



Member Roadrunners Club of America

THE TODDS ROAD

millemarker

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

Number 7 Winter 1985

KHSAA CHAMPIONSHIP MEET



Stumblers Wayne Collier, Dave Wachtel, Steve Jones (obscured by runner) and John Sensenig (wearing cap) working the finish line. See story on pages 10 and 11.

TODDS ROAD TRASH CLEANUP

Our second annual cleanup of the road near our clubhouse is set for May 11, 1985. The Environmental Commission for Lexington-Fayette County heard of our 1984 cleanup and sent a very nice letter of congratulations to all of us. We reply with a hearty "Thank You" to the Commission (Isabel Yates, Chairman, and Dr. Monroe Moosnick, Awards Committee Chairman) for being so thoughtful.

LOST AND FOUND

Bill Alley tells us that while he was running the Thanksgiving Day Race at the Horse Park his car keys slipped out of his pocket. When he realized they were gone, he and Babe Ray spent quite a bit of time hunting for them and then Babe drove him home to get a spare set and delivered him back to the Park. In the meantime, someone else found the keys and turned them in to the race director who, made sure that they got back to Bill.

We all know that sick feeling that comes with losing something valuable, but fortunately Bill's story had a happy ending. The loss of a set of car keys might seem undramatic when you read it, but it serves as one more example of the type of concerned and caring people that are attracted to this sport. Bill wants to thank Babe Ray and the unknown finder of the keys for being so kind and considerate of his dilemma.

GOOD NEWS FOR RUNNERS

In the last few years Lexington has seen the establishment of several fine health and fitness centers. Most have focused on racquetball, Nautilus, free weights or aerobics, but now there is one that gives attention to the serious runner. The Lexington Athletic Club on Enterprise Drive (just off Nicholasville Road) has a six lap per mile indoor track and is considering building a wood bark chip outdoor course about one mile long. Stumbler Dave Schaufuss has recently

become a sales representative there and plans to offer coaching and customized training programs to interested members. We all know that Dave is a fine runner, but he is also highly qualified to coach other runners. You can get more info by calling him at 268-8120 or 273-3163.

MARK NENOW UPDATE

Mark recently won the Rosemont Turkey Trot in 28:52. He was defending his 1983 win and set a new course record in the process. We all remember his 27:22 world record that he set on March 31 at the Crescent City Classic in New Orleans. The course has since been remeasured and was found to be accurate, and so his record stands. The Chicago Sun-Times quoted Mark as saying that he intends to run a marathon in 1985 at Chicago or New York. Be sure to read our interview with Mark in this issue.

TODDS ROAD TRIVIA

Name the Stumbler who is quoted on page 48 of *Jim Fixx's Second Book of Running*. (Answer in next issue.)

500 MILE CLUB

Since our Fall issue another four Stumblers have completed the requirements and have been inducted to the 500 Mile Club. The new members are:

Ron Lovan - Sept. 29

Dan Jordan - Nov. 3

Bob Hart - Nov. 3

Dan Wells - Dec. 15

Congratulations to all!

1984 PERSONAL RECORDS

Nick Nickell, who does a fine job of compiling race results for our newsletter, has recently put up a board in the clubhouse so that members can report their 1984 P.R.'s. If you had a P.R. at any distance during 1984 be sure to come to the clubhouse and write it down before March 1, 1985. Nick will then summarize

everything and print the results in the Spring issue.

KENTUCKY RELAYS

The 16th annual Kentucky Relays will be held at the U.K. track on April 19-20, 1985. Helping officiate the Relays is one of our club's annual projects. All interested members will have the opportunity to serve as officials for the track events. Being involved in this way has always been an exciting and fun experience. We will begin calling for volunteers in March, so mark your calendar now to avoid schedule conflicts.

UPCOMING CLUB EVENTS

- April 19-20, 1985 - Kentucky Relays
- May 11 - Todds Road Trash Cleanup
- July 15 - Seventh Annual Picnic
- Nov. 4 - KHSAA State Cross Country Championships
- Dec. 31 - New Year's Eve Run ■

SONAT VULCAN 10K

by Nick Nickell

Birmingham, Alabama has an extremely active running community with at least one race every weekend on the average. November 24th was the date of the Sonat Vulcan Run 10K followed by the Vulcan Marathon on the 25th. With over 6,000 runners in the 10K, it is one of the best races in the South. Sound hard to get an award? Not for Todds Roaders' Don Coffman, Bill Olrich, Frank Cornett, Dave Schaufuss and Bob Maclin. Don and Bill finished 1, 2 in the Masters Division, with times of 31:26 and 32:24 respectively. Dave Schaufuss ran a strong 30:02. Frank Cornett of London was third in the 35-39 age group with a time of 32:48 while Bob Maclin won the 60-64 age group with a time of 43:10. Dave Wachtel, a former member of the Birmingham Track Club, and an active Todds Roader, was seen working the finish area and preparing for the Marathon on Sunday. Dave ran a 3:04:08 in warm weather. ■

GET TO KNOW BILL ALLEY

by Dan Seaver

No matter what he's doing at the time, whether it involves his profession, church work or a hobby, you get the impression that Todds Road Stumbler Bill Alley gives any activity one hundred percent effort. A deliberate man, Bill is someone who knows his priorities in life and follows them.

For the last 22 years he has been an insurance and financial consultant here in Lexington. Through his work he provides a wide range of insurance and financial planning services to clients. These services include everything from helping people meet their insurance needs to recommending securities, individual retirement accounts and other long-term programs. Especially in the last five years with the growing number of new financial products appearing on the scene, Bill's profession offers greater challenges today than ever.

Church work is a major priority in his life. Bill is a member of Trinity Hill United Methodist Church where he has found involvement in church activities both stimulating and satisfying. He is the District Secretary for Evangelism through the United Methodist Church and a member of the Southeastern Jurisdictional Board of Evangelism. Bill has the distinction of being the only lay person on these boards. Teaching an adult Bible study Sunday school group continues to be a rewarding experience for him. In recent years his church work has taken Bill beyond Lexington on missions to Central America. On the islands of Roatan and Utila in the Gulf of Honduras, he and others participated in projects to rebuild a church that had been destroyed by hurricane winds, erect a water tower, and provide medical care to local inhabitants. A commitment to activities like these reflects very highly on people like Bill who give their time and effort to programs which benefit many.

Bill has a positive outlook on life and likes to be with people who share this same view. He is a member of the Lexington Toastmasters, president-elect of the Kentucky State Association of Lives Underwriters, and President of the Lexington Chapter of Chartered Life Under-

writers. He also finds time to pursue a variety of interests. Bill studied classical guitar for almost five years. He holds a black belt in karate and a brown belt in judo. In addition, he was a B plus racquetball player until an injury sidelined him from this sport. During his recuperation Bill began running to stay in shape and soon discovered the enjoyment of this pastime. And he's been running ever since.

When asked what his running goals are, Bill responded by saying that he hopes to run in the Boston Marathon one day. He also would like to run a sub-40 10K before he hangs up his running shoes. With his clear determination and

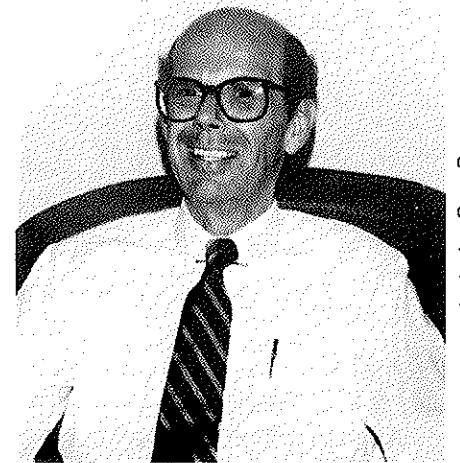


photo by Dan Seaver

desire to succeed, we feel certain Bill will achieve these and other goals in life. ■

DAYTON RIVER CORRIDOR CLASSIC

by Nick Nickell

This year's Corridor Classic was run under less than ideal conditions with a light rain and a strong headwind -- especially the last two to three miles. As usual, this excellent race drew a large contingent of Lexington runners. Once again a group of 25 or so of us gathered for an Italian dinner in downtown Dayton, which is always the highlight of our trip. Listed below are those we could find, times for in the results.

NAME	TIME	AGE GROUP
David Schaufuss	1:08:37	M 20-24 3rd
Dennis Haddad	1:16:42	M 25-29
Mike Rafferty	1:17:09	M 30-34
Bob Hart	1:44:42	M 30-34 P.R.
Phil Wheat	1:18:42	M 35-39
J.R. Miracle	1:21:18	M 35-39
Doug Worful	1:21:47	M 35-39
Bill Morgan	1:23:27	M 35-39
Phil McConathy	1:26:44	M 35-39
Dan Kenady	1:27:45	M 35-39 P.R.
Nick Nickell	1:30:44	M 35-39
David Wachtel	1:24:02	M 40-44
Larry Hills	1:24:20	M 40-44
Don Hardwick	1:29:24	M 40-44
Earl Freeman	1:30:45	M 40-44
John Sensenig	1:24:38	M 45-49
Ron Sanders	1:51:41	M 45-49
Bill Bengert	1:33:17	M 50-54
Bob Maclin	1:38:18	M 60 & Over 2nd
Terry McLorg	1:39:53	M 60 & Over 3rd
Suzanne Sanders	1:36:59	F 35-39 P.R.
Ann Wheat	1:41:27	F 35-39
Beth Argabrite	1:57:59	F 55-59 2nd ■

"DOUGHNUT DUTY" VOLUNTEERS

by Cathy Fox

On behalf of all the Todds Road Stumblers who enjoy the hot coffee and fresh doughnuts that are awaiting them after their Saturday morning runs, I would like to thank the following people who cheerfully performed their "doughnut duties" throughout 1984: Ginny and Skip Adams, Bill Alley, Beth Argabrite, Steve Breeden, Jenny Brock, Betsy Brooke, Alex Campbell, Judy Collins, Patsy Cooke, Susan Cox, Bob Dinsmore, Kim and Dan Dusch, Bev and Bill Fortune, Joan Fowler, John Fox, Pennie and Edd Frazier, Laura Ann Freeman, Martin Ginocchio, Judy Goodrich, Don Hardwick, Bill Harshbarger, Bob Hart, Art Hellebusch, Sharon Hester, Phyllis Jenness, Dave and Pyddney Jones, Dan Jordan, Dan Kenady, Chere Leonard, Bob Maclin, Phil McConathy, Terry McLorg, Bill Morgan, Dan Mynear, Nick Nickell, Ken Pike, Babe Ray, Becky and Reese Reinhold, Dyer Rodes, Bill Sanborn, Suzanne and

Ron Sanders, Bob Shier, Lou Sievers, Dave Taylor, John Thompson, Jim Timmons, George VanMeter, Tom Watkins, Paul Wehrman, Dan Wells, Ann and Phil Wheat, and John Wisniewski (who in spite of the fact that he was only in Lexington for a few days last year, managed to squeeze in time for his duty).

I would like to send a special thanks to Beth Argabrite, Alex Campbell, the Fraziers, Bill Harshbarger, the Reinholds, Babe Ray, John Thompson and the Wheats all of whom played host/hostess more than once during 1984.

If you did not get a "chance" to do your "duty" during 1984, now would be a good time to make amends! The new duty roster for 1985 is ready and waiting by the coffee pot. Sign up now to avoid the rush at the end of the year!

Remember that membership in the Stumblers is easy. There are few rules

and no dues. The principal requirement is that one volunteer once a year for doughnut duty. With 1,000 plus members on our list, no one should have to do duty more than once a year! If you have never done it, it is not as complicated as it may seem.

Listed below are a few instructions:

(1) Pick a day that suits your schedule then write your name and phone number on the roster.

(2) Obtain key to the clubhouse, either from the clubhouse the week prior to your day, or by calling me at 268-2701 to make arrangements for pick-up.

(3) Before run:

(a) Pick up doughnuts at Dixie Cream Donuts - 396 Woodland Avenue. (They have already been ordered and arrangements have been made for payment - you simply pick them up).

(b) Open clubhouse.

(c) Start coffee (water is already in pot, you simply pour one bag of coffee into the basket and plug in the pot).

(d) Set out the creamer, sugar, stirring sticks, napkins, etc. (all of this material is located in cabinet beneath the hot chocolate machine).

(e) Put out "No Parking" signs.

(4) After run:

(a) Bring in "No Parking" signs.

(b) Unplug coffee.

(c) Put left-over creamer, etc., away.

(d) Take left-over doughnuts to the country store.

(e) Pick up any cups, etc., lying around.

(f) Give key to next person on duty or hang up on hook.

(g) Turn off lights.

(h) Make sure that the door is locked when you leave.

It's easy, it's free and really only takes a few minutes before and after your run. If you have any questions regarding this please do not hesitate to give me a call at 268-2701. **DON'T FORGET TO SIGN UP FOR 1985 DOUGHNUT DUTY!**

METRO PARKS DERBY CITY MARATHON

by Stan Briggs

For several weeks prior to race day the weather was great for running. However, on race morning there was a definite chill in the air with the temperature falling below 40 degrees and a nasty north wind blowing across the Ohio River. Undaunted, a good sized crowd of spectators and runners milled around, anxiously waiting for the start. Finally we were off and running out of the park, on our way to another one-of-a-kind experience. When the challenge was over there were 710 official finishers, including 87 women and 9 wheelchair runners.

Shown below are all of the Todds Roaders that we know of who participated in this year's race.

NAME	PLACE	TIME
Ann Wheat	F-48	4:01:31 First Marathon
Beth Argabrite	F-75	4:27:11 First Marathon
Bill Harshbarger	M-34	2:46:27 P.R.
George Mason	M-46	2:48:04 P.R.
Ralph Miller	M-85	2:57:00
Larry Hills	M-123	3:04:11
Dave Palmer	M-218	3:19:32
Tom Cooper	M-256	3:24:29
Stan Briggs	M-329	3:35:52
Dan Kenady	M-352	3:40:22
Tom Olshewsky	M-429	3:51:46
Donald Diedrich	M-445	3:54:03
Bob Barnes	M-447	3:54:39
Gene Priddy	M-559	4:22:22

GET TO KNOW DAN RICHARDSON

by Dan Seaver

One of the area's leading authorities on the physical benefits of exercise is none other than Todds Road Stumbler Dr. Dan Richardson. For a number of years Dan, a physiologist at the University of Kentucky College of Medicine, has spoken to groups about exercise physiology. Many *Milemarker* readers have probably heard him speak at running clinics for the Bluegrass 10,000.

During the week Dan divides his time between teaching and research. He teaches physiology to U.K. students in the Colleges of Medicine and Allied Health Professions. One of the most interesting settings for some of his lectures each spring is Hyden, Kentucky. There you will find him teaching a class in physiology to persons at the Mary Breckinridge School of Frontier Nursing. In addition to his regular teaching, Dan gives a variety of lectures in aging and gero-fitness to senior citizen groups.

Dan is also very much committed to research. His office is located in the Sanders-Brown Research Center on Aging. It is from this location that he conducts research on the effects of the aging process on the circulation of blood in the body. Dan's research is focused on the impact of aging on the skin-blood flow. His work involves studying the changes in skin-blood flow over a period of years to determine if they are inherent or simply correlatives of aging. If this sounds complicated, then let me assure you that it is. However research like Dan is doing in the field of gerontology will be important to all of us in years to come. As the life expectancy of men and women in this country continues to rise, more and more attention is being directed to the study of the aging process. Dan and others are contributing to the research that will help everyone in the future live to their full potential.

Although he has been running for 25 years, Dan tells us his own exercise program has expanded to include bicycling. After a running injury a few years ago forced him to back off on his miles per week, he compensated by bicycling to keep his cardiovascular system in good shape. Instead of losing the competitive edge, Dan found that his running times actually began to improve. "They're an excellent combination for lots of rea-

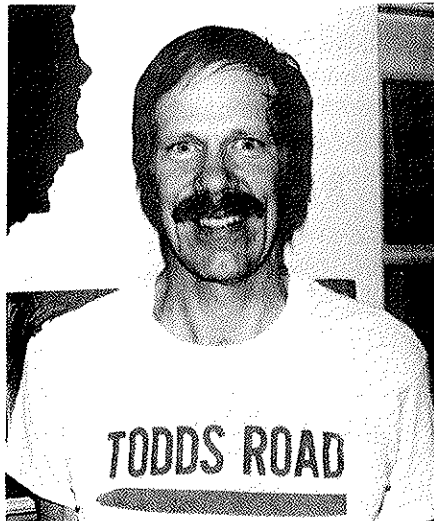


photo by Dan Seaver

sons," says Dan. "You're using different muscle groups, so you don't get the strain or muscle imbalance from one sport that can lead to injuries." Like many others he has found that involvement in one or more exercise programs aside from running has not lessened his interest in the sport, but rather kept him from becoming a burned out runner.

This past September Dan and his wife Joyce, a clinical social worker at Family Counseling Services and a fine runner in her own right, pedalled their way through Scotland as members of a bicycle tour. Averaging about 35 miles a day for six days, the group enjoyed many nice experiences missed by the typical tourist. Dan has also participated in other bicycle tours including the Tour of the Scioto River Valley in Ohio. That tour took him and 4,000 other riders over 200 miles in just two days. While that sounds like quite a feat, he says the recovery time for long distance bicyclists is much faster than for someone who runs a marathon. According to Dan, you can bike 100 miles and then get up the next day and do it again. But a runner may need several days to fully recover from a marathon due to gravity loading or other damage to muscles. Somehow it doesn't sound that easy especially to someone who is accustomed to merely riding his bike around the neighborhood. Speaking as a physiologist, Dan reminds us that people should not over do it with any form of exercise. He encourages us to keep running and any other physical activity in perspective and in balance as we seek our own level of fitness. ■

U.K. TRACK SCHEDULE

Interested in watching some good college track during the next six months? If the answer is yes then you will be glad to see the following schedule of indoor and outdoor meets which will feature athletes of the University of Kentucky. If you need more information contact the U.K. track office.

INDOOR TRACK

Jan. 18	Hoosier Hills Open Meet Bloomington, In.
Jan. 18-19	Eastman Invit. Johnson City, Tn.
Feb. 1-2	Indiana Relays Bloomington, In.
Feb. 8-9	Illini Classic (men) Champaign, Il.
Feb. 16	Illinois Invit. (women) Champaign, Il.
Feb. 16	Buckeye Invit. (men) Columbus, Oh.
Feb. 22-23	Southeastern Conference Gainesville, Fl.
March 2	Last Chance Invit. (men) Murfreesboro, Tn.
March 2	Fast Times Inv. (women) Gainesville, Fl.
March 8	NCAA Nat'l Champ Syracuse, N.Y.

OUTDOOR TRACK

March 16	Domino Relays (men) Tallahassee, Fl.
March 22-23	Paper Tigers Relays Baton Rouge, La.
March 22-23	Lady Gator Relays Gainesville, Fl.
April 6	Kentucky Invit. Lexington, Ky.
April 12-13	Dogwood Relays Knoxville, Tn.
April 19-20	Kentucky Relays Lexington, Ky.
April 25-26	Penn. Relays Philadelphia, Pa.
April 26-27	Drake Relays Des Moines, Iw.
April 26-27	Mt. SAC Relays Ontario, Can.

(continued on page 12)

RACE SCHEDULE

by Bob Maclin

For all the cold weather runners and "Polar Bears," you will find a list of interesting races to consider. The list is prepared from many sources so please remember to verify the date, time of race, etc., before traveling to a race. Also, please remember to send a self-addressed, stamped envelope when requesting entry forms.

JANUARY

- 1 -- Hangover Classic 10 miler Louisville: Cherokee Road Runners, Louisville, Ky. 502-426-8712.
- **6 -- Jackson Day 9K, Chuck George, Racing South, 3301 Overbrook, Nashville, Tn. 37312.
- 12 -- Norris Dam 12K, 5K, 1M, Norris Dam: Oak Ridge Track Club, Box 3394, Oak Ridge, Tn. 37831.
- **12 -- Savannah Marathon and Half Marathon: John Burke, Box 1088, Savannah, Ga. 31402.
- 13 -- Winterland Run 1, 2 and 7 Miles: Bluegrass Industrial Park, Louisville, Ky. 502-895-3410.
- 19 -- Winter Run 5K and 15K: Bowling Green, Ky. (Tentative). 502-843-9425.

FEBRUARY

- 2 -- Frost Bite 13.1, Dixon, Tn.: Nashville Striders, 1000 Church Street, Nashville, Tn. 37203. 615-264-0631.
- **2 -- Orange Bowl 10K, Miami, Fl.: Contact running stores.
- 2 -- Valentine's Day Race, Cincinnati, Oh.: Bob Platt, 3415 Wallace Ave., #5, Cincinnati, Oh. 45226. 321-8690.
- 3 -- Summer Co. 10K, Nashville, Tn.: 615-254-0631.
- 9 -- Smoky Mt. Marathon and Half-Marathon: Nashville Striders, 1000 Church Street, Nashville, Tn. 37203. 615-254-0631.
- 16 -- WHAS Fitness Run 5K and 10K, Louisville, Ky.: 502-459-5606.
- 16 -- Black Warrior 10K, Tuscaloosa, Al.: Billy Legrone, 1014 15th Street, Tuscaloosa, Al. 35401. 205-556-0670.
- 23 -- Snowflake Shuffle 5K, Louisville, Ky.: 502-895-3410.
- 23 -- War Party 10K, Kingsport, Tn.: Frank Cooke, 121 Foxport Drive, Kingsport, Tn. 37664.

MARCH

- 2 -- Reedy River Run 10K, Greenville, S.C.: Contact running stores.
- 9 -- Fall Creek Thaw 9.3, Pineville, Tn.: P.O. Box 1124, Chattanooga, Tn. 37401.
- 9 -- River Road 8K Run, Louisville, Ky.: 502-895-3410.
- 16 -- Run for the Clover 5K, Lexington, Ky.: Kevin Kelly, 700 East Main Street, Lexington, Ky. 40502. 606-254-0563.
- 16 -- 16th Annual Music City Run, 1.6, 5.8, 11.2, Nashville, Tn.: Nashville Striders, 615-254-0631.
- *16 -- Rodes City Run 10K, Louisville, Ky.: Gil Clark, Box 36452, Louisville, Ky. 40233. 502-459-5606.
- 17 -- Leprechaun Run, 2 p.m., Louisville, Ky. 502-458-8722.
- **23 -- Azalea Trail Run 10K, Mobile, Al.: Racing South, 3301 Overbrook, Nashville, Tn. 37312.
- 23 -- Little River Road Run 5K and 10K, Hopkinsville, Ky.
- 24 -- Cincinnati Heart Mini-Marathon: 502-683-8956.
- *30 -- Run For The Arts 5K and 15K: Gil Clark, Box 36452, Louisville, Ky. 40233. 502-459-5606.
- **30 -- Cooper River Bridge 10K, Charleston, S.C.: T&T Sports, Charleston, S.C.

APRIL

- Run Kentucky Run, Lexington, Ky.: Date to be announced. Contact John's Running Shop, Lexington, Ky. 40502.
- 13 -- Ford Ranger 10K, Louisville, Ky.: 502-895-3410.
- 13 -- Diet Pepsi 10K, Louisville, Ky.: Gil Clark, Box 36452, Louisville, Ky. 40233.
- 13 -- Anderson Cup Run 10K, Meridian, Ms.: Meridian Track Club, Box 4424, Meridian, Ms. 39301.
- 14 -- Run With U.S. 5K, Nashville, Tn.: Nashville Striders, 615-254-0631.
- 20 -- Pioneer 5K Mini Prep 10K, Louisville-Indiana: Gil Clark, Box 36452, Louisville, Ky. 40233. 502-459-5606.
- 20 -- Nautilus Sports Festival Marathon and 10K, Paducah, Ky. 502-442-9148.
- 20 -- Barbecue Festival 5K: Owensboro, Ky. 502-683-8956.
- 27 -- Demopolis Distance Classic 30K, Demopolis, Al.: Steve Dickson, 702 Wildwood Circle, Demopolis, Al. 36732. (Course TAC RRCA Cert.).
- 27 -- Smoky Mt. Wildflower Run, Townsend, Tn.: Bill Dunavent, 1004 Tuckaleechee, Maryville, Tn. 37801.
- *27 -- Kentucky Derby Mini-Marathon 13.1, Louisville, Ky.: Gil Clark, Box 36452, Louisville, Ky. 40233. 502-459-5606.
- * Triple Crown Event.
- ** Racing South Grand Prix Circuit Race.

HUMANA ROCKET CITY MARATHON

by Kenneth Pike

In Huntsville, Alabama on December 15, 1984 the morning was perfect if you wanted to play a round of golf. Unfortunately, the group that assembled at Grissom High School was there to run a marathon. At starting time, under a cloudless sky, the temperature was about 63 and it would reach 75 three hours later. There were 1,400 runners that had registered for the race. An estimated 1,200 started and there were 840 official finishers.

The race was won by Joe Leuchtmann of Cape Girardeau, Mo. in 2:19:41. The first finisher among women was Kim Trupp of Auburn, Al. in 2:43:11. Our own Don Coffman ran a superb race finishing seventh overall in 2:29:16.

There were several runners from the Lexington area at the race. Many distinguished themselves by realizing that the heat was hurting them, and electing to drop out. There were quite a few others who managed to press on to the finish in spite of the weather. I personally congratulate both groups. A hot marathon is serious business.

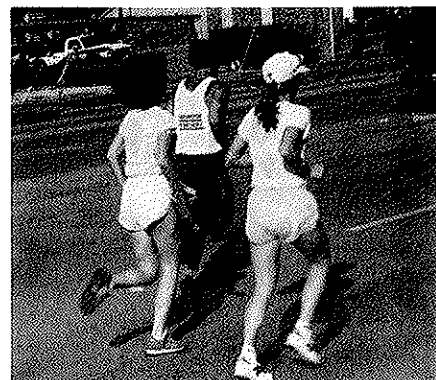
The Huntsville Track Club puts on one of the best organized races I have ever seen and the people of Huntsville help to make it a memorable experience. I intend to run Huntsville next year and encourage you to join me.

Following are the performances of several area runners. Most are members of Todds Road. We hope the others will join us.

NAME	TIME
Don Coffman	2:29:16
David Lee	2:48:52
Doug Worful	3:14:09
Ed Gardner	3:14:28 First Marathon
Sarah Parrish	3:16:28 First Marathon
Jeff Ockerman	3:21:35
Alex Damelio	3:25:13
Thomas Glover	3:43:00 First Marathon
Tom Hampton	3:49:21
Javier Garcia-Penya	4:00:01 ■



Jeff Ockerman ready for the start.



Sam McNeil and friends at the seven mile mark.

photo by Ken Pike

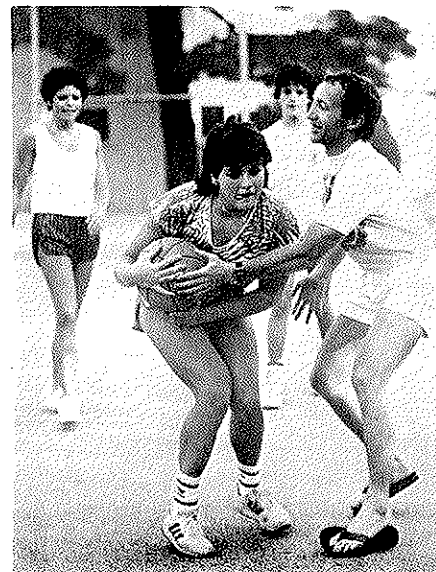
STUMBLERS PICNIC REVISITED

MARION COUNTY HAM DAYS POKEY PIG RUN

by Nick Nickell

September 30th was the date of this year's Marion County Ham Days Pokey Pig Run in Lebanon. The weather was cool and added to the fast times for this year's race. Over 250 runners participated in the 10,000 meter and 2 mile fun runs. Bob Maclin won the 56 and over class with a time of 42:09 while other known Todds Roaders were T. Kinhead with a time of 41:55 and Harry Campbell with a time of 54:34. ■

We received this excellent photo too late to get it into our last issue, but we thought that a reminder of our July picnic might brighten a dreary winter day. Here we see Carson Evans trying to guard Cindy Crapper. Notice how Cindy uses her strength to knock Carson out of his "shoes." Thanks to Tom Moran for submitting this picture.



GET TO KNOW MARK NENOW

Mark Nenow says this has been a good news and a bad news year. First the good news -- he set the world record for a 10K road race this past April at the Crescent City Classic in New Orleans in a still unbeaten time of 27:22. In March he broke Alberto Salazar's record in the Azalea 10K Run in Mobile, Alabama in 27:59. In the latest Track and Field News, Mark is ranked #1 in the U.S. for the 5,000 and 10,000 meter races. While in Europe this summer he posted the fastest American time on the track and won

many races ranging from 3,000 meter to 10,000 meter distances.

Now the bad news. What Mark had been looking forward to and working towards for the past two years turned sour in less than 30 minutes. His much publicized trip to the Olympic Trials in Los Angeles this summer where he was supposed to be a shoe in for the U.S. Olympic Team in the 10,000 meter race ended when Mark placed a disappointing 11th in the finals of the 10,000 meter trials. Mark had many friends and family



photo by Tom Moran

THOROUGHBRED 10,000

by Nick Nickell

September 22 was the date of the first annual Thoroughbred 10,000. This was a well run race and was a pleasant change for many of us old runners since we not only got a new sponsor (Bluegrass Runners), but a new course (Keeneland). For those of you who didn't get to run it this year, remember this race for next year. The course is very demanding with some good hills, plus the competition is good. The only problem for many of us was it was the day before the Dayton River Corridor Classic. We received results on names and times of runners, but since it did not show age groups, we could not show award winners. Instead of going through all 600 names, I will list a few of the ones I saw, and based on their past times, you can judge the toughness of the course. In the team competition, Todds Road was represented by Briggs, Watkins, Fischer and Dinsmore, and they took second place.

NAME	TIME
Bill Smith	33:45
Dan Dusch	34:04
Dave Winters	34:32
Jim Grisso	35:22
Bill Harshbarger	36:28
Tom Cooper	37:21
Robert Green	38:48
Stan Briggs	38:50
Gary Bigler	39:05
Dave Kjelby	41:34
Bill Alley	43:19
Tom Watkins	44:03
Dave Fischer	44:10
Bob Dinsmore	44:27
Bob Barnes	44:51
Larry Holman	48:56
Babe Ray	1:00:58
John Fitch	1:04:46
Kathy Fox	39:33 - 2nd Woman
Kathy Lowe	41:47
Kelly Bruner	42:58
Brenda Curd	43:19
Chere Leonard	46:41
Susan Cox	47:15
Becky Reinhold	52:21
Libby Wachtel	1:03:29

in Los Angeles that day and said he really felt the "agony of defeat."

His friends and family never saw that agony as Mark accepted the loss, knowing there would always be 1988. Friends tell us they were as proud of the way Mark handled himself after he lost as they would have been had he placed first in the Trails.

For now Mark is taking it "easy" until after Christmas when he will start serious training again. He is running 5-10 miles a day now, and will start 2 runs a days the first of the year. When he is running twice a day he puts in 100-130 miles a week, one in the early afternoon and one at 10:00 or 11:00 at night.

Mark who just turned 27, has an accounting degree and his MBA from the University of Kentucky. He considered going back to law school this year but felt that he wouldn't be able to devote his full time and effort to school with all his traveling and racing. He decided he didn't want to do two things halfway so opted to spend this year racing. When Mark isn't training he enjoys other sports including soccer, tennis, snow skiing and water skiing. He truthfully says he is a poor spectator and loves to participate in almost any sport. While he is running competitively he won't take a chance of becoming injured so he is forced to watch.

Mark encourages all levels of runners by telling of the time his freshman yeat at U.K. in the SEC track meet when he was lapped four times by the winner in a

GET TO KNOW KARLHEINZ BOEWE

by Becky Reinhold

by Dan Seaver

10,000 meter race! He admits that was an off day but attributes his overall improvement to a growth spurt and a lot of hard work.

His first visit to Todds Road was on a recruiting trip when the University of Kentucky Track Team came out for a Saturday morning run. He now wears his Todds Road shirt all over the world and says because it is so unique, people are very inquisitive about it. They always ask if there is a guy named Todd?! A tradition in Europe is to give away your shirt and your number after the race, especially if you win. With his success this summer in Europe, Mark's Todds Road shirt was a sought after item. He said unfortunately he only had one shirt with him so he had to hang on to it.

Mark's parents have recently moved to New York from Dallas. He claims he eats well despite the fact that he has a far way to travel for "home cooking!" Mark eats out a lot but says he can cook a few dishes. His all time favorite food is pizza. Mark was asked to send his favorite recipe to an all ladies running club in Florida who was publishing a fund raising cookbook featuring famous runners' recipes. As a joke he sent in the following recipe:

MARK NENOW'S QUICK AND EASY PIZZA

Ingredients: Wallet, phone book, telephone.

Instructions: Look up phone number of favorite pizza place in phone book. Dial phone. Ask for "One large pepperoni pizza, please." Give them your address. Wait 30 minutes. Answer door, pay for pizza, serve and enjoy!

Mark received a copy of the cookbook last week and was surprised to find his recipe featured. Mark is also a comedian!

Mark's future plans include defending his world record next April at the Crescent City Classic and he is looking forward to running his first marathon in 1985, in either New York or Chicago. The Stumblers will continue to enjoy the notoriety Mark Nenow brings the Todds Road crew and wish for him the best in 1985 -- hopefully, an all good news year!

If you participated in "The Great Cleanup" at the clubhouse on Saturday, May 12, then you probably met Karlheinz Boewe (pronounced Boo-va). He is the one credited with organizing this first annual cleanup project. It was a huge success as evidenced by the 225 bags of trash which were collected by the Stumblers who helped out. We'd all noticed the litter that continued to pile up along the roads near the clubhouse. But it was Karlheinz who decided the time had come to do something about the problem.

In conversation with him you might have noticed a slight accent. That's because Karlheinz is a native of Germany. Although he's been in this country many years, Karlheinz tells us he hasn't been able to lose his accent. He was reminded of this not long ago when a lady at the Photobug in Richmond asked, "Honey, your accent -- is it foreign or northern?"

Karlheinz came to the United States in 1956 filled with a sense of anticipation and adventure for what he would find in his newly adopted country. Within a year after settling in Minnesota, he was greeted with a draft notice calling him to military service. The next four years were spent in the U.S. Navy. Following his discharge, Karlheinz accepted the invitation of a Navy friend to come to St. Joseph, Missouri. There he attended junior college before moving on to the University of Missouri to earn his undergraduate degree in French. He continued his education at Rice University by completing his Ph.D. program in German literature. In 1968 Karlheinz returned to Missouri where he served on the faculty of the German Department until 1973. That same year he entered a Master's Degree Program in Library Science at the university. After completing the program in 1974, Karlheinz's career took him to California, Texas and back to Missouri before bringing him to Kentucky.

In 1979 he accepted a position with the U.K. Medical Center Library. For the past two and a half years he has been a reference librarian devoting much of his time to computer searches.

Karlheinz and his wife Joan live in

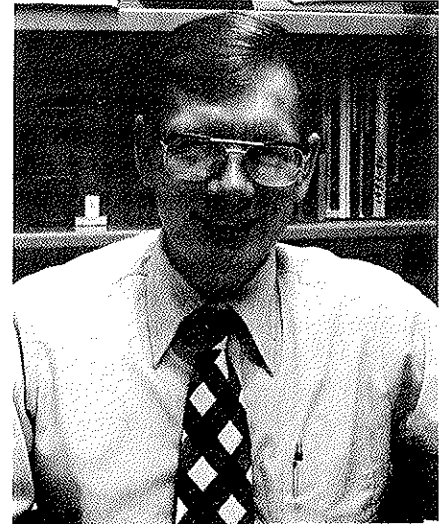


photo by Dan Seaver

Richmond where she teaches voice at Eastern Kentucky University. He describes her as being "a delightful lyric soprano." Joan first went to Germany on a Fulbright Scholarship which enabled her to study music in Munich. After two years of study, she was awarded a contract with a German opera company. For the next 14 years she sang many leading roles with different opera companies in Germany. As you might have guessed, Joan is fluent in German. She also has quite a way with German cuisine, according to Karlheinz, who especially likes her Christstollen, a traditional Christmas cake.

When Karlheinz is not at work, or perhaps out for a run, you may find him involved in any one of a number of different activities. He enjoys taking pictures and doing black and white darkroom work. He and Joan also collect hippos...not the real kind, but rather puppets, wind-up toys, stuffed toys and miniature hippos made from clay, pewter, glass, wood and other materials. Karlheinz suggests that Joan is the real hippo fanatic in the family, but we're not convinced. For obvious reasons his interests involve music as well, with Vivaldi and Linda Ronstadt as particular favorites.

Running is certainly an activity that brings him a lot of enjoyment. "I like running the six or nine mile courses in the company of people quite removed from my everyday contacts at work." That seems to be one of the attractions for many of us. ■

KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION STATE

On November 3, 1984 the Kentucky High School Athletic Association held its State Cross Country Championships at the Horse Park. It was a beautiful day and the young athletes ran well. For several years our club has taken on the management of this event as one of its educational projects. Jerry Stone once again served as Meet Director and did a superb job. How he gets it all done I don't know, but we owe him a thousand thanks. Don Coffman presented the awards to the winners. His presence, and his stature in the sport greatly added to the pleasure of the already very happy athletes. Finally, we thank all of the Stumblers who volunteered to spend a Saturday helping to make it a safe and memorable event. ■



ABOVE: Bob Shier, George Van Meter and Sean Remacle (right) dealing with chaos in the chute.

BELOW: John Fox directing traffic.

BELOW LEFT: Bob Maclin helping the runners.

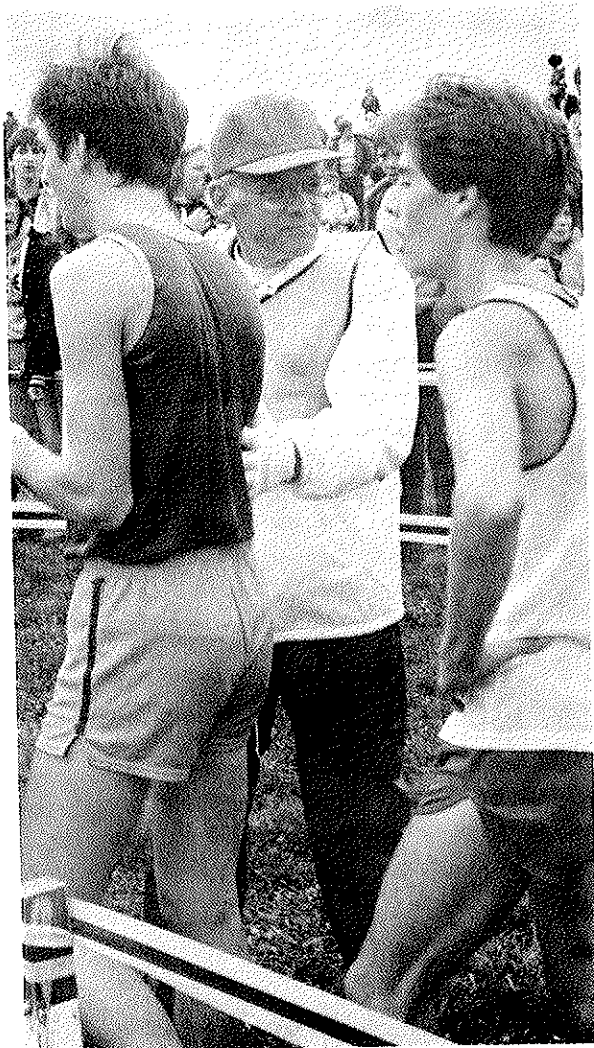


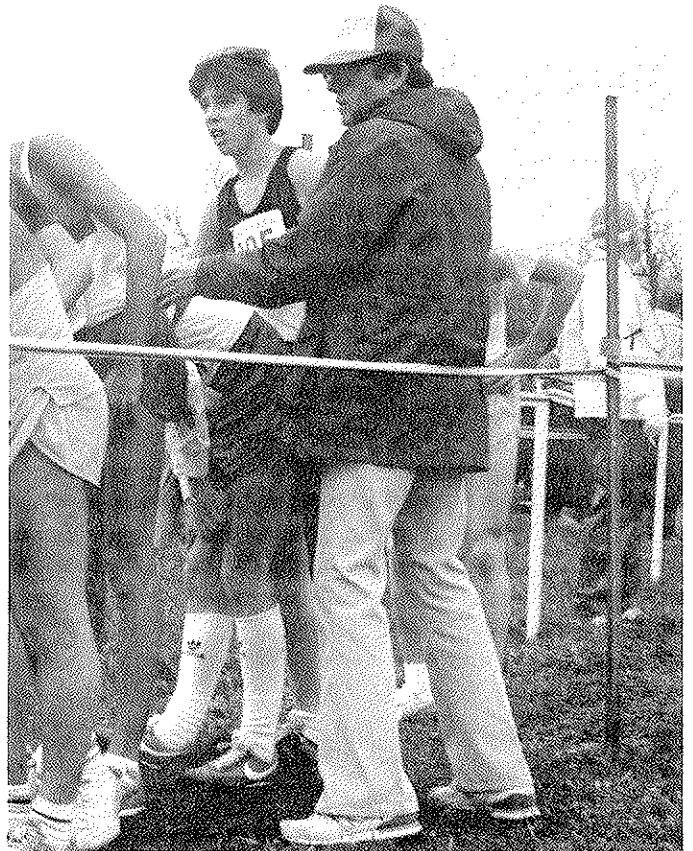
photo by Ken Pike

CROSS COUNTRY CHAMPIONSHIPS

by Kenneth Pike



ABOVE: John Dickinson and Edd Frazier aiding a tired runner.



ABOVE: Tom Pauly keeps a watchful eye on the finishers.

BELOW: Don Coffman presents the trophy for first place in Girls AA to the team from Danville.

