

RACE AND EVENT CALENDAR

ENERGY 10K

By Jerry Stone

October 30, 1983

by Phil McConathy

January

7th
Callaway Gardens Marathon, Pine Mountain Ga. 1/800-282-8181

7th
Charlotte Observer Marathon, PO Box 30204, Charlotte, NC 28230

7th
Orange Bowl Marathon, Runners International, 10585 SW 109 Ct. Suite 207, Miami, FL 33176

14th
Savannah Marathon & Half Marathon, Hunter Army Airfield, Savannah Striders, PO Box 9822, Savannah, GA 31402

14th
The Norris Dam Challenge 12 & 5 Km, Oak Ridge TC, Bill Cain, 10820 Carmichael Rd., Knoxville, TN 37932

14th
Winter Run 15 Km., Bowling Green RR, PO Box U-159, College Hts., Ky. 42101

28th
Bermuda Triangle 10 Km & Marathon, 404/634-6014 Island Races

29th
Great New Orleans Marathon, 2820 Canal St., New Orleans, LA 70119

February
4th
Frostbite Half Marathon, Montgomery Bell State Park, Dickson, TN 615/254-0631

11th
Smoky Mountain Marathon & Half Marathon (New flat course) Knoxville, TN, PO Box 967, Knoxville, TN 37901 615/577-1537

19th
Florida Festival Marathon & 5 Km., PO Box 13187, Orlando, FL 32859

March
Dates given are for 1983, call or write for 1984 dates.

12th*
WHAS 8.4 Metro Parks, PO Box 37280, Louisville, Ky. 40233

19th*
City Run, 10 Km, Louisville (Metro Parks, above)

20th*
Heart Mini-Marathon 15 Km, Cincinnati, Ohio (Check Runner's stores)

26th*
Run For The Arts 10 Km, Cherokee Road Runners, PO Box 34532, Louisville, Ky. 40232

milestones

On a beautiful Sunday afternoon, over 400 runners started this challenging 10K race. There were 362 runners who completed this course. The following performances were established by some of the Stumblers:

Name	Time	Group	Place
Mike Raftery	34:58	30-34 M	1st
Tony Szwliski	35:10	30-34 M	2nd
Phillip Wheat	35:28	35-39 M	3rd
Bob Daley	36:09	13-17 M	1st
Jan Grigsby	37:18	40-44 M	3rd
John Sensenig	38:49	45-49 M	1st
Scott Leslie	41:05	12 & under M	1st
Brenda Curd	42:25	18-24 F	1st
Kelly Bruner	43:12	30-34 F	1st
Martin Ginocchio	43:30	50-54 M	1st
Camille Weber	43:36	25-29 F	1st
Suzanne Sanders	44:32	35-39 F	1st
Joyce Smiley	49:35	40-44 F	1st
Merrilee Popham	50:27	35-39 F	2nd
Judy Harvey	52:40	45-49 F	2nd
Phyllis Jenness	61:06	60 & over F	1st
Joy Carden	61:15	50-54 F	2nd

Some known Stumbler personal records are as follows:

Mike Raftery - 34:58
Phil McConathy - 39:06
Suzanne Sanders - 44:32

milestones

1983 WILDERNESS ROAD RACE

August 20, 1983 ● London, Ky.

By Dick Hutchison

This was the state championship for 5000 meters, and was run under 80 degree plus weather (hard to believe it was ever that warm)! This is a well organized run on a good course, with excellent turnaround time on award presentations. We had our usual contingent of Todd's Roaders as listed below:

NAME	TIME	AGE GROUP	PLACE
Don Coffman	15:47	(Masters 40-44)	1
Bill Smith	16:11	Overall	5
Dave Winters	16:40	(35-39)	1
Sam Cockerham	16:49	(30-34)	1
Frank Cornett	17:43	(35-39)	2
Dick Hutchison	19:14	(45-49)	1
Bob Maclin	20:42	(56-60)	2
Angela Murphy	21:00	Overall Female	5
Jeff Stone	26:51	(12-under)	3

milestones

GET TO KNOW DON COFFMAN

by Dan Seaver

MORE METRO MARATHON

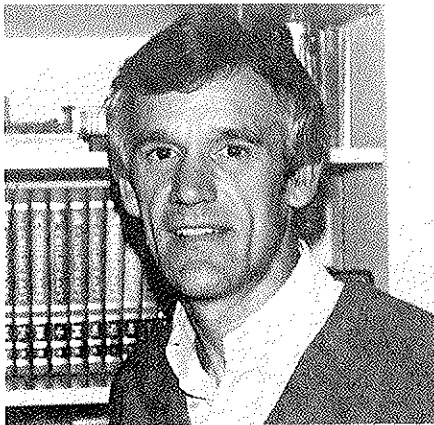


photo by Dan Seaver

During the week he's a mild-mannered information systems manager with state government. But at race time he becomes **marathon man**, capable of running long distances over difficult courses in super fast time. Yes, you've guessed it. He's Todds Road Stumbler Don Coffman, one of Kentucky's outstanding runners.

Whether the race is a 10K, a marathon, or some distance in between, Don's success as a runner is widely known. He has won or placed in a countless number of races over the years. But Don says that certain races stand out in his mind above the others. This past Boston Marathon is a good example. Don finished fourth in the master's division in personal record time (2:25:27) just two minutes behind the division winner. We understand that his goal is to win the division someday. His confidence leads us to believe that 1984 may just be the year.

Don recalls his early days as a runner with great fondness. Although he ran track in school, it wasn't until he turned age 27 that Don took up running as a sport. That was in 1969 when there were really no races other than marathons. In fact his first three races were marathons, beginning at Athens (OH), next at Carbondale (IL) and then the Bluegrass Marathon in Lexington. Don notes that it was Jerry Stone who is responsible for talking him into entering two of the marathons in 1970. Apparently that was all Don needed to get hooked on road racing, because he has been at it ever since.

Whether the race is held in his hometown of Frankfort, in another

part of the state, or in some distant state, Don tells us that he feels a genuine kinship and friendship with the Todds Road Stumblers and other Central Kentucky runners he sees there. "I am a product of the club and fun run system and the support and competition provided by my friends has improved my running tremendously. Any success I have must be shared with them." Don says that he especially appreciates the encouragement area runners give him in races involving out and back courses. According to him, the words of support from other runners really make a difference.

However, running is just one part of Don's very active life. In addition to his work, he participates in quite a variety of activities. Don serves as President of the Parent-Teachers Organization at Elkhorn Middle School. He is also a team captain for the school's Pride Program on drug and alcohol abuse. Furthermore, this year Don will be the Franklin County chairman of the American Heart Association fund drive. We think that he'll make a good spokesman for the group especially in speaking to adults and others on the importance of a sound exercise program. And don't forget that Don is part-owner and the "C" in CLS Sports, a popular sporting goods store in Frankfort. Add to this his interest in sports in general, reading, travel, and anything else that looks challenging and you find that Don is a busy fellow.

Don's family is certainly a very important priority in his life. His wife Brenda is a first grade teacher at Hearn Elementary School. She says that while she is not really athletic, it's still fun to watch the other members of the Coffman family participate in sports. Don and Brenda are the proud parents of Eric, 16, and Caroline, 13. Eric is a sophomore at Franklin County High School where his extracurricular activities center around basketball rather than running. On the other hand, Caroline, an eighth grade student, is a cross country runner on the Franklin County High School girl's team. Great family Don!

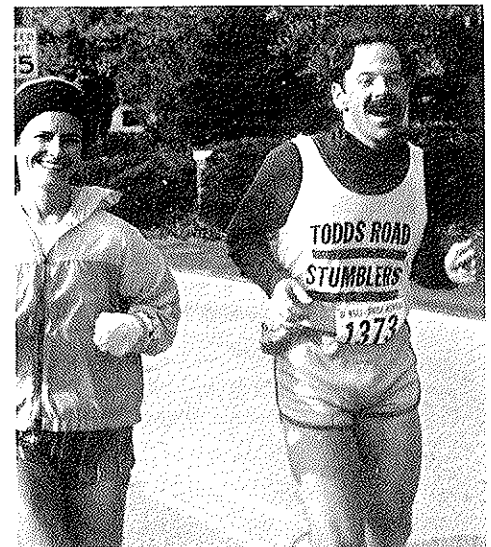
Your friends at Todds Road wish you the best of luck during 1984. May you have nothing but fast times and injury-free miles throughout the year!



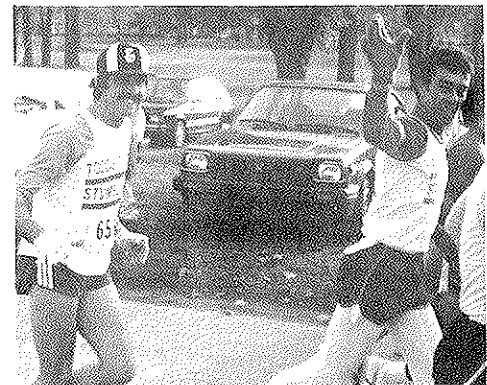
Lou Seivers



J. Wisniewski



Suzanne Sanders and Dan Kenady



Phil McConathy and Stan Briggs

Photos by Ken Pike

SPORTS MEDICINE PANEL

by John Sensenig

On Friday October 14, a panel of speakers presented a forum on Sports Medicine at Lexington's Marriott Hotel complex. The forum was sponsored by the Lexington Clinic and chaired by Dr. Ben Kibler. Among the speakers were Dr. George Sheehan (well known for his medical advice in running magazines, books, etc.), Dr. Allan Ryan (editor of a leading sports medicine journal), several other assorted medical experts (attending a related workshop), world class runner Mark Nenow, and yours truly. A lively crowd of several hundred filled the large room to overflowing.

The presentation started with Dr. Sheehan showing a film and giving an individual presentation, followed by Dr. Ryan's shorter talk, and finally, the panel spending the remaining hour or so answering a rich variety of running-related questions posed by the audience.

Reactions to Dr. Sheehan's talk were positive but somewhat mixed. He clearly had some difficulty condensing his talk to the allotted time span. He presented a lively talk, rich as always in references to classical literature and philosophy, and appealing more to those in the audience who were looking for "meaning" to their running, while possibly disappointing those with more practical interests. I personally enjoyed him thoroughly.

Dr. Ryan had the unenviable task of following the dynamic presentation of Sheehan. Although knowledgeable and straight forward, his presentation clearly lacked the color or depth of the earlier talks. While it was generally informative, many of the more experienced runners probably found Dr. Ryan's talk to be fairly elementary or even superficial. In his defense, he was aiming at the purely "beginning runner" and undoubtedly succeeded in this goal.

The question and answer session was lively and varied, with all of the panel members getting to lend their expertise. At times some of the audience and panel members tended to drift into overly specialized

and/or technical areas, but generally the questions were challenging and the answers informative. Dr. Sheehan and Mark Nenow were both particularly helpful in applying practical experience and common sense responses when matters seemed to be getting over technical or trivial.

All in all the forum was a great success! The large attendance and the lively participation showed the interest in this sort of program in the Bluegrass area.

Thanks to both Dr. Kibler and the Lexington Clinic for organizing such an activity. We all hope we can have more in the future.

milemeds

5TH ANNUAL KENTUCKY 50 MILE

By John Sensenig

This year's version of the Kentucky 50 Miler, which is Kentucky's only regularly scheduled ultra-marathon, was run from Louisville to Frankfort on December 10th.

There is always a lively debate whether this is an "easier" direction than the alternate year route which is run from Frankfort to Louisville. When the start is in Louisville you get the worst hills later in the race when you are most tired, but you hope to have the wind to your back. No matter which way you run it, it is still 50 miles and a tough course, everyone agrees.

The morning was cool and overcast as 35 adventurous spirits got off to a 7 a.m. start from the Breckinridge Inn, running out Taylorsville Road, proceeding on to Shelbyville, and then running U.S. 60 on into Frankfort, finishing at the State Capitol.

Todds Road was represented by **Bob Staib** (who ended the day being the only person to have completed this race every year since its inception) and yours truly, **John Sensenig**.

The weather held good, with the

1983 KHSAA CROSS-COUNTRY CHAMPIONS

By Beth Rush & Jerry Stone

Boys distance - 5 Kilometers

Girls distance - 3 Kilometers

Boys A Team Winner, Dayton H.S. Individual Winner, Jesse Thomas 16:25.1 Anderson Co. H.S.

Girls A Team Winner, Lexington Catholic H.S. Individual Winner, Kim Hawkins 11:13.4 Bath Co. H.S.

Boys AA Team Winner, Highlands H.S. Individual Winner, James Boxx 16:46.4 Middlesboro H.S.

Girls AA Team Winner, Clay Co. H.S. Individual Winner, Kathy Plank 11:11.3 Conner H.S.

Boys AAA Team Winner, St. Xavier H.S. Individual Winner, Chuck Harmon 16:14.1 Campbell Co. H.S.

Girls AAA Team Winner, Daviess Co. H.S. Individual Winner, Nancy Crutcher 10:48.7 Oldham Co. H.S.

milemeds

exception of the wind which unpredictably remained in our faces the entire way, and 28 starters managed to finish. **Tim Kling** from Cincinnati won the race for the second year in a row, running 6:08. **Linda Wood** from Louisville repeated as women's winner in 9:34. I finished eighth in 7:59 (they only gave out eight plaques folks, and we had a real foot race the last five miles) and **Bob Staib** finished fourteenth in 8:20. We were all disappointed when **Diane Curry** became ill at the last minute, as she had trained hard and would undoubtedly have been favored to win the women's title had she been able to run.

The Cherokee Road Runners of Louisville sponsor the race and do a super job. There was good support along the way, hot cider at the finish, and bright red hooded sweat-shirts for all finishers.

We all appreciated seeing **Alex Campbell** driving the course and cheering us on, and even running some stretches. Next year we will get him competing! It's just one foot after the other, but you do it a few more times.

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MEMBERSHIP INFORMATION • TODDS ROAD STUMBLERS, INC.

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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)