



Member Roadrunners Club of America

THE TODDS ROAD

millemarker

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

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Spring 1984

NENOW SETS A WORLD RECORD!

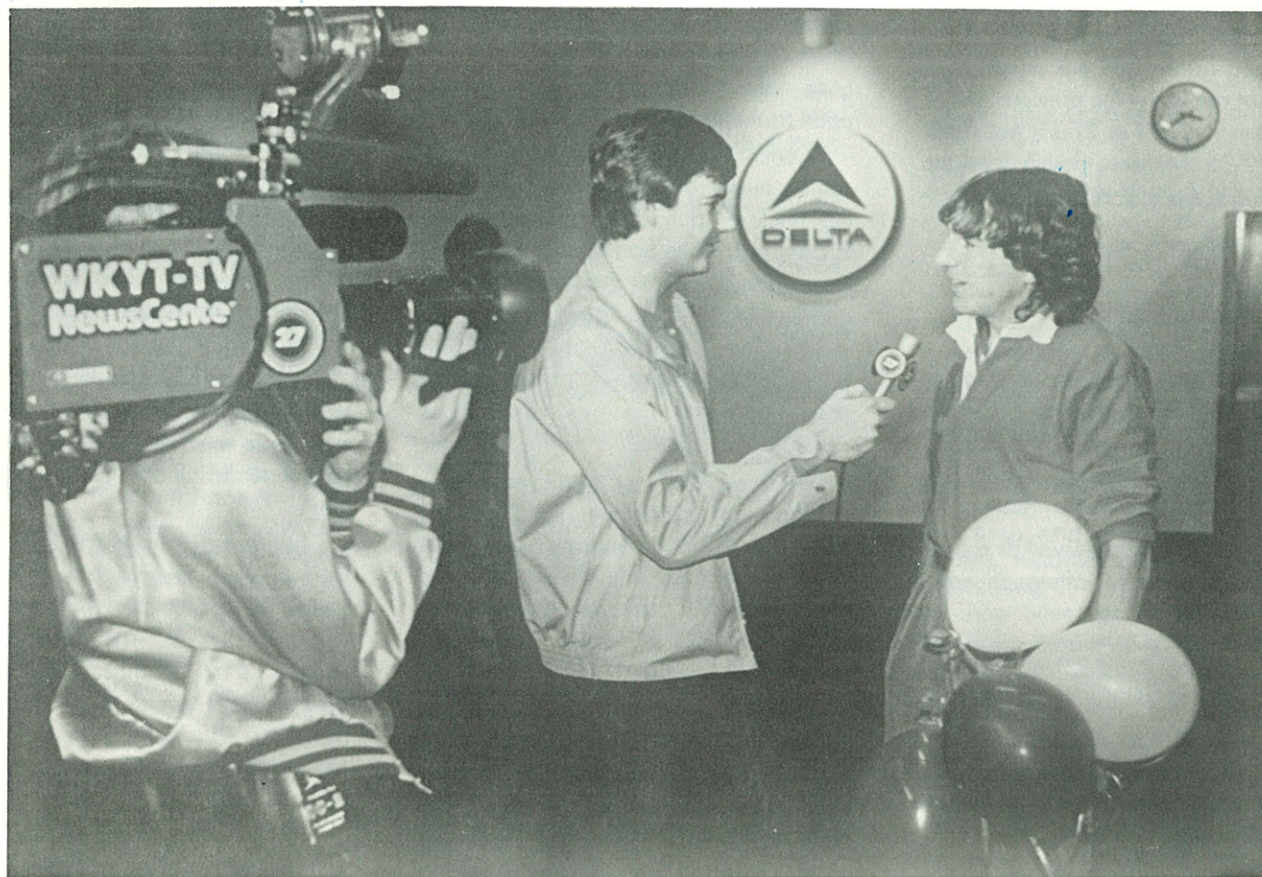


photo by Tom Moran

Bluegrass Field, April 2, 1984. Mark Nenow is greeted by friends and the media after setting a new world record for 10000 meters. See *Mark Nenow Update* on page 2

AT THE STARTING LINE

by Kenneth J. Pike

Mark Nenow Update

In our last Winter issue we reported that Mark was planning to settle into a high mileage training pattern and to run a few races just to test his fitness. Then he was going to begin adding quality workouts to sharpen his speed for the Trials and the Olympic Games.

His first test race was the Azalea Trail 10K in Mobile, Al. In this event Mark set a new American record for a 10K road race with a time of 27:59, which is 2 seconds faster than the time held by Alberto Salazar.

In his second effort, the Crescent City Classic held in New Orleans, La. on April 1, he pulled away from a high powered field to set a new world record of 27:22.69. This cut 22 seconds from the previous record, and is roughly equivalent to someone suddenly taking 5 seconds off the world record for the mile! The previous record holder was in the same race and ran within 1 second of the time he had established one month ago. Others that ran under the previous record were Mike Musyoki in 27:29 and Nick Rose in 27:35. For more details read the article in the April 2 Lexington Herald-Leader.

U.K. Track Is Back

This familiar slogan has taken on a new meaning. Everyone with Todds Road is pleased to know that the U.K. track is once again open to the public. This is great news to our members and to all runners in the area.

In the past the track served as a popular gathering place for afternoon workouts. Groups would do speed work together on the 400 meter track or would run around a 1/2 mile grass loop that was very gentle on tender feet and knees. I have no doubt that the old magic will return. The gate will not be locked at any time, but there are certain rules which must be observed:

—We must not interfere with U.K. athletes when they are using the track for their workouts. These workouts usually take place some time between 3 and 6 p.m. A sign will be displayed on the gate

when the track area is in use. Please heed it.

—To protect the inside lane from excessive wear, gates will be set across this part of the track. These gates should not be turned back or damaged.

—Do not bring pets into the track area.

—Bicycles and skates are not allowed.

—Use running shoes **only** - this means no football or baseball shoes or other such footwear may be worn that will damage the track surface.

—Please do not bring small children that will be left unattended.

—Stay out of the jump pits - they are very expensive and are easily damaged.

Since the University security will not be constantly observing the track, it is up to all of us to help protect the facility from abuse. If you see someone doing something wrong, tell them about it. Don't let that person's ignorance or disregard make it impossible to keep the track open to the public.

Coach Weber is planning some all-comers meets for this summer. Details are not final yet but will be posted on the clubhouse bulletin board (and covered in the MILEMARKER) as soon as possible.

Our thanks to the coach, the administration and all the others that made this happen. We who benefit must not let them down!

500 Mile Club

Since our last issue we have had one member, Bob Dinsmore, complete the 500 Mile Club. Congratulations Bob. Those winter miles are hard ones too. I've always thought that anything run when the temperature is under 10 degrees should count double.

Member Contributions

You will enjoy Dan Mynear's story about his bicycle trip from Lexington to New York City — that's what I said, NEW YORK CITY. Dan would like to get some interested Stumblers together to plan summer bike trips to points of interest near Lexington. You can reach him by phone at 273-5756. You might want to read his article before calling. ■

EXCUSE DU JOUR CONTEST RESULTS

by Kenneth J. Pike

In our Winter 1984 issue of the MILE-MARKER we published "Ten Selected Excuses" by Craig Thompson and we challenged our readers to follow Craig's lead by entering our "Excuse Du Jour Contest." Several entries were received and the Committee got down to the serious business of picking the winners. Here are the results in order of finish:

(1) I thought this was a marathon - Bob Carden

(2) The lead pack was too crowded - Bob Carden

(3) My trophy case is already full - Bob Carden

(4) I forgot to take off my ankle weights - Bob Carden

(5) I stopped to help pick up the water cups - Jim Carden

(6) I forgot to shave my legs to cut down the wind resistance - Ed Snead

It's plain to see that Bob Carden is truly the Excuse Du Jour Champ. He submitted a long list of entries and four were voted to the top four spots. It should also be pointed out that not all on his list were gems - one was unanimously selected for last place.

The fifth place winner is Bob's brother Jim Carden. Is it possible that this talent can run through an entire family?

We originally intended to recognize only the top five entries, but due to a very close vote we are giving a sixth place award to Ed Snead of Richmond, Virginia.

To reward their efforts Bob, Jim and Ed will each receive a limited edition Todds Road Stumblers hooded pullover warmup jersey. We ask that Bob and Jim contact Cathy Fox at 254-3447 to make arrangements to pick up your prizes. Ed, if you will write to the MILEMARKER and tell us your shirt size we will mail your prize to you.

We want to thank all who entered our contest. We congratulate the three winners and warn everyone else to be very careful in any dealings you might have with them - they are obviously very shifty characters. ■

GET TO KNOW DAN AND KIM DUSCH

by Becky Reinhold

Two familiar faces at Todds Road are those of Dan and Kim Dusch — two of the earliest members of the Stumblers. Dan and Kim remember running at Todds Road B.C. (Before Clubhouse). In fact, they were part of the crew responsible for cleaning, painting and paneling the clubhouse years ago.

Dan, now 37 years old, began running in grade school but became serious about track in high school. At Flagler High School in Louisville he set many school records, won the state half-mile in 1:56 and was given a track scholarship to the University of Kentucky. He spent four years at UK majoring in History and Physical Education before he was drafted into the army, serving with an artillery division in Vietnam where he spent 13 months. Two of his most memorable experiences there include receiving a Bronze Star for bravery, after rescuing the villagers from drowning during a monsoon and the Da Nang Beach Run.

The Da Nang Beach Run enabled Dan to be taken out of the field to train for the big race after his superiors learned of his track experience. He was to represent his division in a 3-mile beach run with over 100 participants. Dan soon found out the race was on very loose sand, and his usual Nikes had to be traded for combat boots. After placing only fifth, his superiors promptly returned him to the field!

Upon his return to Louisville in December of 1970, Dan met Kim and one year later they were married. They decided to move back to Lexington so Dan could finish up his degree at UK. It was during this period Dan met Jim Bell and Denny Williamson. These three would meet everyday at the UK track and run 10 miles. Kim, not wanting to be left behind, began by running one lap around the track. Eventually, Dicky Bass encouraged them to come out to Todds Road, where Dan claims to be the founder of the 17-mile river course. (Thanks, Dan!)

Dan, a supervisor for Industry Development Co., is currently recovering from a foot operation and hopes to be back in top running shape soon. His racing accomplishments include a 31:50 time at the Energy 10K race in 1982, a 1:10:08

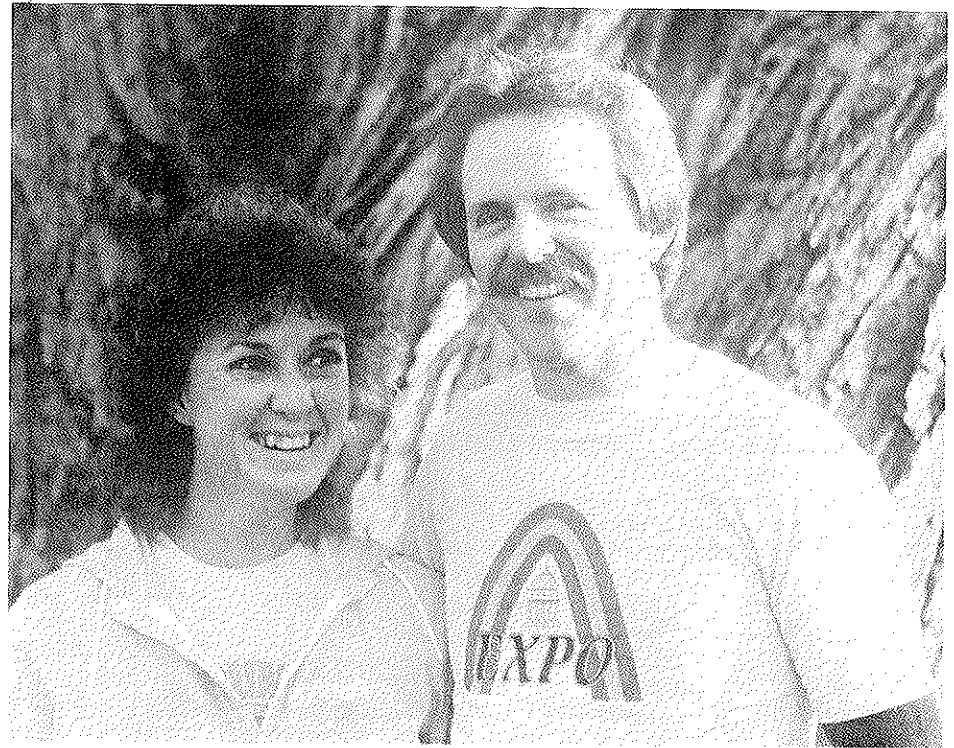


photo by Ken Pike

at the Louisville mini-marathon, and a medal for finishing in the top 100 of the Boston Marathon with a time of 2:27:00.

Kim, after working for many years at Shillito/Rikes, recently switched to her present position with a marketing firm, selling specialty insurance. Kim claims she has no athletic background, but her friends tell us she has a reputation for running any distance at any pace, and talking non-stop the whole time! Her fastest 10K was last year in Frankfort at the Capital-Expo with a 44:20 and a mini-marathon time of 1:45. Kim hopes to run the Louisville marathon this year. Pretty good for a non-athlete!

Besides running, Dan enjoys gardening, golf, and tennis, and they both love to bike and go white-water rafting. Dan and Kim tell us how much they enjoy the friendships they have made through the Stumblers. One of their favorite things is to watch the beginners and newcomers at Todds Road get involved and become running addicts like they are!

The Stumblers wish Dan speedy recovery from his operation and Kim and Dan both best wishes for achieving their objectives for the coming year. ■

A CRYPTIC MESSAGE?

by Mark Nenow

I spent the Christmas holidays with my parents and family in Texas this past year. I must confess that I was fortunate enough to be down there during some of the tough running weather Lexington had during that time, and hope no one had any injuries resulting from the slippery conditions.

While driving back to the Bluegrass from Texas, I came upon an 18-wheeler of the Batesville Casket Co. that wasn't moving quite as fast as I was. As I passed the truck I noticed a message written in the film of dirt on the rear doors. "Official casket of the 1984 Olympics Games." It definitely made me laugh, and I was wondering if it was a statement about how commercialized the Olympics have become or maybe a warning to the athletes trying to compete in the heat and smog of LA this summer. ■

A TV GUIDE FOR OLYMPIC DISTANCE RACES

by Jim Bell

Because the Olympics are being held in Los Angeles, it will be possible to see all of the distance races live on television either on a weekend or in the evening before 11:30 p.m. EDT.

One exception is the women's marathon, which will start at 11 a.m.

Hopefully, when it runs past 1 p.m., ABC won't preempt it with *All My Children*. This article is intended to be a guide to when distance races will be held (Eastern Daylight Time) and to give some information on some of the competitors. The races I will preview will be the women's 3000M and Marathon, and the men's 10,000M and Marathon.

MEN'S 10,000: Heats, Fri., Aug. 3, 9:45 p.m. Final, Mon., Aug. 6, 10:30 p.m. EDT.

This race should be particularly interesting for Lexington area fans because Todds Road Stumbler Mark Nenow has a good chance of making the U.S. team. In the U.S. Olympic trials race his competition should come from Craig Virgin, Pat Porter, Jim Hill, Bill McChesney, Thom Hunt and Rudy Chapa.

In the Olympics, the East Germans will have a strong contingent led by Werner Schildhauer who has a best time of 27:24.95 (the World Record is 27:22.5) and Hansjorg Kunze (27:30.69). The Africans, who have done well in Olympic distance races, should be medal contenders again.

Look especially for Mike Musyoki and Gabriel Kamu of Kenya to take a break from the U.S. road scene and make a strong showing. Zak Barie and Gidames Shahanga of Tanzania and Mohamed Kedir of Ethiopia should do well. World Record holder Henry Rono, who was boycotted out of the 1976 and 1980 games after setting world records, probably won't bother to get in shape again.

Portugal will have two very fast runners in Carlos Lopes (27:23.44) and Fernando Mamede (27:22.95). Nick Rose (27:31.19) from Louisville, running for Great Britain, should make the final. Finally, Alberto Cova from Italy, who won the World Championship 10,000 last year, should be a factor again.

This is a race where tactics will play an important part in the out-

come. If runners with fast times like Lopes, Mamede, Rose and Nenow (27:36.7) allow a slow pace, they will be voting to allow the big kickers like Schildhauer, Cova and Kunze to win the medals.

WOMEN'S 3000: Heats, Mon., Aug. 6, 2:10 p.m. Semifinals, Wed., Aug. 8, 10:20 p.m. Final, Fri., Aug. 10, 9:40 p.m. (all times EDT).

Mary Decker, with a best time of 8:29.71, has the best chance to make the American team. Others include Jan Merril (8:42.6, 1978), Brenda Webb (8:48.09), Maggie Keyes (8:49.96), Kathy Hayes (8:50.79), Francie Larrieu (8:51.03), Cindy Bramser (8:51.11), Patti Sue Plummer (8:53.54) and Joan Hansen (8:53.74).

The Soviet Union will probably have the strongest contingent in this race with Svyethlana Ulmanasova (8:26.78 WR), Svyetlana Guskova (8:29.36), Tatyana Kazinkina (8:32.08), Galina Zakharova (8:32.08) and Alla Yushina (8:34.04) to choose from. After the Soviets and Mary Decker, the other athletes most likely to win a medal are Brigitte Kraus (8:35.11) from West Germany and Wendy Sly (8:37.06) from Britain.

This race should be especially exciting. Mary Decker is unique among current male and female distance runners, as she has the fortitude to lead a world championship race at a fast pace and the talent to still unleash a devastating kick at the finish.

MEN'S MARATHON: Sun., Aug. 12, 8:15 p.m. EDT.

With the exception of a healthy Alberto Salazar (2:08:13 world record), the contenders for the U.S. Marathon team are too numerous to mention.

In the Olympic Marathon, Salazar will be at a definite disadvantage, because he will have to qualify in a trial race only three months before the Olympics, whereas the other top marathoners have already made their country's teams.

However, the three men with the best chance to win are Rob de Castella (2:08:18) from Australia, Toshihiko Seko (2:08:38) from Japan and Alberto Salazar. Others who are possible medal winners include Carlos Lopes (2:08:38) from Portu-

gal, Juma Ikangaa (2:08:58) from Tanzania, Kebede Baicha (2:10:03, second in World Championships) from Ethiopia, and two-time Olympic champion Waldemar Cierpinski from East Germany.

The August heat in Los Angeles should make this a tactical race. Among the favorites, only Rob de Castella has shown that he can win a fast championship race in warm weather (2:09:18 victory in the 1982 Commonwealth Games).

WOMEN'S MARATHON: Sun., Aug. 5, 11:00 a.m. EDT.

This is the first ever women's long distance race in the Olympics. In 1980, the proposal to contest a 3,000-meter race for women was turned down by the International Olympic Committee. One of the members explained that 3,000 meters was "a bit too strenuous for the ladies." Joan Benoit's present world record for the marathon (42,000 meters) would have won every men's Olympic marathon up to 1960.

Based on times, the best bets to make the U.S. Olympic marathon team are Joan Benoit (2:22.43), Julie Brown (2:26:26) and Marianne Dickerson (2:31:09). However, since no women's 5,000 or 10,000-meter races will be contested, many track stars are apparently going to attempt the marathon.

Notable among these are Julie Shea (2:30:12), Mary Shea (2:33:24), Margaret Groos (2:37:02), Betty Springs (2:37:15), Beth Farmer (2:37:47), plus former TAC 10,000-meter champions Katie Ishmael and Kim Schnurpeil, who have not yet attempted a marathon.

The race for the Olympic gold medal should be between former world record holder Grete Waitz (2:25:29) and Joan Benoit. Others who have a chance to win medals include Americans Julie Brown, Marianne Dickerson and Betty Springs, Jaqueline Gareau (2:29:28) from Canada, Raisa Smekhnova (2:31:13) from Russia and Rosa Motq (2:31:12) from Portugal.

Having these Olympic races run at a time when you can see them live should prove exciting, providing that ABC doesn't preempt them with boxing matches and the like. Don't be surprised if during one of the races they say, "...and now, back to Howard." ■

GET TO KNOW MARTIN GINOCCHIO

by Dan Seaver

The city of Lexington has many so-called "shakers and movers" among its residents. Some of these dynamic people have played important roles over the years in helping to shape the present skyline of the downtown area.

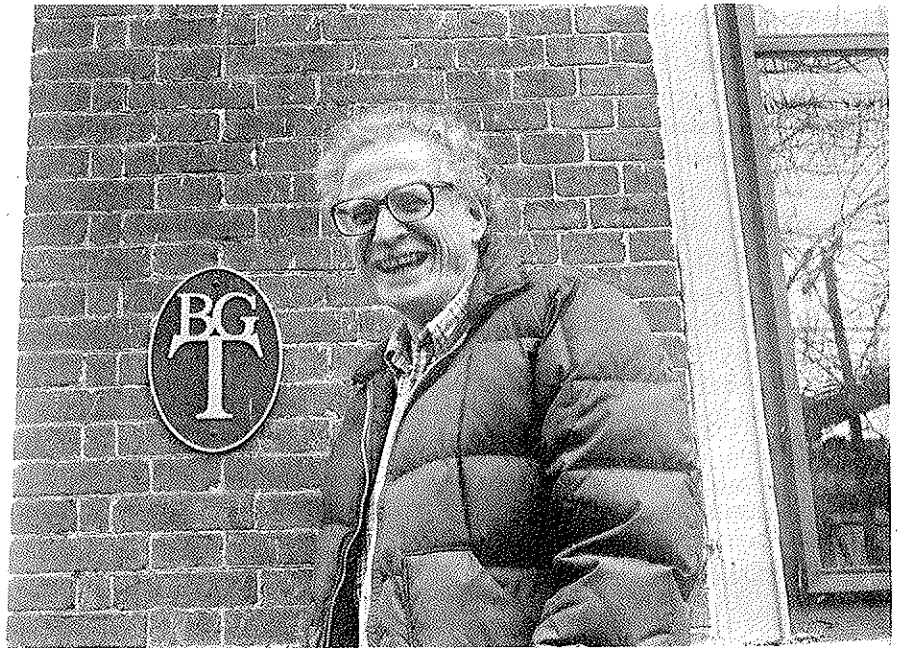
Often, through their efforts, old buildings have been razed to make way for new concrete and steel structures, all in the name of progress. Tearing down the old to make way for the new has traditionally been the planning strategy for urban renewal projects in many cities across the nation. But not everyone in Lexington subscribes to this philosophy.

Thanks to people like Todds Road Stumbler Martin Ginocchio, there is a growing interest in historic preservation in Lexington. As a result, many old buildings which might otherwise be torn down are instead being restored to preserve the architectural flavor of this city's bygone era.

For example, take the case this past year when four 19th century homes on property belonging to Sayre School faced certain demolition. Martin and other concerned citizens working with the Bluegrass Trust for Historic Preservation and the Urban County Government stepped in to save two of the buildings. Through negotiations, permission was given to move the homes intact to new sites on Constitution Street.

Obviously, relocating buildings over 170 years old is no easy undertaking even for "shakers and movers" like Martin. But when you consider the alternatives, the time and the expense of this project were well worth the effort. Today the Ginocchios are co-owners of one of the homes which was built in 1813. The building is undergoing restoration on land adjacent to their house.

Historic preservation is not a new interest for Martin, who is an architect by profession. His interest



is tied to his profession and also his Lexington roots.

The Ginocchios live in a majestic home built around 1818 by Matthew Kennedy, Lexington's first architect. The home, situated at the corner of North Limestone Street and Constitution Street, is featured in Clay Lancaster's book *Antebellum Houses of the Bluegrass*.

The house has been in the family since 1909 and Martin has been the present owner since 1968. As is the case with so many older homes, the work of restoring the house is a long-term project which will take a number of years to complete. But when you take into account living in a house with so much character and history, the restoration is really a labor of love.

Another love of Martin's is running. At age 52, Martin finds that running appeals to him because you can do it anytime and anywhere without having to rely on the weather or someone else in order to enjoy the sport. He does confess, however, that after running by himself all week, the Saturday morning run at Todds Road becomes the highlight of his social calendar.

Martin took up the sport in 1978 after his wife Sue, a graphic artist at the University of Kentucky, talked him into buying a pair of running shoes. Prior to that time, Martin had gotten much of his exercise by walking the 2½ miles between his office and home. Then in 1979 he began competing in road races, including the Bluegrass 10,000 and the Derby Mini-Marathon. Those races and others were enough to sell him on running.

But it appears that Martin is the only runner in the Ginocchio family. He and Sue are the parents of Michelle, a UK architecture student; Mark, an architect; Mary, a Miami University student; and John, a senior at Sayre School. Who knows? It may be that Martin's success as a runner has created a hard act to follow. Or maybe the younger Ginocchios are waiting until they are in their 40s to take up running, just as their dad did.

So if you are passing through Gratz Park or perhaps another historic part of the city, don't be surprised if you spot a fellow running along admiring some of Lexington's early architecture. That runner may turn out to be Martin Ginocchio. ■

RACE SCHEDULE

By Jerry Stone

APRIL

7th — Diet Pepsi 10K and Fun Run, Lexington, Ky.

14th — Old Kentucky Home 10K and Fun Run, Bardstown, Ky.

14th — Georgetown College 10K and Fun Run, Georgetown, Ky.

21st — Telephone Pioneers of America 5K, Louisville, Ky.

28th — Wildflower Celebration 10K, Maryville, Tenn.

28th — Kentucky Derby Festival 13.1 Mi., Louisville, Ky.

MAY

5th — Bourbon Kiwanis 10K, Paris, Ky.

12th — Nutrition Race 5 and 2 Mi., Louisville, Ky.

12th — Knoxville 1 Hour Championships, Knoxville, Tenn.

19th — Women's 5K, Lexington, Ky.

19th — Berea 10K, Berea, Ky.

19th — Burgin Beginning 15K and 5K, Burgin, Ky.

20th — National 15K RRCA Championships, Michigan City, Mich.

26th — Olympic Marathon Trials (men), Buffalo, NY

? — Big Spring Run 5K, Versailles, Ky.

JUNE

2nd — Leggs/NYRRRC Mini-Marathon, New York, NY

2nd — Capitol Expo 10K, Frankfort, Ky.

9th — Bank of Lexington 10K, Lexington, Ky.

9th — Rail City Run 10K, Contact Grant Jensen, (606) 836-8594, Russell, Ky.

10th — Run for Life, Louisville, Ky.

23rd — PeeWee Valley Race 5 and 2 Mi., Louisville, Ky.

JULY

4th — Blue Grass 10,000, Lexington, Ky.

21st — Summer Twilight 5 Mi., Louisville, Ky.

? — Red Birds Run 5K, Louisville, Ky.

? — Run for Life 5k, Cynthiana, Ky.

For more information:

Lexington - John's Bluegrass Running Shop, 606-269-8313.

Louisville - Ken Combs Running Store, 502-935-4978. ■

RACE RESULTS

Since our last newsletter, we have had no significant race results to report, as racing in Kentucky in January and February is not real popular. It is hard enough for us to get out on the roads this time of year, much less having to race. So this issue's race results will simply be a summary of what we did in 1983 in the way of P.R.'s (Personal Records). Pardon us if we have overlooked you, but unless you listed your P.R. on the board at Todd's, we didn't know about it. Well, here goes — and we might as well start with yours truly and go from there:

NAME	TIME	DISTANCE	EVENT
Nick Nickell	39:45	10K	K-Men's
Don Hardwick	3:08:56	Marathon	Wichita Marathon
Edd Frazier	39:00	10K	K-Men's
Norm Yeager	45:58	10K	Energy 10,000
Phil McConathy	39:08	10K	Energy 10,000
Phil McConathy	1:28:54	Half-Marathon	Blue-Grass Mini-Marathon
Phil McConathy	3:17:52	Marathon	Metro Marathon
Bob Carden	34:05	10K	K-Men's
Bob Carden	1:16:50	Half-Marathon	Derby Mini Marathon
Beth Argabrite	57:27	10K	Citizens Challenge Louisville
Dan Kenady	41:32	10K	K-Men's
Dan Kenady	1:35:45	Half-Marathon	Dayton River Corridor
Dan Kenady	3:32:22	Marathon	Metro Marathon
Bob Dinsmore	43:41	10K	K-Men's
Bill Morgan	36:11	10K	Wendy's, Bowling Green
Bill Morgan	1:19:58	Half-Marathon	Dayton River Corridor
Bill Morgan	3:04:52	Marathon	Huntsville Marathon
Suzanne Sanders	3:32:30	Marathon	Metro Marathon
Suzanne Sanders	1:38:47	Half-Marathon	Dayton River Corridor
Suzanne Sanders	1:10:49	15K	Oktoberfest
Suzanne Sanders	44:32	10K	Energy 10,000
Chere Leonard	47:32	10K	K-Men's
Susan Cox	47:07	10K	K-Men's
Sharon Hester	48:24	10K	Bonnie Belle, Nashville

IS IT HEALTHY?

The effect of consistent, vigorous exercise on health has been hotly debated. Unfortunately, even the medical literature (or maybe especially the medical literature) is full of anecdotal and opinionated data rather than hard, reproducible fact.

When it comes to exercise, most health care providers either do not care, do not know, or both. That does not, however, keep them from having an opinion, which is usually of the "cease and desist" school of thought.

With the exception of musculoskeletal stress injuries (acute or chronic), exercise is generally be-

neficial unless there is an antecedent medical problem which precludes vigorous exercise. Even then, some forms of exercise will be tolerated while others will not, i.e., turning to swimming or cycling when running cannot be tolerated. With increased numbers of people exercising consistently, questions about the physiologic changes which occur have arisen.

Good conditioning has been associated with cardiovascular changes which would be considered abnormal in the unconditioned individual. As you will see later in this article, blood pressures can be

by Nick Nickell

NAME	TIME	DISTANCE	EVENT
Phil Wheat	34:54	10K	Wendy's Classic
Phil Wheat	1:18:42	Half-Marathon	Dayton River Corridor
Bill Alley	3:49:06	Marathon	Metro Marathon
Lou Sievers	3:39:52	Marathon	Metro Marathon
Bob Maclin	41:27	10K	Green River 10K
Bob Maclin	1:05:25	15K	Cincinnati Heart
Bob Maclin	1:36:43	Half-Marathon	Derby Half Marathon
Ron Sanders	44:12	10K	Energy 10,000
Ron Sanders	1:09:51	15K	Oktoberfest
Ron Sanders	3:56:30	Marathon	Metro Marathon
T. Kinkead	41:22	10K	Wilmore Run
T. Kinkead	1:03:27	15K	Oktoberfest
Don Ambroziak	45:04	10K	Wendy's Classic
Dick Robinson	43:10	10K	K-Men's
Chuck Meshako	1:07:07	15K	Run For The Arts
Dave Kjelby	40:20	10K	K-Men's
Stan Briggs	38:08	10K	Energy 10,000
Stan Briggs	1:26:25	Half-Marathon	Dayton River Corridor
Stan Briggs	3:12:56	Marathon	Metro Marathon
Larry Hills	3:06:28	Marathon	Metro Marathon
Doug Worful	2:48:19	Marathon	Metro Marathon
Barry Collins	2:49:16	Marathon	Metro Marathon
John Pendleton	2:49:17	Marathon	Metro Marathon
John Wisniewski	3:11:27	Marathon	Metro Marathon
John Wisniewski	1:27:21	Half-Marathon	Dayton River Corridor
Larry Metzger	1:22:44	Half-Marathon	Dayton River Corridor
Cathy Fox	38:26	10K	K-Men's
Bob Hart	43:45	10K	K-Men's
Earl Freeman	3:10:10	Marathon	Rocket City
Earl Freeman	40:09	10K	Wendy's
Mike Raftery	34:37	10K	Wendy's
Dick Hutchison	3:10:34	Marathon	Rocket City
Jan Grigsby	3:09:38	Marathon	Rocket City ■

by Bob Shier, M.D.

elevated during resting states in normal runners.

Many doctors and dentists do not appreciate this fact. Therefore, if someone asks you about your pulse or blood pressure be sure they know that you exercise frequently. Such changes are now known to be secondary to metabolic and vascular changes heretofore unrecognized but which appear to be normal. Blood pressure, pulse, electrocardiographic, and blood volume changes are now all well documented.

In addition, rate of metabolism and body composition are also

known to be profoundly affected. The fact that some inappropriate diagnoses have been made should not be used to avoid adequate assessment of medical problems prior to beginning an exercise program or to having injuries properly evaluated.

Remember to discuss findings thoroughly with your physician and to get a second opinion if you feel that it is necessary. We are going to try to pursue some of the normal changes which occur in coming issues of the *Milemarker*, but remember that this is not in lieu of appropriate medical evaluation.

We have measured blood pressures and pulses at Todds Road in many runners before and after their runs. We plan to continue doing this from time to time in an ongoing study. Please help us by participating.

We have found in general that well conditioned runners have: 1) slower pulses prior to their run, 2) very rapid return of their pulse to normal after running, 3) higher systolic (the top number) blood pressure than normal before run but lower after run, 4) lower diastolic (the bottom number) than normal prior to run but higher after run.

Example:

Normal blood pressure 120/80
Runner before run 140/60
Same runner after run 105/90

The wide pulse pressure (difference between top and bottom numbers) before running is indicative of more vigorous and effective contraction of the heart due to increase in blood volume and stroke volume (amount of blood pumped with each beat).

This means that the heart can beat less often and do a better job. The heart muscle is "conditioned" just like your legs when it is exercised consistently and sensibly. Because the heart is better conditioned, it is also hypertrophied (enlarged) like any other trained muscle. This may cause it to look larger than normal on xray and cardiogram. Remember, however, disuse, misuse, and overuse will affect it, just like your legs.

Many runners have experienced dizziness due to postural hypotension (low blood pressure) immediately after running. This is explained by the low post-run blood pressure and the narrow pulse pressure after running.

If you bend over after running your pressure drops, further causing a "shock-like" condition and making you feel dizzy and faint.

The point is that many of these things which would be abnormal in others are not necessarily abnormal in exercisers! Be sure to check things out before you spend a lot of money for testing, or, even worse, give up your running unnecessarily.

In subsequent issues we hope to discuss pregnancy, menstrual cycles, psychological changes, and other metabolic changes secondary to running. Again, we will also continue to screen runner's blood pressures on Saturdays. Please help us!

(Ed. Note: References are available. Please see author) ■

GET TO KNOW BILL AND DORIS MATLACK

by Becky Reinhold

Bill Matlack is known for his amusing stories and practical jokes. Doris Matlack is known for her kindness, and of late, her new granddaughter. The Stumblers know them as a couple whose support has helped build the group into what it is today.

When Bill began working for Alex Campbell 30 years ago, he didn't realize he would be encouraged to quit smoking, lose weight, and start running. Bill and Doris would meet Mr. Campbell at 6:00 every morning at his house on Todds Road to begin the day with a jog up and down the driveway. As they all got in better shape, they ventured to the roads, first two miles, then five miles and eventually 10 miles. The Matlacks remember Mr. Campbell's dream of having "about 50 people" who all enjoyed running, to meet at a certain time and run together. As the word spread of their small group, people of all abilities joined them, and the Todds Road Stumblers were formed.

Bill tells us he quit smoking for two reasons. One was so he could keep up with his wife and Mr. Campbell; the other was because of a bet. One Friday afternoon, a friend came into his office and slapped a \$100 bill on his desk. The bet was that Bill couldn't keep from smoking from that time until he went to church on Sunday.

If he won, he could keep the \$100, give it to a poor person, or put it in the collection plate at church. If he lost, he had to light the \$100 at the same time he lit his cigarette. Bill went to 7:30 a.m. Mass, instead of his usual 12:00 Mass, on Sunday, just so he could smoke a cigarette. But from that time he knew he had the will power to quit, and he finally did.

In the early days at Todds Road, a sterling silver julep cup was given to the first man and woman over 40 who could run the 10 mile course in 8 minutes per mile (men) or 9 minutes per mile (women). Doris decided she was feeling fast one day and decided to try for the julep cup. She finished the course in 92 min-

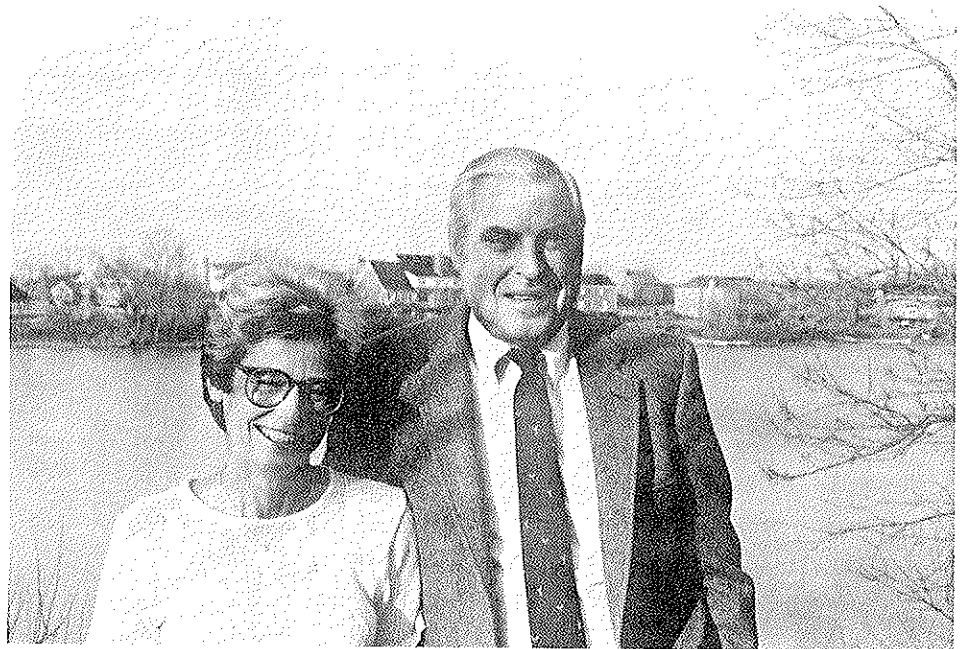


photo by Reese Reinhold

utes and 7 seconds, didn't get the cup, and never ran the 10-mile course again!

She also remembers the day she missed the turn on the 6-mile course, ended up on the 9-mile run by herself and got so tired she hitchhiked back to the corner grocery!

The road trips hold fond memories for the Matlacks. They especially remember the Roanoke, Va., 10K races, held during the Cherry Blossom Festival.

Bill recalls one such race when, as usual, he was at the back of the pack at starting time. A 250-pound lady in a white jacket was standing beside him, and Bill was certain she was a cook for some of the afternoon's festivities. When the race started he was shocked to see her begin running, and even more surprised that she finished the race ahead of him!

His excuse for her unbelievable finish? To have passed her, he would have had to run seven miles

just to get around her, and the race was only a 10K!

Bill and Doris have a lovely family. Susan Kanis, 29, is a housewife and new mother. Sally, 25, works for First Security Bank. Then there's Fritz, their dog, and the new addition, Laura Cydney Kanis, Grandma and Grandpa's pride and joy! Bill tells us that everyone is hoping the baby will look just like him!

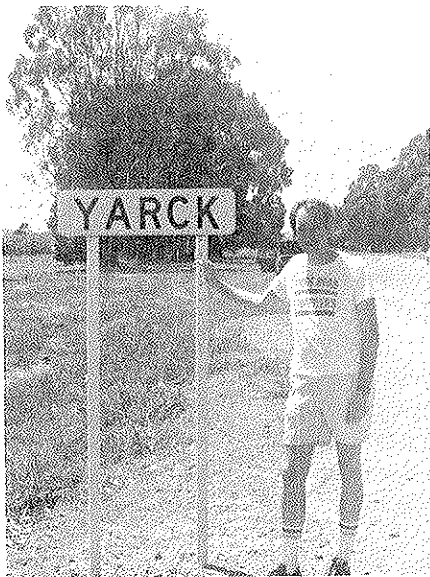
Doris has recently become a "playgirl." She plays tennis, golf, runs, and bowls. After working for 13 years as a medical technologist at St. Joseph Hospital, she is enjoying a life of leisure.

Bill still loves his work, but plays a mean game of tennis, enjoys walking, and yes, he still runs at least two miles a day.

Though we don't get to see the Matlacks at Todds Road quite as often as we'd like, the Stumblers are still aware of their love and support. Thanks, Matlacks, for helping us get where we are today! ■

ON THE ROAD TO YARCK

by Bob Dinsmore and Ken Pike



Bob Dinsmore had an interesting experience recently. "I was running at Todds Road early one morning and somehow got lost. Many days later (or was it months?) I came upon this sign (pictured above) which turned out to be in Australia. The distance was bad enough, but running over all that water was the hard part."

As you can see from this quote, jet lag, like oxygen debt, does terrible things to an otherwise normal Stumbler. After Bob had a few weeks rest, and had been recharged with massive quantities of Todds Road coffee, your reporter got the following story.

Between training runs, Bob works as Manager of Computer Services for Owens and Company, which specializes in computerized systems for horse-farm management. In late January of 1984 he actually did make a trip to Australia to set up a new dealership to market their systems, which were already in use throughout the U.S. and in foreign places such as Ireland and Monaco.

When the word got around that Bob was about to make this journey, he started receiving advice on how to deal with jet lag, and he was told that in the Southern Hemisphere he would be treated to the sight of water swirling in the "opposite direction" when it was going down the drain. Thus armed, Bob

packed his Nikes and headed for the "Land Down Under." Here are some of his observations.

- The trip took 30 hours from Lexington to Melbourne, 20 of which were spent in the air.

- Although they crossed the Equator and the International Date Line, no mention was made of it. Bob was prepared for some sort of ceremony. When your reporter asked if there is a big dashed line marking these boundaries he changed the subject rather than dignify the question with an answer.

- There is a 16-hour time difference between Lexington and Melbourne, but he was never able to decide if Lexington is "ahead" or "behind."

- Australia has nearly the same land area as the continental U.S., and has a total population of 15 million. Of that total, 2 million live in Melbourne and 5 million in Sydney.

- Left-handed traffic was confusing. As a pedestrian he was always looking the wrong way. As a driver he was especially intimidated by right hand turns while in the left lane, and by parallel parking.

- The northern regions are warmer than the south, and the weather patterns move from east to west.

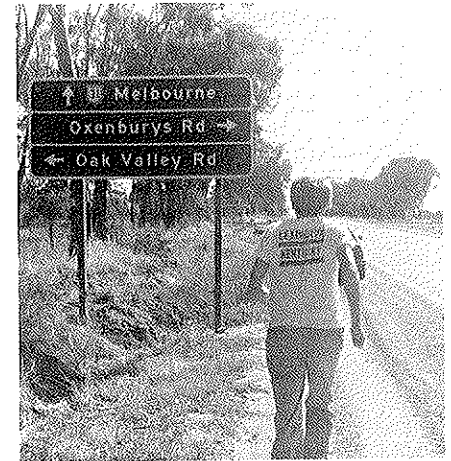
- The money system is in dollars and decimals, and the currency is printed in various sizes and colors, which has some definite advantages.

- By law, everything is measured in metric terms — even the golf courses.

- Nearly all autos are compacts. Bob saw only one Cadillac, and it was carrying the starting gates at a harness racing track.

- Bob spent a lot of time hunting for light switches. Instead of mounting them on the wall, the Australians use small pressure switches that are set on the door facings.

- The rumor that kangaroos are nearly extinct is vigorously denied by rural Australians. Kangaroos, like North American deer, live in herds and come out to roam in the morning and evening hours. They



sometimes become nuisances because they eat up gardens and terrify horses and cows.

- Off-track betting on horse and dog races is legal and very popular. At the track one can choose between betting against the track odds or against any of a large number of bookies who set shop there to sell their own odds.

- Shopping is done in large centralized areas like our malls, but farmers' markets are more prevalent. One such indoor market area was strictly for sellers of meats and could offer about anything you could imagine. The American influence was evidenced mainly by McDonald's and Kentucky Fried Chicken restaurants.

- And finally there is the phenomenon of the reversed swirl of draining water. Bob tried to check it out each time he flushed a toilet. Unfortunately, the Australian porcelain conveniences all empty with a violent "swoosh" that does not permit a swirl to form.

Bob managed to squeeze in a few workouts while there and says that the sport of running is alive and well. "Since it was summer there, the runners were out in force. It was apparent that running has no national boundaries."

In summary, he found Australia to be a beautiful and clean place, and the people he met were "extremely friendly and accomodating." ■

GET TO KNOW BERNADETTE MADIGAN

by Dan Seaver

As she walks across campus, Todd's Road Stumbler Bernadette Madigan resembles so many other coeds carrying books on their way to class. But "Bernie," as she is known to her friends, is much more than a typical college student.

This native of Windsor, England, with her warm, friendly smile, is a senior majoring in therapeutic and recreation administration. She is also an outstanding middle distance runner on the UK Lady Kat track team.

What prompted this English lass to leave Windsor, a city known for its eleventh century castle and the home of British sovereigns, to travel to Lexington? Bernie says that she was recruited to run for UK after being recommended to the track coach by a fellow countryman who was already on the track team. At the time she was running for the Windsor-Eton Running Club and had established a good record in middle distance events.

Upon arriving in Kentucky in 1980, she soon found that her biggest adjustment was in communicating with people. Bernie discovered that she was having as much difficulty understanding Kentucky drawls as people were having in understanding her Berkshire accent. Over the past four years, however, she has adjusted well to UK and to living in the United States.

Bernie tells us that running has been a way of life for her since she was eleven years old. Her dad coached her throughout grade school and has been a tremendous inspiration to his daughter and other younger runners for many years. Back in those early days Bernie was competing in half mile and mile races before she eventually progressed to 3,000 meters. And at UK Bernie has enjoyed great success on the Lady Kat track team. In 1981 she was a Cross-Country All-American and the National Indoor Champion for two miles. But this year she missed the cross-country season due to injuries.

Bernie is now back in training nine months after having tendon release surgery on both feet. She says that being away from running for a long period was really hard for her. At track meets she could only cheer on the sidelines instead of running in the events. Then, during the fall, she began riding a station-



photo by Dan Seaver

ary bike as a first step toward getting back in shape. Finally, in early December, Bernie put on her running shoes and hit the open road again, anxious to regain the form which had brought her so much success as a runner. Today, 6-mile runs in the morning and afternoon are helping Bernie accomplish the training goals she has set for herself.

Bernie feels that she has yet to reach her full potential as a runner. Among her goals for 1984 is qualifying in the 3,000 meters while at the same time improving on her personal record of 9:09. We certainly think that she has the confidence and determination to do it!

When asked what she enjoys most about being on the Lady Kat track team, Bernie will tell you she likes the training and the level of competition. Meeting new people and establishing friendships through running have also made this a wonderful experience for her. And, as you can imagine, she has especially enjoyed the opportunities for travel to various parts of the nation. NCAA competitions have taken Bernie to several states, although not yet to Colorado and Oregon, two states she would like to visit some day.

After graduation Bernie plans to pursue a career in the field of sports administration. Between high school and College, she worked for the British Gymnastics Federation and found that experience a good one. With this background along with her education, achievements as a runner, and interest in so many sports, we feel confident that lots of doors will open up to her when she leaves UK. ■

GO EAST YOUNG

Seven A.M., Saturday August 13, 1983. My Fuji S-12-S is laden with 35 pounds of baggage and equipment and is headed towards Winchester Road enroute to New York City. Only one friend made it up early enough to see me off. Of course I forgot my toothpaste and had to return home after going only two blocks.

Winchester and New Circle Road - approximately 7:40; I had my first serious questions about the sanity of the trip. The bike was in good shape - it was a little over a year old and had gone on three or four 80 mile plus jaunts; I was in fair shape in spite of my 4 1/2 hours sleep the night before. I had prepared for months, biking as often as possible to my job in Frankfort, but my biggest worry was how the bike would react to the extra weight. Joe Carriero of Everybody's Bike Shop had urged me to go on some trial excursions with my expected baggage because light weight bikes can yield under stress. I hadn't done so and was concerned. My dream trip - the culmination of months of planning could flop because of one oversight. My mechanical expertise consisted of changing a tire, oiling a chain, or adjusting a seat. I wasn't prepared for what could happen on a trip of this nature. I was trusting Providence to intervene, either in a trouble free trip or in giving the wisdom to "rise to the occasion."

When I passed Combs Ferry Road a little before 8 there was a tremendous urge to bike out and join the Stumblers to fill some inner desire for a "Bon Voyage" I seem to have missed. Instead I headed straight towards Winchester. As I wheeled into town I found a small bag with about 20 pennies in it. This was destined to be a lucky trip!

After Winchester followed Mount Sterling, Morehead, Salt Lick, Olive Hill, Grayson, Kilgore and Cannonsburg. I covered 120 miles my first day, found a campground and settled in for the night.

During the next six days I passed by places whose names were as mysterious as they were themselves, meeting people who graciously opened their lives to a stranger. I must have stopped to fill my water bottle at least 50 times, and was never refused. This often meant stopping at people's homes.

By Dan Myneer

I experienced unanticipated challenges during my two mountain days in Pennsylvania. I was always wondering how I would get enough energy to crest one more mountain, but the agony of ascent was always overshadowed by the 50mph joy ride down the other side. To date I can think of no thrill more exciting than flying down a mountainside - the wind whipping at you - challenging your balance - staring as far ahead as possible for that one obstacle (a pebble, a twig, a crack in the pavement) that could throw bike and rider off the mountain.

My most frustrating setback came on my 5th day when I had gone only 76 miles and didn't make it over the last mountain in the Appalachians as I had planned. I was now 40 miles behind schedule, weak and seriously contemplating a busride to put me back on schedule. I started up that last mountain - made it about 100 yards and found my bicycle involuntarily turning back into McConnellsburg - the small town between the mountains. I had heard there was a campground there. There wasn't. Instead I slept in a Fairgrounds, known for its "roving bands and vandalism." It wasn't vandals or bandits that rousted me a mere hour after dozing, but a furry friend - a skunk. I managed to muster a "semi-conscious" stand-off which I miraculously won. Three hours later at 1 a.m. I was again awakened, this time by pouring rain. Having opted against pitching my tent because of fatigue, I had to scurry for shelter with all my belongings. The next morning I made an early departure after a meager breakfast of cereal and a candy bar and tackled that last mountain.

Once over the mountain I was greeted by a biker's dream - the gently rolling hills of Pennsylvania Dutch country. From there on I averaged 135 miles per day and arrived in Manhattan on schedule with a thick layer of road grime, five dollars in my pocket and a net weight loss of 10 pounds. During the entire trip I had no flat tires or mechanical problems and was "mooned" only one time. Pretty lucky, don't you agree.

Looking back it was great fun and I can hardly wait to begin my next bike adventure. ■

GET TO KNOW HARRY CAMPBELL

by Dan Seaver

As you look around Harry Campbell's office at his Clays Ferry home, you are quickly impressed by its appearance. There are a large number of law books and other volumes neatly arranged throughout the spacious room, as well as mementos of a long and successful career. But you can't help being drawn to one corner, where Harry displays the trophies and photographs which tell of his success as a runner. It's quite a collection of awards, especially when you consider that this Todds Road Stumbler is 64 and has only been running seriously for a little over four years.

Being physically fit has been important to Harry throughout his life. But even more than that, it was a requirement for his job with the FBI. After graduating from the University of Louisville Law School, Harry became an agent with the Bureau, serving in that capacity between 1942 and 1957.

During those years he was assigned to field offices in Detroit, Newark, New Haven and New Orleans before ending his FBI career at Paintsville, Ky. His experience in Eastern Kentucky paved the way for his next position as president of the Coal Operators Association in Pikeville. Between 1958 and 1982 Harry was in this job, working in the field of labor relations. He was also responsible for moving the office to Lexington in 1974. Since 1982 he has been engaged in the private practice of law at his home.

Harry tells us that he began running in 1978 quite by accident. It seems prior to that time, he had been an active tennis player at the Lexington Tennis Club. Then he lost his regular tennis partner and had some difficulty locating another one. So Harry took up running because as he says, "you don't need a partner, or a special place to run."

After running at the tennis club for a while, Harry moved over to the UK track where he recalls seeing runners like Jim Bell and John Fox putting in their miles of training. Harry was running no more than a mile or two in those days.

Then, in 1979, he made a decision that has been a big influence on his interest in running. Harry told a friend that he wanted to run six miles by his 60th birthday. That was his goal and that's exactly what he did.

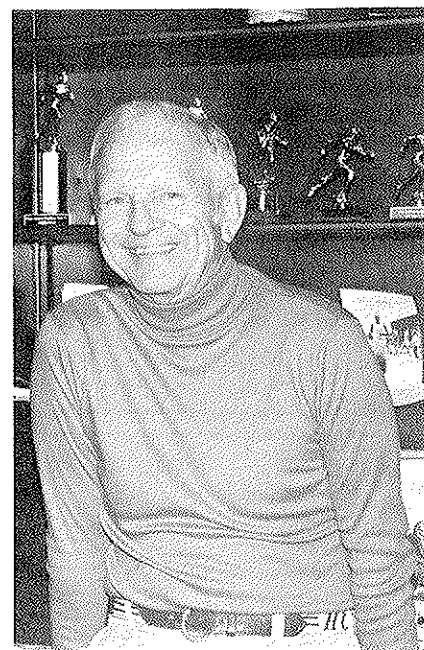


photo by Dan Seaver

Soon after, Harry met Clenet Ellis, who invited him to come out to Todds Road. Upon becoming a Stumbler, Harry was bitten by the "running bug," and the rest is history.

Over the past four years he has competed, in many road races including 10K, half-marathon, and marathon events. This sport has taken him to races in several states from Minnesota to Florida. But Harry is the first to admit that his finishing times are not always that good. His personal record for a marathon is 5:16, recorded at Grandma's Marathon in Duluth, Minn.

Even so, he feels he still has something over many world class runners like Alberto Salazar and Bill Rodgers.

"After all," says Harry, "great runners like that take around 2:10 to finish a marathon. I can continue running for over five hours." Now that's endurance!

His goals for this year are to improve on his personal records in the 10K and the marathon. Finishing under 50 minutes and five hours in those events would make 1984 a banner year. He's setting his sights on the 1984 Grandma's Marathon scheduled for June 16, hoping that this will be his best performance ever. ■

Todd's Road Stumblers, Inc.

milemarker

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STUMBLERS ON THE MOVE

by Suzanne Sanders

Todds Road President **Jerry Stone**, in addition to being a full-time IBM employee, is also a professional photographer. From Jan. 24 to Feb. 27, he exhibited a collection of 15 photographs in a show entitled "Figures" at Arts Place.

The exhibit of several Kentucky artists was sponsored by the Society of Fellows of the Lexington Council of the Arts.

Phyllis Jenness presented a recital on February 28 at the UK Center for the Arts, Recital Hall. She was the subject of a feature article in the *Herald-Leader* before the recital.

Emily Smith has graduated from nursing school and recently married Christian Peterson, M.D. They are living in Eau Clair, Wis.

George Mason has left the law firm of Wyatt, Tarrant and Combs to start a private practice.

Mike Thompson is now Vice-President of Operations of Ritzly-corp. He plans to open five G.D. Ritzly's restaurants in Lexington. The one in Patchen Village is al-

ready operating, and **Brenda Curd** is working there. Some of you may have already discovered the delicious ice cream at Ritzly's — a good reward for all those miles.

Dan Mynear has founded Language Services, which offers private instruction in French, Spanish, and English as a second language. In addition to being a runner, Dan is an accomplished cyclist. See his article on his trip to New York in this issue.

Long-time member **Dickie Bass** has recently joined Owens and Company, C.P.A.s. He claims his less than regular attendance at Todds Road is due to his one year old, Richard, Jr.

Bob Dinsmore, also with Owens and Company, traveled to Australia. See the article about his trip in this issue.

Jan Grigsby has also been traveling. He did some winter racing in Florida and Bermuda. It must be nice to work for Delta.

John Stoll, from College Station, Texas, was out for a visit again. He's more regular than some local members.

Congratulations to **Don Weber**, who was recently named interim

head coach of the University of Kentucky Track Team.

Bill Smith, now living in Frankfort, was at the clubhouse in February to present **John Sensenig** with a Kentucky Colonel certificate. This was in appreciation for John's help in the production of Frankfort races over the years. John was so overcome with emotion that he left the certificate at the clubhouse.

Don Ambroziak, D.P.M. became a father for the first time on Dec. 1. He has a son named Donald. **Max and Julie Irick** also had a son on December 28. Christopher Harold is their second child. Expecting babies are: **Ken and Peggy Littrell** and **Dave and Paula Strack Feighery**.

New members since our Winter issue of the *Milemarker* are: **Andrea Allen, Randy Boedy, Joan Butler, Kelly Carter, Lee Carter, Sonia Carter, Diane Clark, Robin Hall, Ron Hayden, Wiley Henson, Shiela Kirby-Smith, Fred Lebow, Robert Maclin III, Khurshid Mehta, Kay Pasley, Sharon Schneider, Roger Smith, Phyllis Snyder, Yvette Stephens, Donald Stone, Fred Vickers, Jimmy Carroll Walker, William Wilson, Carol Woodburn, John Young, Grace Silverberg and Hank Jones.** ■