

THE TODDS ROAD

millemarker

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

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HOMECOMING 1988 AND NAME YOUR PACE RACE

Despite the relatively short notice, the 1987 Homecoming was a success that was enjoyed by those in attendance. We are going to try to build on that success and make this year's homecoming even bigger and better. Homecoming this year will be held on October 22. We have tried to avoid a conflict with any local races, and tried to pick a date before the weather gets cold. Keeneland will be open and there is a home football game that night, so there are a lot of reasons for out-of-town Stumblers to return for a visit. Please encourage all the Stumblers you know to attend, as we want to see as many familiar faces as possible.

As a part of the homecoming we plan to have a Name Your Pace Race. This event is a race in name only, as the object is not to cross the finish as fast as possible, but rather as "timely" as possible. This is planned to be low key, so there will not be many rules. Every participant will be asked to predict his/her running time for the six mile course, and write this down on either a card or board that will be provided. All runners will start at the same time and are expected to run/walk the six mile course. We will probably have to start at the parking lot of the post office since Todds Road is narrow with almost no shoulder at the starting line, and there is not enough room to start everyone at the same time. No one is permitted to have a watch or pacer during the run, and anyone who has one will be disqualified. Obviously no splits will be provided and it is doubtful if there will be any water stops. The run will finish at the clubhouse instead of the usual finish line, and there will be a clock with the time elapsed since the start. As they finish each runner will be asked to check the time and write it down on their card or the board. We will be operating on the honor system, and your running buddies probably wouldn't let you get away with any cheating anyway. We will check the projected time against the actual time to determine who is the closest. We will try to provide some sort of award for the winner (or winners). There will be no age or sex divisions since everyone will have an equal chance. This is a rare chance for the average and slower runners

(we know who we are) to compete on an equal footing with the faster runners. We haven't worked out all the details yet, and are receptive to any constructive suggestions. One problem is that we will have to set a time limit so that we can announce a winner before people begin to leave. This could be a problem for walkers, and we may have to start them early. Again, this is a fun event and there is no fee for participating. It's not necessary to run in the race to participate in Homecoming 1988, and we strongly encourage everyone to attend whether or not they are still running.

EIGHT O'CLOCK START

In past issues we have urged the six mile course runners to wait until 8:00 to start their run. This not only adds to the camaraderie, but encourages the new runners who are at Todds Road for the first time. More than five years ago when I ran the first time at Todds Road there were around 50 people who started running together at 8:00. Although the group spread out almost immediately, there were always other runners in sight, and there was a sense of being part of a club. This summer there have seldom been more than seven or eight people starting at eight, and on one occasion I was the only one. Now that the weather is cooler I hope that those who start early to avoid the heat will wait until eight to start their run. I think we ought to consider moving the six mile starting time to 7:30 next summer, since this is the time most people are starting anyway. This would afford new runners the opportunity to meet other members of the club and have someone to run with, as well as recapturing some of the old Todds Road Stumbler spirit.

500 MILE CLUB

The 500 Mile Club continues to grow. We reported in our last issue that Harlan Peden reached 500 miles on January 16, 1988. We didn't know at the time that two more Stumblers, Nelson and Chere Leonard, made it to 500 miles the same day. Although they are not the first couple in the 500 Mile Club, to the best of my knowledge they are the first couple joining the same day. Two more members joined this summer, Joan Fowler on July 2,



Larry Steur, training for NY 1988, and Larry Steur on July 30, 1988. Larry is currently training for the New York Marathon, and I understand that he ran 18 miles that day. Congratulations to Nelson, Chere, Joan and Larry.

I was recently asked whether someone can go back and record miles previously run at Todds Road as long as the runner had kept a running journal and knows the dates and miles run. I see no reason why this can't be done. The 500 Mile Club is done on the honor system, and everyone is assumed to have run the miles claimed. This should not affect too many people, since the only runners I know have a journal of all the miles, dates, locations, weather conditions, clothing worn, and moon phases, are engineers, and there are a limited number of them at Todds Road.

A few people have reached 500 miles, quietly written this down on the plaque, and gone home unnoticed. Please let everyone know when you reach 500 miles. This is something to be proud of and you deserve recognition.

THE MILEMARKER'S LOSS

The Milemarker staff has lost one of its most dedicated and long-serving members. Bob Maclin will no longer be doing the race schedule, as he has decided to take a well-deserved rest. We all owe Bob our thanks for the many hours he has spent working on the race schedule. Bob always did an excellent job, and we always had the most complete race schedule found in any newsletter. Bob's place is being filled by Sean Boonpracong, who I'm sure will continue Bob's excellent tradition. Bob is taking the lead in the Name Your Pace Race for Homecoming 1988, and as you can see, plans to continue to be active in Todds Road affairs. ■

BLUEGRASS 10,000

by Phil McConathy

On a hot and humid July 4, 3373 runners started this popular and challenging 10K in downtown Lexington. The overall winner was Michael Snyder in 30:56, Dave Schaufuss was second in 31:14 and Cam Hubbard was third in 31:41. The top three females were Kristy Orre in 35:49, Bev Yancey in 37:17, and Lisa Travis in 37:46. Other Stumblers who were in the top three in their respective age groups are as follows:

NAME	TIME & PLACE	AGE GROUP
MALE		
Pierre Robinette	45:16 1st	12 & under
Dave Schaufuss	31:14 2nd	25-29
Cam Hubbard	31:41 3rd	25-29
Duane Gastin	32:54 1st	35-39
Mike Raftery	34:36 3rd	35-39
Frank Cornett	33:02 1st	40-44
William Smith II	34:20 2nd	40-44
David Winters	34:37 3rd	40-44
Don Coffman	32:16 1st	45-49
Danny Place	36:48 2nd	45-49
Don Hardwick	37:22 3rd	45-49
Ralph Miller	40:02 3rd	50-54
Dwight Price	39:40 2nd	55-59
Bob Maclin	51:41 1st	65-69

FEMALE

Mary Witt	38:25 2nd	25-29
Becky Reinhold	38:15 1st	30-34
Ellen Hagerman	38:19 2nd	30-34
Lou Sievers	43:15 2nd	35-39
Susan Bradley-Cox	45:21 1st	50-54
Beth Argabrite	1:04:05 2nd	60-64
Phyllis Jenness	1:20:38 2nd	65-69

MOREHEAD FIVE MILE CLASSIC

Phil McConathy

This very fast five mile race had 211 finishers in Morehead, KY on June 25, 1988. The weather was hot and humid. The top three overall finishers were Lonnie Adkins in 25:21, Tim Back in 25:38 and Larry Stronge in 25:51. The Stumblers who won age group awards are as follows:

NAME	TIME & PLACE	AGE GROUP
MALE		
William Smith	26:56 2nd	40-44
Mike Raftery	27:22 4th	35-39
David Winters	27:36 3rd	40-44
Phil Wheat	29:32 5th	40-44
Don Hardwick	29:45 1st	45-49
Danny Place	29:56 2nd	45-49
Larry Hills	30:51 3rd	45-49
Dwight Price	31:49 1st	55-59
John Sensinig	33:25 3rd	50-54
Pierre Robinette	37:36 1st	12 & under
Harry Campbell	51:37 1st	60 & over
FEMALE		
Mary Nagle	37:46 1st	45-49
Sue Winters	39:49 4th	35-39
Janna Muccio	43:39 1st	12 & under

FOOT PROBLEMS

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

The sheer nature of running for exercise makes us prone to toenail injuries. This article will give tips on proper nail care and review common abnormalities.

Toenails are a non-functional part of the human anatomy. They are an evolutionary throwback to claws. They are not necessary for protecting the ends of the toes. Most toe problems come from direct injury to the nail area, improper cutting of the nails, or ill-fitting shoes.

Prevention of nail deformities in runners means a good fitting shoe. There should be a thumb's width of distance from the longest toe to the end of the shoe. Avoid shoes that have pointed toes. You should be able to wiggle your toes freely while standing in your running shoes.

Proper cutting of toenails is important. They should be cut straight across with the edges grown freely away from the flesh. Ingrown toenails should be allowed to grow out. If this is not possible due to pain and inflammation, your podiatrist can easily correct the problem permanently. Thickened or deformed toenails can also be corrected permanently if they are causing pain due to shoe pressure.

"Runner's toe" is a bluish discoloration of the toenail (usually the second toe) due to trauma while running or racing. The pain and discoloration is due to the pressure of a hematoma (blood clot) trapped under the nail. Usually the problem is self-limiting but relief may be obtained if the hematoma is drained. Again, ill-fitting shoes are usually the culprit.

Medical treatment for toenail problems should be obtained if there are repetitive episodes of the same problem or on the first notice of drainage or infection.

This is the last in a series of three articles on foot problems by Dr. Ambroziak. ■

GET TO KNOW BILL HARSHBARGER

by David Jones

You may not know the name, Bill Harshbarger, a long-time Todds Road Stumbler. But you probably know his style - of running, this is.

"I have an odd running style," he said with a smile. "A lot of people kid me about it. And fellow Stumbler Phil Wheat kids me about it more than other people."

He declined to give a demonstration of his style during an interview at his Lexington home. But he described it thusly: "It looks like somebody getting ready to long jump." Others have said he seems to be jabbing the air with his elbows.

However you want to describe it, it works for him. Bill is one of the more accomplished runners associated with Todds Road. His fireplace mantle is covered with trophies from many 10Ks and other races. He has run in a number of marathons. His best time for a marathon is 2:46:26, which he ran in 1984 in Louisville. He also ran in the Boston Marathon and the New York Marathon.

Maybe his best effort ever came in the 1987 New York Marathon, he said.

"I had a stress fracture and had a bone removed from my foot in August and I ran the marathon in November," he explained. "I had a 3:06 and I'm pretty proud of that."

Other personal records include a 1:16:16 in a mini-marathon and 34:36 in a 10K.

He hopes to pick up a few more trophies in the next few years.

"I'll be 40 in September and I never thought I'd say it, but I'm kind of looking forward to it," he said. "I'll move up to a new age group. Hopefully, I'll be able to qualify for the Iron Man."

The Iron Man is the granddaddy of triathlons - a 2.5-mile swim, 112-mile bike race and a marathon - held in Hawaii. He said he has been concentrating on triathlon competition in recent years more than he has on road racing. He was training for a triathlon in Oak Ridge, Tennessee in late August - working out twice a day: Swim and run one day, bike and run the next. It added up to 55 miles of running, 100 miles of bike riding and 1.5 miles of swimming each week. He said he had to increase his work on the bike and in the pool.

"I enjoy swimming the least," he added. "It's boring."

During part of the interview, Bill was sitting beside his backyard pool, wearing a New York Marathon T-shirt, shorts and running shoes. He looked every bit an athlete, very slim. But, he said, he didn't always look that way.

He has been running for about 11 years. Before that, he said, "I was strictly a couch potato and I had smoked since I was 13."

But his insurance agent, fellow Stumbler Bill Alley, was training to run in a Bluegrass 10,000. "I said, 'If he can do it, I can do it,'" he recalled. He began training out behind his house on a dirt path, which is now Man O War Boulevard. He must have trained well because his time in his first Bluegrass was a little more than 38 minutes, not bad for a recently reformed couch potato.

When he's not training these days, he's working for the CSX railroad at the company's yards near Ashland. He had been a switchman for the railroad for 16 years,

beginning in Lexington.

He also spends time with his family - wife Carol and daughters Julie, 16 and Laurie, 13. The girls have been involved in competitive swimming and Laurie is now involved in gymnastics.

Bill said he makes it out to Todds Road about once a month now. He said it has been an important part of his life.

"If it hadn't been for Todds Road, a lot of people wouldn't be running today," he said.

If you run into Bill out at Todds Road again soon, you might not recognize him. He said he's trying to change.

"I have really, really been working hard on correcting my form," he said, grinning. "And the next time you see me, I'll be a different person."

And, he added: "Everybody ought to get a kick out of that." ■

ANDERSON COUNTY 5K

By William Stofer

Some 200 runners ventured down to Lawrenceburg to compete in the 8th annual Anderson County 5000 Meter Run. Randy Crist, race director, and sponsors (Pro Athletic - McDonalds) have provided runners a very well run race with hassle free enjoyment, discount certificates and food. Despite the heat and humidity there were some good performances. Sidney Duncan, Morehead, finished first in 15:29 with Bill Olrich, Jr. coming in second with 15:33. Robert Whelan was third overall with a time of 15:38. Bev Lewis Yancy was first woman with a course record of 17:58 breaking her past time of 18:13. Brenda Woods finished second with 19:41, and Debbie Biddle was third in at 20:01.

Congratulations to all runners, Stumbler age group winners below:

NAME	PLACE	TIME	NAME	PLACE	TIME
Robert Whelan	3rd overall	15:38	Jim Sharp	2nd 40-44	17:30
Angela Murphy	2nd 30-34	21:28	Don Hardwick	1st 45-49	17:57
Mary Nagle	2nd 40-49	23:55	Danny Place	2nd 45-49	18:33
Ramona Wollums	3rd 40-49	24:31	Larry Hills	3rd 45-49	19:00
Jim Greenwood	3rd 30-34	16:55	John Sensinig	1st 50-54	19:34

GET TO KNOW GREG POWELL

by Becky Reinhold

The song "Chariots of Fire" has inspired many of us to go the distance during one race or another, but the movie is the reason that one of our fellow Stumblers, Greg Powell, put on running shoes and took to the roads in 1983. After seeing Chariots of Fire at the \$1.00 matinee one Saturday afternoon Greg came out of the movie and went straight out to buy a pair of Nikes. He began by running and walking 2 miles, running until he was winded, then walking until he recovered. Greg first visited Todds Road with his sister-in-law Mary Kemper, and Carol Mills, and was left "gasping" after running the hills. Since his early running days Greg can boast of breaking the elusive 40:00 10K, running the Louisville Mini-Marathon four times, and making the 500 mile club at Todds Road.

"Sub 40 by 40" was his motto in 1986. It seemed like an attainable goal until he stepped on a dog bone, turned his ankle and fractured his foot while running on Cooper Drive one afternoon. The dog bone sits on a shelf in his office as a reminder of his 2 month forced layoff and as a good reason for his new motto, "sub 40 while 40". After a good spring racing season Greg injured his knee in a race in Gatlinburg last June and didn't meet his goal in 1987. There is a happy ending to this story - this year in Cynthiana Greg ran a 39:36 10K, finally meeting and exceeding his goal!

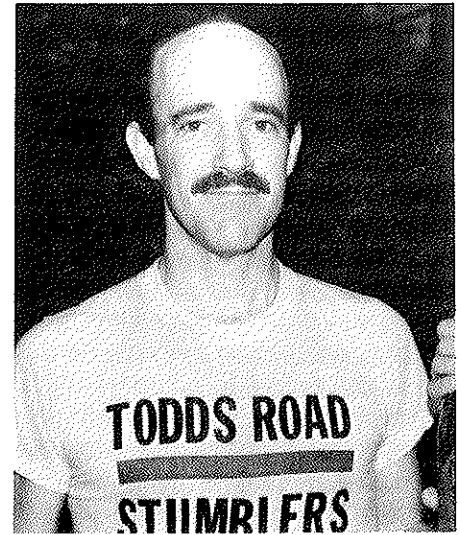
Greg also enjoys and competes well at longer distances as evidenced by the completion of four Louisville Mini-Marathons and a PR of 1:34:08. In February 1987 when he knew he was going to finish the 500 miles at Todds Road he invited Mary and Carol back out to run with him, making it a memorial run with the two runners who got him started at Todds Road. These days he often meets Nick Nickell, Tommy Glover, and Bill Mallory for an "easy" nine mile run at Todds on Saturday mornings. He thanks Nick for encouraging him along, running his pace and generally being an "inspiration to him."

Greg was born in New York and moved to Lexington in 1957 with the IBM invasion. He went to Lexington Catholic then on to UK where he graduated in 1969 with a degree in sociology. In January of 1970 he began working as a pro-

bation officer with the Juvenile Court. He has been there since that time but now holds the position of Director. The Juvenile Court is responsible for seeing every child under the age of 18 years of age charged with an offense in Fayette County. Approximately 4000 kids a year are processed through Juvenile Court. He feels one of the primary goals of his staff is to try to teach the children responsibility and to hold them accountable for what they do as individuals.

Greg's family consists of his wife, Peggy, and two daughters, Megan and Annie. Peggy is a tutor at Dixie Elementary and is also a runner, although not as avid as Greg. Megan is 18 and going to Marquette University this fall. (Dad wishes she were going to be closer to home!) Annie is 9 and has changed her aspirations from basketball player last year to jockey this year!

Greg only runs 3-4 times a week but



doesn't like anything to interfere with his running time. My new Motto for Greg may require he add another 2 days per week of running but he's got 2 years to achieve this goal - "Under 3 at 43" -sounds like marathon time to me! ■

REMEMBRANCE RUN

By William Stofer

The second annual Remembrance Run was held Memorial Day in downtown Lexington where some 700 runners and walkers participated. This was a new location for this race since last years was held at Masterson Station Park. The race sponsors were happy with the turn out and support the event generated. The overall winner was Bill Olich, Jr. in at 15:59, with Jim Grisso 2nd at 16:20 and John Dickinson 3rd with 16:21. The ladies overall winner was Becky Reinhold in a blazing fast time of 18:30. Followed by Debbie Biddle in at 19:10 and Tandy Patrick taking 3rd with 20:24. David Hartsek finished 1st in the wheelchair in at 16:21.

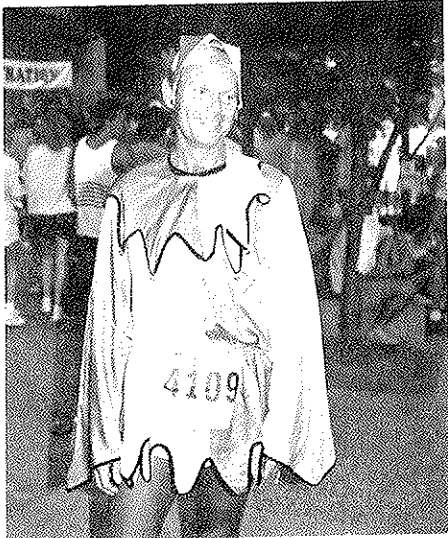
The times all runners received on race day were all 40 seconds long due to inaccurate placement of turn around personnel. Did John Sensinig run this race too? HA HA

Other Stumblers are:

NAME	TIME
Susan Bradley Cox	22:15
Celia Wheeler	22:25
Mary Nagle	23:43
Pam Sparks	25:46
Beth Argabrite	31:06
Phyllis Jenness	37:41
Bill Smith	16:37
Larry Wheeler	17:29
Stan Briggs	18:18
Bob Green	18:20
Don Hardwick	18:23
Bill Stofer	19:12
Dwight Price	19:22
Dave Wachtel	19:23
Tommy Glover	19:36
Phil McConathy	20:13
Nathan McConathy	27:17
John Culbertson	24:21 ■

1988 MIDSUMMER NIGHTS RUN

by Dan Wells



Who is this guy and why on earth is he smiling?

The Midsummer Nights Run continued to grow in its fourth year. There were 6,000 participants this year in the 5K and one mile fun run, easily surpassing the number who participated in the Bluegrass 10,000. There are a number of reasons for the success of this race. The distances are short enough that most people can participate in one of the two runs. There is an opportunity for the serious runners to run a flat course against good competition, and there are also opportunities for the walkers and joggers. Walking seems to be experiencing a rapid growth as a fitness activity, and I noticed a lot of walkers in the race, both serious walkers and strollers. This is a fun event, with many

families participating together and enjoying the festivities downtown. An important reason for the success of the race is the effort put forth by Central Baptist Hospital. Each year they spend a considerable amount of time, effort and money organizing and publicizing the race, and all the local runners owe them our thanks. A number of good runners from out of town participated this year, and the level of competition was high. Jeff Galloway, the noted author on running and training methods, was the speaker at the luncheon on race day, and also ran in the race. The overall male winner was Jim Estes, and the women's winner was again Pam Raglin.

The Stumblers who won age group awards are listed below:

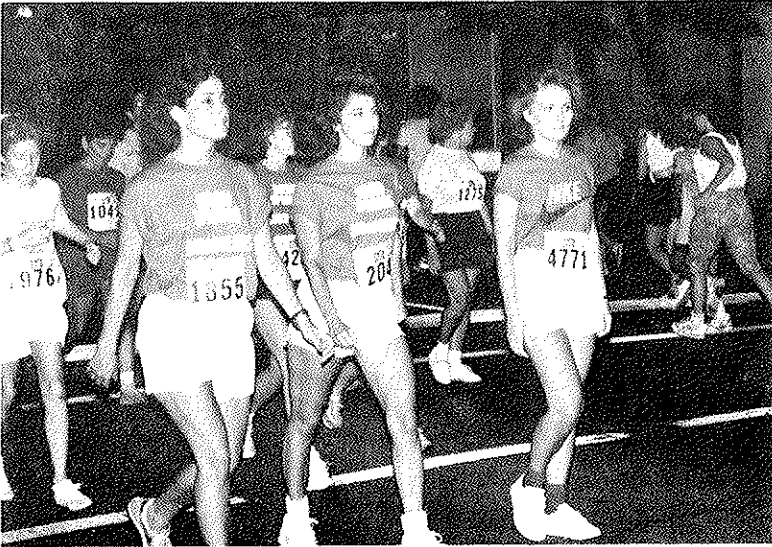
NAME	AGE GROUP	PLACE
Richard Ede	overall	2nd
Dave Schaufuss	overall	5th
Russell Naly	overall	7th
Mike Wilson	20-24 M	1st
Mark Thomas	20-24 M	2nd
Tim Back	25-29 M	2nd
Richard Hopkins	25-29 M	6th
Duane Gaston	35-39 M	1st
Mike Raftery	35-39 M	4th
Dan Dusch	40-44 M	2nd
Bill Smith	40-44 M	4th
Danny Place	45-49 M	2nd
Don Hardwick	45-49 M	3rd
Dennis Williamson	45-49 M	4th
Stuart Butler	55-59 M	3rd
Win Burke	60 and over M	3rd
Becky Reinhold	overall W	5th
Becky Keller	25-29 W	3rd
Arlene Rector	30-34 W	2nd
Jean Grotophorst	30-34 W	4th
Celia Wheeler	35-39 W	2nd
Mary Hagihara	40-44 W	1st
Susan Bradley Cox	50-54 W	2nd
Phyllis Jenness	60 and over W	3rd



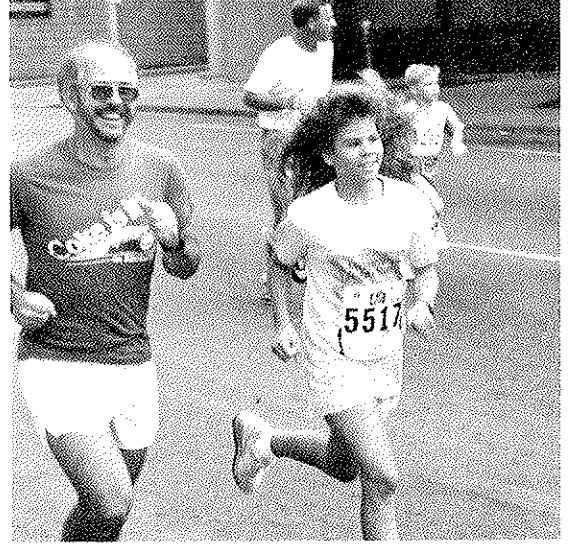
Babe Ray and two cuties



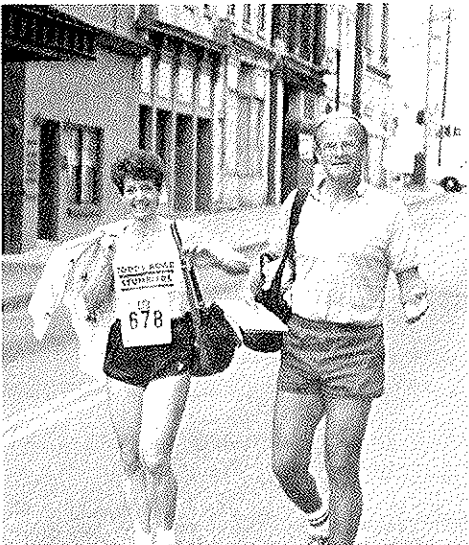
Let's pick up the pace, Dad!



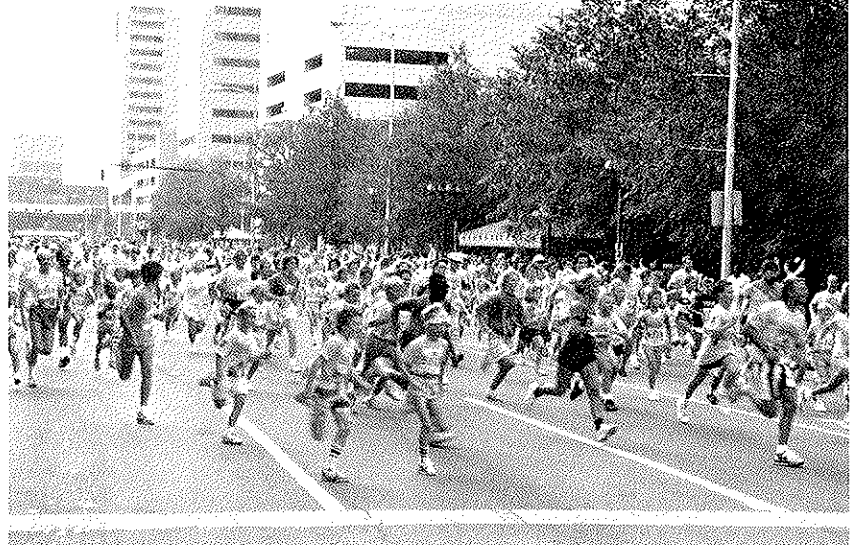
Not necessarily fast, but certainly fashionable.



Pam Sparks' family heads for home



Christie Robinson and an unidentified street person.



The crowd heads into the first turn.

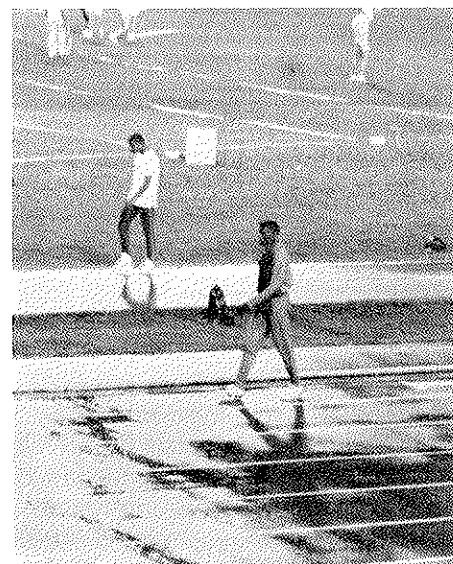
1988 OLYMPIC TRACK AND FIELD FINALS

by Dan Wells

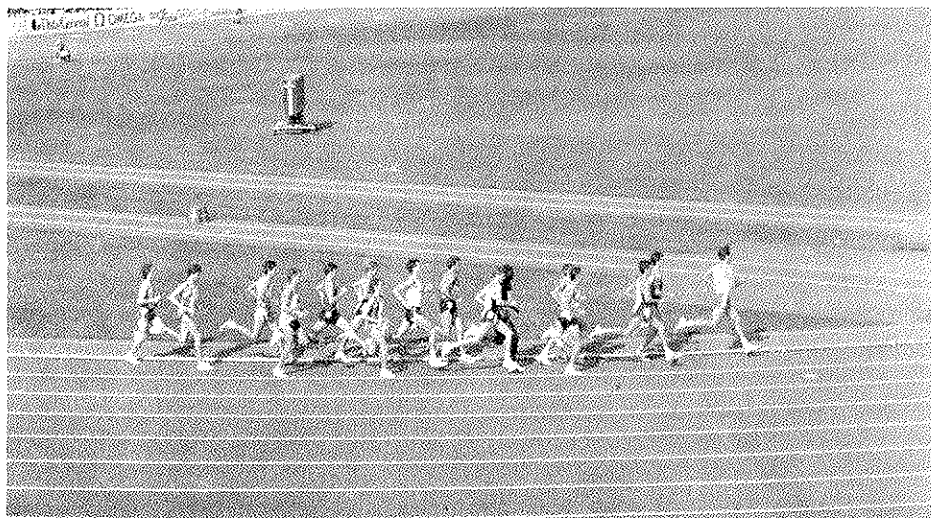
The 1988 Olympic Track and Field Finals were held this year in Indianapolis. Indianapolis is bidding to become the amateur athletic capital of the United States, and is doing an excellent job. The facilities at the I.U.P.U.I. track are excellent for the spectators, and as a number of American and world records were set, the track is obviously a fast one. I might add that the spectators were also the fittest group of spectators I have ever seen, and except for Ron Sanders and I, most of them looked as though they were ready to step onto the track and compete. Ron and I attended one Monday night and the following Saturday, running into a sizeable number of people from Lexington each time. The attraction for Lexington runners both days was watching Mark Nenow run. On a humid night following a thunderstorm Mark ran the 10,000 meters final, finishing fourth and winding up in the hospital. Unfortunately, only the top three finishers qualify for the Olympic team, so Mark decided to come back and try to qualify for the 5,000 meters on Saturday. This required him to run three 5K races in four days. Mark finished fifth in the final in a gutsy performance. This was the fifth race he had run in nine days, all of them in world class time. Although he was disappointed in not making the Olympic team, all of us in Lexington are proud of his efforts.

In only two days we managed to see some of the top Americans in track and field turn in some outstanding performances. In addition to the 10K and 5K finals, we saw Carl Lewis win the long jump, and saw four or five of the longest jumps ever. Woodford County native Gordon Laine was third in the long jump until the last jump when he was edged out, just missing the Olympic team. Jackie Joyner-Kersey competed in and won the women's long jump, and sister-in-law Florence Griffith-Joyner won the 200 meters. We saw the men's and women's 1,500 meter finals, with Mary Decker Slaney winning a relatively close (for her) race. In addition, Mark Buncic, a former U.K. track athlete, finished second in the men's discus, making the Olympic team, and Jackie Humphry, from E.K.U., won the women's 100 meters hurdles. Several of the U.K. women's runners also competed, so Central Kentucky was well-represented.

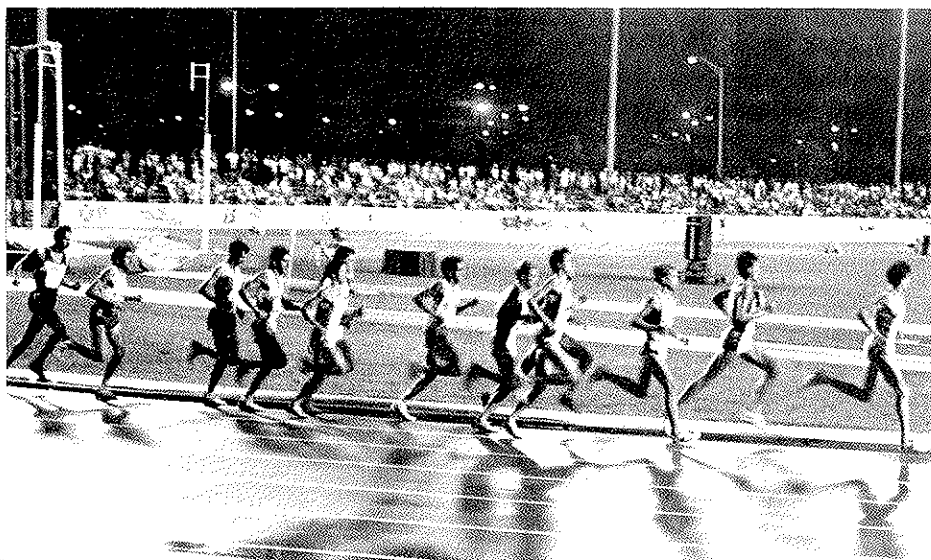
Although not all Stumblers are interested in track and field, many of us who are not talented enough to compete do enjoy watching. Indianapolis is not that far away, and there will be other meets held there in the future, with other opportunities to see top athletes and top performances. I would encourage all track fans to take advantage of our proximity to Indianapolis. We also have the opportunity to see excellent performances at the Kentucky Relays each spring, and I encourage everyone to come to watch, or better yet, to work as a volunteer race official. I also hope that U.K. will host the S.E.C. track and field championships again soon, since this features many of the best college athletes in the country. ■



Carl Lewis (foreground)



The Men's 1500 Meter final.



The Men's 10,000 Meter field with Mark Nenow (second from left)