a couple of miles to warm down and we came across a bridge over a creek and there were these three girls (Margie being one of them). We went on around and came back again and they were still there. We came around a third time and they were still there. We (he and Margie) went out

1988 FT. LOGAN 5K

by Phil McConathy

On a cool breezy Saturday, March 6, 1988 over 80 runners completed this hilly 5K in Stanford, Kentucky.

John Dickinson was the Men's Overall winner in 16:25, with Tim Bailey finishing second in 16:45 and Bob Carden coming in third in 16:46. Charlene Broadus was the Women's Overall Winner in 21:50, with Jenny Gilliam in second place in 22:05 and Christie Cornett finishing third in 22:33.

The Stumblers who won age group awards are listed below:

Name	Age Group	Time	Place
Bill Stofer	M 30-34	18:54	2nd
Dave Winters	M 40-44	17:10	1st
Phil McConathy	M 40-44	19:23	2nd
Joy Carden	F 50 plus	33:25	2nd ■

that night.

"But if we had done as we were supposed to, we shouldn't have stopped," he said.

If his running led to a career and a wife, did it do much for his running? "I really wasn't any good," he said. "And I'm not being modest. I did it for the fun."

He now runs 3-5 miles 3-4 day a week. Most of the time, he'll run around noon with some newspaper colleagues -- artists Chris Ware and Camille Weber, who are Stumblers themselves. While he spends much of his time trying to be precise and accurate about records, etc., he says that his personal record for a 10K is "42 something." The best he can ever remember running was 36 minutes flat for six miles during his college days.

Having observed track and field for several years, Mark says Lexington has a unique spot in the running world.

"The unique thing about Lexington and the Todds Road Stumblers is the mix of world-class runners (such as Mark Nenow) all the way down to the casual (you know who you are)," he said. "And they seem willing to mix together."

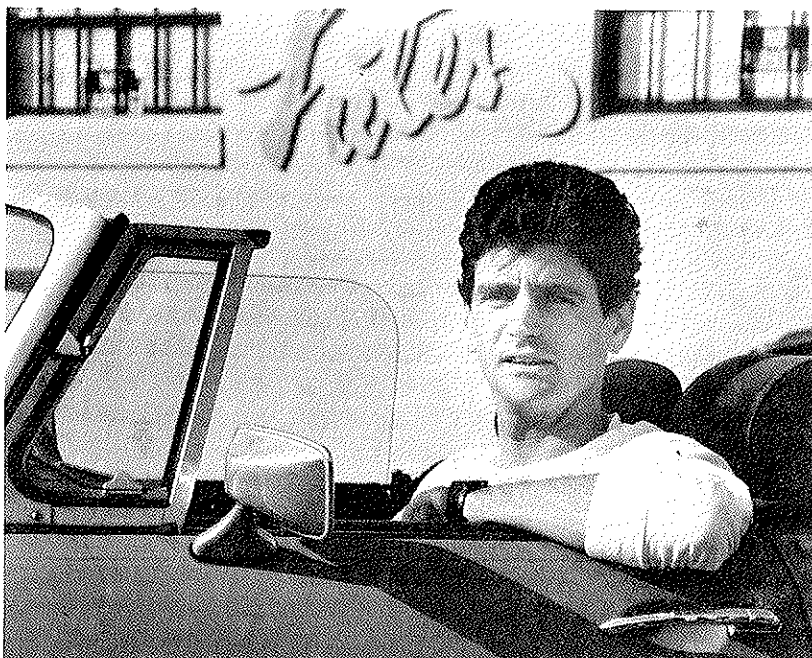
Like everyone else interested in track, Mark has begun to look ahead to the Summer Olympics in Seoul. He hopes he'll get the Olympic assignment again. Covering the Olympics is regarded as a plum among sportswriters. Few events have the same prestige or attract the attention that the Summer Games do. Credentials may be harder to get than they were in Los Angeles and Calgary, he said. But with some luck, while we're heading to our 9-to-5 jobs in September, Mark will be winging his way across the Pacific. Somebody had to do it. ■

GET TO KNOW MIKE RAFTERY AND DENNIS HADDAD

by Becky Reinhold

If you like fast eight to twelve mile runs, verbal abuse and physical punishment -we've got a great group for you.

Meet Dennis Haddad and Mike Raftery, two of a group that can number as many as ten, that are some of the fastest and funniest runners in Lexington. Most of you have probably seen Dennis at John's Running Shop where he began working part-time while completing his Masters Degree in Business. Dennis went to high school at Louisville's Ballard where he ran track and cross-country. He came to the University of Kentucky where he quit running and "got fat" until he became motivated in his senior year to lose weight through running. His first road race was the Transylvania run in 1981 where he ran a respectable 38.09 10K. Since finishing his Masters he has gone to full-time work at John's but is presently job-hunting for a "real job." Last spring and summer Dennis was training well and racing great - he can boast of PR's in the Crescent City 10K (32:59), the Louisville Mini-Marathon (1:13:16), and the Midsummer's Night 5K (15:52). Unfortunately his Achilles Tendon started acting up and he wound up sidelined this fall and winter. He says he put on 25 pounds in 7 weeks, earning him the nicknames "Bubba," and "Jabba the Hut" from



Mike Raftery

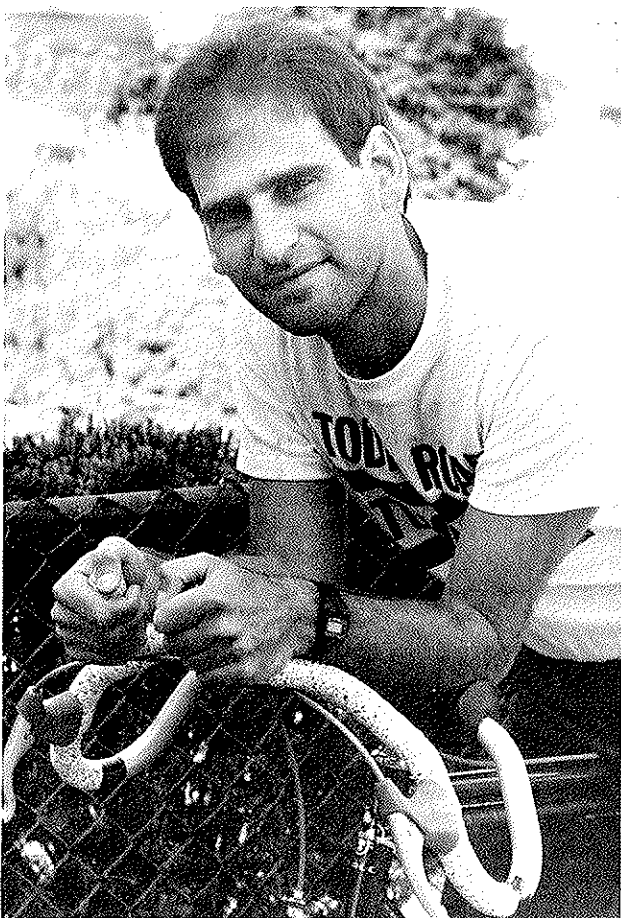
his running buddies. He's fully recovered now and is back on the streets once again, planning to run the Louisville-Mini again this year.

Mike Raftery began running a mile or two a day, ten years ago, to stay in shape for pick-up basketball games. He soon found that he enjoyed the running more than the basketball so he ventured out to Todds Road with the Stumbler "Ambassador" Nick Nickell. He already knew Phil Wheat and so the group got started. Every Saturday morning someone else would join them and liven the competitive nature of these guys every Todds Road training run turned into a race. The other "regulars" include Don Dusch, J.R. Miracle, Bill Olrich, Sam McNeil, Dave Schaufuss, Tim Back, and Richard Hopkins. Between the long hills and having to gear into "trim pace" when passing by girls, injuries seemed to be increasing, so now they often meet in town on Saturdays and Sundays so they can run a course with fewer hills.

Mike enjoys running not only for the physical benefits (he's one runner that never had a weight problem!), but for the social aspects as well. The group used to get together and go on race trips to Cincinnati, Dayton and Bowling Green, but this was before he married again a year and a half ago. His wife Debbie is a social worker in the maternity ward at the Med Center. Mike has three children from a previous marriage, ages 15, 14, and 13, who all live with him and Debbie. Mike is the purchasing manager for Fansteel, where he's worked for 15 years.

Mike enjoys the longer distance races more than 5K's. His PR for the 10K is 33:30 in the Bluegrass 10,000. He's run four marathons but never trained for one. He ran the Louisville Marathon in 2:55, running only 50 miles a week. His favorite race distance is the half-marathon, where his best time is 1:14:20.

Dennis and Mike warn that no matter how well you run in a particular race, you're not safe from verbal abuse. Either the course was too short (marked by John!), the tail wind must have been awesome, or all of the good runners were sick. If you happen to run a bad race you'll hear about it for days. However, they are quick to say it's all in fun, because if the group couldn't run together they probably wouldn't run at all. ■



Dennis Haddad

GET TO KNOW STAN BRIGGS

by Barb Cook

I entered another dimension when I walked into Stan Briggs's house. Instead of a Milemarker interview, it felt like a TV detective show -- you know the one where the private investigator goes to question the perfect couple. It was a lovely home in the suburbs with nothing out of place: pictures of two children - a boy and a girl; a cat who is never friendly yet insists on rubbing against my legs; a small fluffy dog who just had its teeth cleaned and even smelled good; a tall, dark, handsome son who came home from work at a hospital and politely introduced himself. Then the all important questioning scene: Stan seated on a comfortable couch and his glamorous blond wife Phyllis lounging in a chair by the fireplace. The two of them went on to describe a perfect life. I swear it was almost good enough to make me want to be conservative.

Stan and Phyllis will have been married 26 years this July. He claims he married her for her money, but I think not. She was warm and witty and provided some amusing stories to go along with Stan's facts. After all, he is an accountant so I didn't expect him to be too exciting.

Stan grew up in Ashland, Ohio. He's always been athletic and played basketball and baseball in high school. After graduation, he worked in a machine shop but realized he was going nowhere. He wanted to go to college and lacked sufficient funds so he joined the Army for a three-year hitch. He spent two of those years in Kitzingen, the home of Germany's largest airfield, as an air traffic controller. Stan loved his work but was anxious to get on with his life and when his time was up he returned to Ashland. He entered college and started his business studies with a major in accounting.

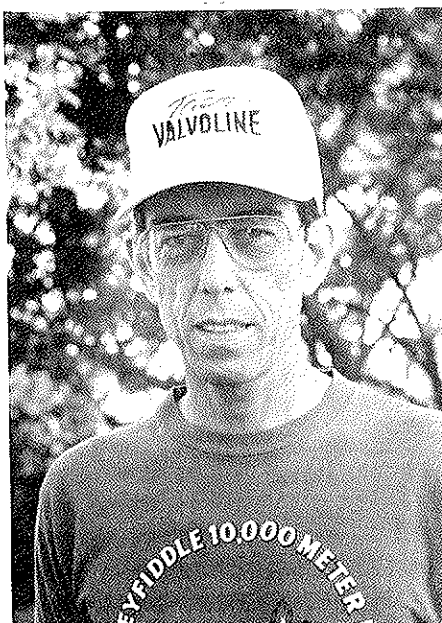
In his freshman year he met Phyllis in a bar in Sandusky. I was afraid to ask what they were both doing so far from school. It must have been love at first sight because they were married after that first year. His new bride strongly encouraged him to study and was influential in one of Stan's greatest college achievements -- graduation! He ended up with a BS in Business Administration. His other big accomplishment was lettering four years in cross country.

After graduation the Briggs didn't opt for suburbia immediately. Instead they

loaded up all their belongings in a VW beetle and left for California. Although they claimed to have been "sensible" as opposed to being "hippies," they only stayed a year. As it turns out they were evicted, but then so was everyone else in their 12 unit apartment complex -- for partying all night and every weekend. Stan tried to tell me they left because they were homesick. Let me tell you I've been gone from Ohio for eight years and I never missed it. I like the eviction story better. Anyway, a year later Phyllis and Stan loaded all their stuff back in the VW along with 2 additions: a parakeet and baby Julie.

They stayed in Ohio for several years after that - first in Mansfield, then Cleveland where Stan worked for Standard Oil of Ohio. While working at SOHIO, Stan earned his CPA which he claims was "as hard as graduating from college." The Briggs family, now with a son, moved to Ashland, Kentucky with Ashland Oil, then transferred to Lexington where Stan is the Director of Administration for Valvoline. He has worked his way up from the position of internal auditor which he took in 1976. He's now in charge of office secretaries, word processing and order entry billing for field offices across the country. He's directly in charge of 36 people and 40 more indirectly -- mostly women -- which he loves!

Phyllis is a career computer operator-merchandising. The handsome son from scene one, David, is a senior at Lafayette



and a "fair-weather walker." Julie is a junior at UK majoring in marketing and with an inclination towards drawing, drafting and architecture.

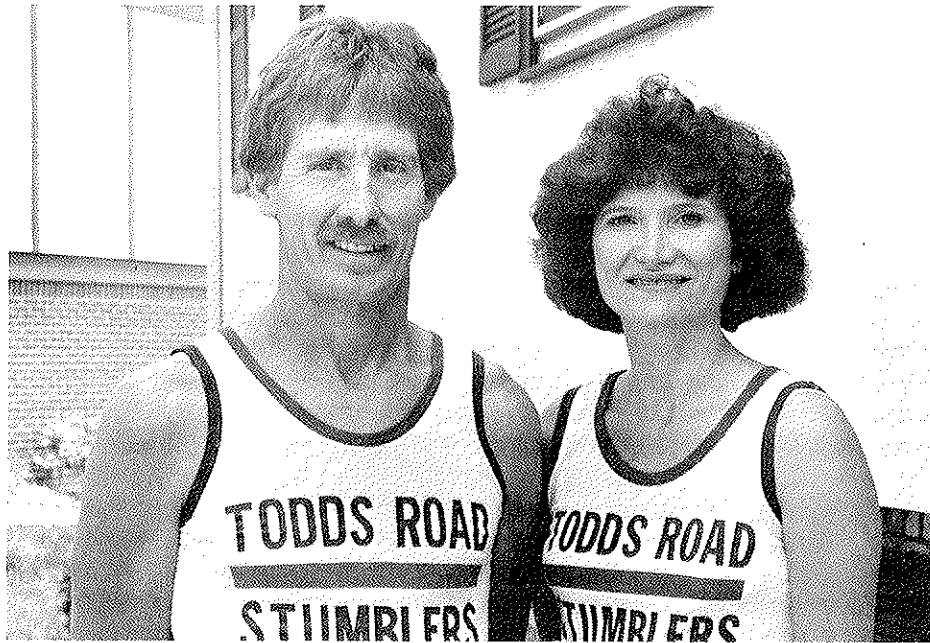
Stan sounds a lot like all the other guys who race "about as much as they can." He likes to work in the yard, especially his vegetable garden, drink beer and watch sports on TV. He doesn't own a bike and hates to swim. He's very competitive in his age group and favors the 5K distance for which his personal best is a 17:41. He runs about 42 miles a week and rarely takes a day off once going 390 days without a break.

Still nothing real different, right? Well remember, Stan is an accountant... Phyllis saved me from walking away wondering if all accountants are perfectly structured and organized. It turns out Stan isn't quite perfect, in fact he's very accident prone. His hobbies include such normal activities as sports and home improvement projects. When he begins either one, Phyllis get out the band aids. He's driven himself to the hospital after separating a shoulder in a softball game and had stitches in his tongue after a rousing session of basketball (dribbling too much, I wonder...) Recently he set a 3 foot metal level on a stepladder and the level fell off, pinning his little finger to the floor. "It hasn't been the same since." Stan's done everything from wiring to plumbing to plastering. He visits a chiropractor once a month and he and Phyllis take care of minor injuries at home. My favorite story had more to do with attitude improvement than home improvement. Seems Stan was trying to carry too many beer bottles between his fingers when one started to slip. He caught it, but smashed the rest, neatly slicing up both hands. Ever-ready Phyllis took one look, warmed up the car and took him for more stitches.

So you see, for an accountant, Stan's quite a cut-up. He's also as nice as a guy as I've met at Todd's Road -- a great runner and perfect family man. If you don't know him, run with him someday and listen to his stories -- he promises to "talk your ear off." Please don't distract him too much though as he could trip and fall. And for heavens sake don't ask him to help you with anything around the house! We'd like to keep Stan Briggs around a while longer. ■

GET TO KNOW JIM AND PAM BLACKWELL

by Pennie Frazier



T. C. Martin

Since it was my first interview, I was apprehensive, but Pam and Jim Blackwell quickly put me at ease with their open friendly manner.

In his family, physical fitness is considered a way of life. Both Pam and Jim enjoy a variety of activities including biking, snow and water skiing, aerobics and, of course, running. Jim proudly reports that Pam is the better skier... and she doesn't fall down. An interest in non-athletic activities such as craftwork was evident with Pam's intricate macrame wall hangings and Jim's black lacquered library table. Indeed, their home is enhanced greatly by their collection of oriental furnishings. Fun for them is renting a house boat on Laurel Lake or piloting their own boat. Now we know why Jim was a Navy man.

Both confess to a current lack of weekly mileage now, but they intend to get started back soon.

Jim's job at United L-N-Glass Company, where he oversees all the aspects of car windshield production with his computer driven robotic equipment, keeps him busy with 60 plus hour weeks. Relief is in sight, however, as Jim is currently training new personnel. Meanwhile, running and biking have to take a back seat, even though Jim is the proud possessor of a new Vetta trainer for his bike.

No less busy, Pam, who formerly used her masters degree in social work as a counselor for Comp Care, now does "a

little accounting" and a lot of childraising along with her other activities. Three year old Christa and six month old Scottie keep both parents occupied during their waking hours. Budding runner Christa, with her strawberry blond hair, stayed up from her nap to avoid missing anything important and fell asleep in her mothers lap smiling at me. Her dark-eyed brother Scottie, who seemed to me to possess rather advanced coordination for a baby his age, may be still yet another fine Blackwell athlete.

Jim, a high school high jumper who was forced to run a whole mile daily by his coach took up running for real in 1979 when he noticed that big, heavy people could run. Then, when he saw an ad for "Run Kentucky Run" (yeah, the one with the killer mud) he decided to do the two mile race. He won! Flushed with success, he decided he could do the 10K even though two miles was his longest previous distance. He entered with a friend and finished that race, too.

Pam's running beginnings were more gradual. Having always been involved in some sort of physical activity, Pam was quite fit. So, back in 1981, when Jim, whom she was then dating, suggested she run with him she was ready.

Her favorite race was her first BG 10,000. She wasn't sure about going that distance but the distractions (such as the couple who married while running) kept her mind occupied and she had a fun time

running it. Jim was less specific about his favorites - he likes them all - especially the Bowling Green Wendy's 10K, the Dayton Mini and, of course, the BG 10,000.

The Blackwells say their favorite spot to run is certainly at Todd's Road but most of their running is done in their neighborhood. Pam says it is the only totally harassment free area in Lexington in which she has run. Their East Lake neighborhood also provides them with company since Phil McConathy is close, and Phil and Ann Wheat are "the one mile marker."

When I asked them about their running goals, the Blackwells very different philosophies became apparent. Pam's goal is merely to get back into regular running to augment her fitness program. For her, running (even during early pregnancy) is a pleasant means to an end - physical fitness and good health. Jim runs for the competition which he enjoys very much. His average miles (about 20 a week) are far fewer than most runners of his ability put in. With his laid back training schedule he does quite well, not only in road racing, but biking and triathloning as well. His goals, he readily concedes, will require a long, tough, steady training period that is currently out of the question. He wants to win his age group in the BG 10,000, win a triathlon and win a biking competition in the Blue Grass State Games. Since he did the latter two year ago, it would seem he is well on his way.

This Ohio born woman and the Mississippi born, Lexington reared man with their diverse talents and interests certainly make a nice addition to our Kentucky running club. ■

LETTERS

We recently received a card from Walt and Phil Isaacs, who are living in Sacramento but still maintain their interest in Todds Road. They wanted to say hello to all of their friends at Todds Road, and report that they ran the Los Angeles Marathon on March 9. They wore their Todds Road shirts in the marathon and met several other people from Kentucky. ■

RUN USA

Now that warm weather and travel are here again it is time to revive Run USA. To refresh everyone's memory, the goal is to have a Stumbler run a race in every state (excluding Kentucky) plus Washington, D.C. To claim a state you must have run in a race of any distance in that state after the date Run U.S.A. started. The race information should be sent to TRS Milemarker, P.O. Box 223, Lexington, Kentucky 40584. Try to send us a picture of you in your Todds Road t-shirt for publication in the Milemarker, so that we can make you semi-famous. We are currently stuck on 32 states, and have 18 more to go. I am sure there have been Stumblers who have run races in some of the states that have not been claimed. We have members in many states, and surely

COVERBOY CULBERTSON

We have received many complaints about the frequent appearances of John "Coverboy" Culbertson on the cover of the Milemarker, and have been accused of showing favoritism. Nothing could be further from the truth, as we really don't like him all that much. However, we do feel sorry for him, and promised him that we would feature him on each cover until the ensuing publicity enabled him to finally get a date. Although he has still been unsuccessful, we have decided that we have done all that we can do, and promise not to have him on the cover in the near future. ■

TODD'S ROAD TRIVIA

Why is Martin Ginocchio called the friendly paper carrier? Maybe John Culbertson can give you the answer.

On the nine mile loop (about 4½ to 5 miles out), what object is stored in the building, with the three letter word inscribed on the side facing the road? By the way, the three letter word is very appropriate for this portion of the course.

Answers in the next issue. ■

STUMBLERS ON THE MOVE

by Judy Collins and
Beth Argabrite

Congratulations to Don and Jan Collins on the birth of their daughter, Emma Ruth, born April 11, weight 9 pounds, 13 ounces.

Congratulations also to Carson and Lida Evans on the birth of their son, Joseph Carson Evans III.

Bill Ettinger has a new job and has moved to Washington, D.C.

Phil Wheat has a new job with Toyota in Georgetown, Kentucky. ■

there are stumblers who have run in races while visiting states such as Georgia and Virginia on vacation or business. Instead of running a list of the states that have already been claimed, we are running a list of the unclaimed states. If you have run a race in one of these states let us know. If not, pick one out and go for it.

List of unclaimed states:

Alaska	Montana
Arizona	Nevada
Arkansas	New Mexico
Connecticut	North Dakota
Delaware	Oklahoma
Georgia	South Dakota
Hawaii	Virginia
Idaho	Wisconsin
Michigan	Wyoming ■

STOP THE HURT 5K

by Phil McConathy

This 5K race had over 150 finishers on this sunny, cool, windy Saturday on April 9, 1988 in Athens, Kentucky.

Dave Schaufuss was the Men's Overall Winner in 15:02, Donald Carbone was second Overall in 16:43 and John Friel was third in 16:58. Susan Stormzand was the female Overall Winner in 20:03, Marybeth Thomas in second place in 20:39 and Melissa Bergmann was third in 21:43.

The Stumblers who won age group awards are listed below:

NAME	AGE GROUP	TIME	PLACE
Janna Muccio	F 12 & under	25:30	1st
Jean Grotophorst	F 30 - 34	21:46	1st
Steve Coffman	M 35 - 39	17:37	1st
Dave Winters	M 40 - 44	17:06	1st
Bob Green	M 40 - 44	18:34	2nd
Don Hardwick	M 45 - 49	18:13	1st
Joyce Coffman	F 45 - 49	26:10	2nd
Robert Elsea	M 55 - 59	26:08	1st
Beth Argabrite	F 60 - 64	31:01	1st
Bill Ransford	M 60 - 64	28:48	2nd
Phyllis Jenness	F 65 plus	36:07	1st ■

RUNNING INJURIES

by Damien Howell, MS, RPT

When should you seek a health professional's services concerning a running injury? This question has been and will be faced by many at some point during their running career. If you are suffering from an injury and/or the associated mental depression, you should seek a professional's help when:

- the discomfort is getting progressively worse.
- the discomfort has plateaued at a level which is chronically affecting your performance.
- the discomfort is more frequent and/or is present while not running.
- the discomfort is at a level of three or higher on a scale of one (no pain) to ten (worst pain imaginable).
- attempts at self-treatment (i.e., new shoes, a change of surface or training, etc.) do not significantly improve the symptoms.
- the discomfort is causing you to compensate and develop additional injuries.
- the mental depression, denial or guilt you may be experiencing is identified to you by significant others.

Once you have decided to seek professional treatment concerning your running injury, the next decision is whom to see. In today's expanding field of sports medicine, there are many disciplines to choose from: orthopaedic surgeons, athletic trainers, podiatrists, physical therapists, chiropractors and others. Primarily you need to choose a qualified health care professional competent enough to recognize when a patient should be referred to a more appropriate person or profession. The competent health professional who evaluates and treats running injuries should:

- examine you with dynamic methods as well as static. You need to be examined while motionless, walking and running.
- provide you with a potential cause of the diagnosis.
- counsel you about methods of coping with possible withdrawal symptoms from not running if abstinence from running is prescribed.
- clearly explain how to prevent the injury from recurring.
- advise you on training modifications and prevent recurrence.

- Provide a multi-faceted treatment approach. Running injuries typically have multiple causative factors, and therefore varied treatment approaches.
- re-examine you after a therapeutic intervention and demonstrate to your satisfaction that the cause and/or injury had been adequately

addressed.

- offer alternative treatment approaches (including referral) if the first approach did not remedy the problem.

Article courtesy of Road Runners Club of America. Dr. Howell is chairman of the RRCA's sports medicine committee and in private practice of physical therapy in Richmond, Va. ■

RUN FOR THE CLOVER - HEART TROT 5K

by Stan Briggs

Over 600 runners competed in this 5,000-meter race in less than perfect weather conditions on Saturday morning, March 12, in downtown Lexington. Mother Nature provided some extra challenges for the runners via strong, gusty winds and, at times, some heavy rain.

Michael Snyder was the Men's Overall winner in 14:43, with Cam Hubbard finishing second in 14:44 and Eric Coffman nailing down third in 14:57. Lisa Travis won the Women's Overall trophy by posting a 17:58, while Ellen Hagerman took second in 18:11, and Becky Reinhold was third overall in 18:13.

The Stumblers who won age groups awards are listed below:

Name	Age Group	Time	
Christie Cornett	F 17-18	21:52	2nd
Judy Thomas	F 25-29	19:42	2nd
Mary Witt	F 25-29	21:18	3rd
Helen Dalton	F 35-39	24:06	2nd
Sue Winters	F 35-39	24:07	3rd
Suzanne Sanders	F 40-44	23:14	3rd
Susan Bradley-Cox	F 50-54	21:47	1st
Bob Carden	M 19-24	16:58	3rd
Mike Rafferty	M 35-39	16:40	1st
Steve Coffman	M 35-39	17:11	2nd
Don Coffman	M 40-44	15:32	1st
Frank Cornett	M 40-44	16:17	2nd
Dave Winters	M 40-44	16:39	3rd
Danny Place	M 45-49	17:34	1st
Stan Briggs	M 45-49	18:08	2nd
Ernie Perry	M 50-54	19:51	3rd
Robert Elsea	M 55-59	26:24	3rd ■

RACE SCHEDULE

by Bob Maclin

As Jimmy Durante used to say, "Everybody wants to get into the act!" You can now find a race or run for almost any reason... "fundraisers," all worthwhile in raising funds for worthy causes. Most of these races are not planned or announced early enough to be listed in the Milemarker prior to our press deadline. You will find

many of the traditional and classic races listed. Chart your course, train, have a good run, and a good time.

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

MAY

- 5 - G.E. Goodlife Gallop 10K, Louisville, KY, Gil Clark, Box 36452, Louisville, KY. 40233, 502/459-5606
- 14 - Hardee 10K, Richmond, KY, John's Running Shop, 321 S. Ashland Ave., Lexington, KY. 40502
- 14 - Corporate Cup 10K, Lexington, KY, John's Running Shop, 321 S. Ashland Ave., Lexington, KY. 40502
- ? - Run For Life 5K and 10K, Cynthiana, KY, John's Running Shop, 321 S. Ashland Ave., Lexington, KY. 40502
- 15 - Bay to Breakers 10K, San Francisco, CA, 415/777-7773
- 21 - Suggins Fun Run 5K, Lexington, KY, John's Running Shop, 321 S. Ashland Ave., Lexington, KY. 40502
- 21 - GE Good Life Gallop 10K, Appliance Park, Louisville, KY. Metro Parks
- 27 - 500 Mini Marathon, Indianapolis, IN, Runners Forum
- 28 - Run for Berries 10K, Starlight, IN
- 28 - Capitol Classic 10K, Frankfort, KY CLS Sports 502/695-1622
- 28 - Expo 10,000, Knoxville, TN, Allan Morgan 615/522-5881
- 30 - L'eggs Mini Marathon, New York 212/860-4455 (for women only) One of the top races for women
- 30 - Cotton Row 10K, Huntsville, AL, 205/881-8507

JUNE

- 11 - Peewee Valley 4 Mile, Peewee Valley, Ken Combs, 502/895-3410
- 11 - Grandmaw's Marathon, Duluth, MN, 218/727-0947
- 11 - 2nd Annual Tennessee Masters Track and Field Championships, Knoxville, TN 615/483-7743 or 615/524-5040
- 23 - Redbirds 5K, Louisville Fairgrounds, Louisville, KY, Ken Combs Running Shop, 502/895-3410

JULY

- 4 - Firecracker 5, Louisville, KY, Mason-Dixon
- 4 - Bluegrass 10,000, Lexington, KY, Parks and Recreation Dept., City of Lexington, 545 N. Upper St., Lexington, KY. 40507
- 4 - Peachtree 10K, Atlanta, Ga, 404/231-9064
- 8 - Couples Run, Louisville, KY 502/454-0519
- 15 - Oldham County Festival 5K, La Grange, KY

AUGUST

- 12 - Run for the Hogs 1.8 Mi, Butchertown, Louisville, KY 502/454-0519
- 20 - Mid Summer Night's 5K, Lexington, KY, John's Running Shop, 321 S. Ashland Ave., Lexington, KY. 40502
- 20 - Maggie Valley 5 Mile, Maggie Valley, SC 706/926-1686
- 21 - Wilderness Road 5K, London, KY, Frank Cornett, 212 McWhorter St., London, KY 40741, 606/864-7455
- 26 - Midnight Chase 4.66 Miles, Louisville, KY, Metro Parks, Louisville, KY
- 27 - Daniel Boone 10K, Winchester, KY, John's Running Shop, 321 S. Ashland Ave., Lexington, KY 40502

RACE SCHEDULE

SEPTEMBER

- 5 - Great Race, Nashville, TN, Nashville Striders, Nashville, TN
- 7 - Snitzelbrug Blitz 3K, Louisville, KY, 502/454-0519
- 10 - United Way 10K, Churchill Downs, Louisville, KY, Metro Parks
- 10 - Steamboat 10K, Jeffersonville, IN
- 14 - Gaslight 5 Mile, Jeffersontown, Louisville, KY, Metro Parks
- 16-17 - Corporate Cup, Jeffersontown, Louisville, KY, Metro Parks
- 18 - McNeely Lake, Louisville, KY, 502/454-0519
- 24 - St. Matthews Indian Summer Great Race, Louisville, KY, Ken Combs Running Shop, 502/895-3410

OCTOBER

- 2 - Perryville 5K, Perryville, KY
- 5 - Audubon Park 5K, Louisville, KY, Metro Parks
- 8 - River Banks 10K, Louisville, KY, Metro Parks
- 15 - Tank Trail 10K, Ft. Knox, KY
- 30 - America's Marathon, Chicago, IL, 312/951-0660

NOVEMBER

- 5 - Wendy's 10K Classic, Bowling Green, KY 502/781-2834
- 6 - New York Marathon, New York, NY
- 6 - Columbus Marathon, Columbus, OH
- 6 - Marine Corps Marathon, Washington, D.C. 703/640-2225
- 13 - Metro Marathon, Louisville, KY, Metro Parks
- 19 - Old Louisville 500, Louisville, KY, 502/454-0519
- 24 - YMCA Turkey Day, Louisville, KY YMCA
- 24 - Thanksgiving Day 10K, Covington-Cincinnati 513/321-3006
- 24 - Iroquois Turkey Run, Louisville, KY, Iroquois Hill Runners

DECEMBER

- 3 - 50 Miler, Louisville, KY 502/454-0519
- 3 - Jinglebell Chase, Louisville, KY, Ken Combs 502/895-3410
- 10 - Life Begins at 40, Louisville, KY, 502/454-0519
- 10 - Rocket City Marathon, Huntsville, AL, 205/881-9077 (Limit, 1st 1500 runners)
- 11 - Honolulu Marathon, Honolulu, Hawaii, 808/737-7200
- 31 - New Year's Eve Run, Todds Road Stumblers Clubhouse 11:30 p.m., Lexington, KY

JANUARY

- 1 - Hangover Classic, Louisville, KY, Donna Preher, 502/454-0519

Todd's Road Stumblers, Inc

milemarker

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COTTONTAIL CLASSIC 5K

by Stan Briggs

The first Cottontail Classic 5K was held at the Kentucky State Horse Park on Saturday, April 2nd, for the benefit of the Central Kentucky Riding for the Handicapped. The up and down course proved very challenging, as many of the times will attest. This definitely was not a "short" course!

David Keys led all the way to win the men's division in 15:43, while Kathy Blankenship posted an 18:54 as the first female finisher. Bill Sampson was runner-up to Keys in 16:09 and Frank Cornett was third in 16:46. Ellen Hagerman was second for the women in 19:14, with Kimberli Forester-Atkins taking third with a time of 19:49.

The Stumblers who won age group awards are listed below:

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Christie Cornett	F 17-19	22:15	1st
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Dick Jeffries	M 40-44	20:08	3rd
Stan Briggs	M 45-49	18:48	1st