

GET TO KNOW BETH ARGABRITE

by Becky Reinhold



photo by Reese Reinhold

She celebrated her 60th birthday on the run, a marathon run that is. Todds Road's Beth Argabrite has a lot to be proud about this year and completing and placing first in her age group in a time of 4:27:11 in the Louisville Marathon last month is just one of them.

Beth tells us that this year has been a record year for her. She ran her first mini-marathon, her first marathon, started a new career and has set PR's in, and won her age group in practically every race she's entered this year.

If it sounds like Beth might always be on the go, it's with good reason. She starts every morning at 6:00 a.m. with a 3-4 mile run before work. Then it's off to her new job with the Lexington Public Library. Beth is the first person to hold the new position of Financial Development Officer for the library. Basically, she's responsible for coordinating fund raising for the library and says she is enjoying the new experience.

Beth and Joe Argabrite moved to Lexington 20 years ago after they sold their business in Chicago. They had originally planned to move to South Florida and on the way stopped to visit friends in Lexington and loved it. After living three months in Florida they moved

to Lexington where Joe began working for New York Life and Beth became active doing volunteer work with the Church Community Service. She also began working with Joe as his administrative assistant, as well as being an agent herself. When the opportunity with the library presented itself, she felt it would be a new and interesting growth experience and she is glad she tried it.

Beth's interest in running began four years ago after she attended one of Susan Cox's aerobic classes. Beth had been having back trouble and arthritis before she started exercising regularly. Now she doesn't have one ache or pain! In the fall of 1980 she ran and won her age group in her first 10K race. That race got her hooked on running but last year in Louisville she took 12 minutes off her best time and the competitive spirit took over. Now she tries to improve her time in every race and loves it!

To her credit this year, this spring she ran her first 9.2 mile Mini-Marathon in Cincinnati and placed third in her age group. Next was the Dayton 1/2 Marathon (13.1 miles) where Beth thought she had won her age group and was presented the trophy only to have a lady in the group start complaining that it should

have been her trophy. Beth sweetly gave up the trophy but there is little doubt that the title belongs to Beth. Her PR for a 10K race came this year in Cynthiana in a time of 53:00. Of course the highlight of the year was her first marathon. She says her family was worried about her but became very supportive when they found out she was serious about running in Louisville. Joe would come to Todds Road with Beth for training runs and practice driving up and giving her water. She said she felt better just knowing he was there waiting for her.

Now that the marathon is over, Beth is back to her regular exercise schedule -- running 3-4 miles on weekdays, 6-9 miles on Saturday and aerobics three times a week. Beth rarely misses Saturdays at Todds Road and loves running with her "girls," (the group she always runs with on Saturday mornings). She says they are all like daughters to her.

The Stumblers wish Beth the best with her new job and her running. We hope she'll be at Todds Road for a long time to come offering encouragement for those of us who have yet to run that elusive marathon. ■

U.K. TRACK SCHEDULE

(continued from page 5)

April 26-27	Becky Boone Relays (women) Richmond, Ky.
April 27	Murray Twilight Invit. (men) Murray, Ky.
May 2	Derby Mile Louisville, Ky.
May 4	National Invit. Indianapolis, In.
May 8-11	Southeastern Conf. Starkville, Ms.
May 17-18	Gatorade Track Classic Knoxville, Tn.
May 24-25	Open
May 29-June 1	NCAA Nat'l Champ. Austin, Tx.
June 14-16	TAC Nat'l Champ. Indianapolis, In. ■

EXERCISE INDUCED MENSTRUAL IRREGULARITY

by Robert W. Shier, M.D.

Irregular menstrual cycles and amenorrhea (no menstrual periods) have been noted to have an increased frequency in runners and athletes involved in other types of strenuous exercise (primarily swimming and ballet). Both primary (never initiating menses) and secondary (cessation of menses after establishing "normal" cycles) amenorrhea have been associated with exercise.

Theories as to the etiology of irregular or absent menses are about as numerous as runners with the problem.

The most prominent theories are: (1) decreased body weight and body fat, (2) decreased female hormone (estrogen and progesterone) production by the ovaries and increased male hormone (testosterone) production by the adrenal glands, (3) decreased hypothalamic and pituitary hormone production and changes in endorphin and enkephalin (neurotransmitters) production, and (4) emotional stress. The fact is that they are all interrelated and that stress may be the most important of all and the initiating factor.

What is known?

*Body weight-body fat: It is thought that at puberty body fat must reach a level of 17-18% of total body weight in order to initiate normal cyclic menses and must be maintained at 18-22% to have "regular" cycles. Remember that regular can be from 21 to 35 days and varies from one person to another. These changes are controlled by hormones of neural, adrenal and ovarian origin. Many people think that with heavy exercise and loss of body fat (which can convert one hormone to another) and body weight below these critical levels the wrong message goes to the hypothalamus and oligomenorrhea (irregular or infrequent menses) and amenorrhea occur. However, this does not happen to everyone and in fact afflicts only 8-10% and is not predictable. The majority of women who are irregular tend to have been irregular prior to heavy exercise.

*Altered hormones: There is no doubt this happens but the interrelations of the various hormones are still not well understood and every study seems to be different. Different hormones have been

measured with different results. No one has a handle on this yet!

*Hypothalamus, neurotransmitters: Again, there is no doubt that these things are involved in these syndromes but studies are variable and have not defined the problem. The hypothalamus is no doubt intimately involved in these relationships and is probably the central controller. The neurotransmitter, endorphin, was initially thought to be related to pain control and responsible for "runner's high" but data do not support that theory and endorphin and enkephalin are probably only messengers.

*Stress: Stress is obviously involved with these other things and probably the most important factor. Studies show that increased degrees of competitiveness and high intensity training for racing is more often seen in the runner with abnormal menstrual function than others of same body weight, body fat, stature, hormone level, or amount of total mileage. Studies are also consistent in showing that change to stressful environment (going to college, prison, death threats, death sentences, high intensity competition) lead to cessation of menses or irregular menses. It is also known that when women are placed together even in unstressed environments that they will begin to cycle synchronously. Some women are normally irregular and are more likely to become amenorrheic with the "stress" of vigorous exercise.

I believe the most important factors in order are:

- (1) Stress (training and competition)
- (2) Regularity of prior cycles.
- (3) Body fat and body weight.
- (4) Hormones and neurotransmitters.

All of these are interrelated and inseparable.

Things to remember:

- (1) It is not effective birth control.
- (2) It is reversible.
- (3) It has no effect on future child bearing.
- (4) It will decrease amount of flow, cramps, and cost of pads. ■

BEATTYVILLE KIWANIS 5000

by Nick Nickell

September 3 was the date of the Kiwanis 5,000 in Beattyville, Kentucky. Todds Road member Dave Winters led a field of 68 runners on this overcast day and finished with a time of 16:23, beating his last year's time of 16:49. Hopey Newkirk who has run for Todds Road in the past was the women's winner with a time of 18:29. Bob Maclin was the winner in the 60 plus age group with an excellent time of 21:19. For those of you wanting a good short race this time of year, this race offers that plus a good shot at a trophy, as 25 runners of the 68 entered were so honored. ■

WASHINGTON COUNTY SORGHUM FESTIVAL 10K

by Nick Nickell

Ninety one runners participated in this years two mile fun run and 10,000 meter race, sponsored by the Central Kentucky News-Journal. The race was run on Sunday, October 21, under good conditions. T. Kinkead finished second in the men's 45-49 age group with a time of 45:34, while wife Beverly was second in the women's 40 and over with a time of 56:09. Bob Maclin won the 60 and over men's group with a time of 43:35. ■

GREEN RIVER LAKE ROAD RACE

by Nick Nickell

A small field of 54 runners started out this 10,000 meter race on Saturday, October 13 in Springfield, Kentucky. Timmy Downs of Bardstown was the overall winner while Dee Newton Harmon won the women's division. Bob Maclin was the winner of the 60 and over age group with a time of 44:03 while John Fitch was third in this age group with a time of 1:05:56. ■

GET TO KNOW TOM PAULY

by Kenneth Pike

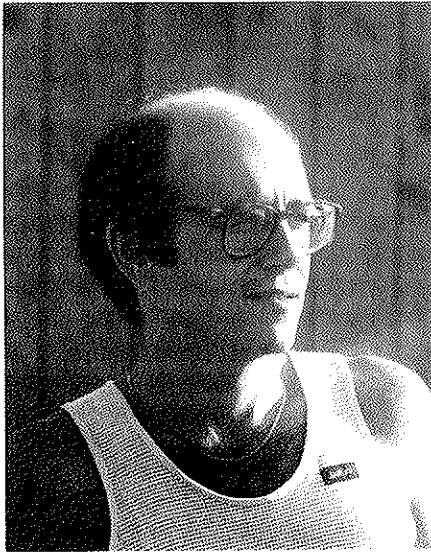


photo by Ken Pike

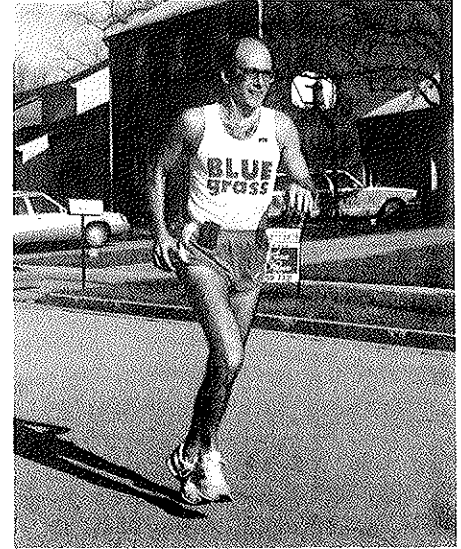


photo by Ken Pike

Tom Pauly discovered the benefits of physical fitness early in life. The sport of running as we know it today was just beginning to develop when Tom took it up as a high school student at Covington Catholic in the mid-1960's. The sport has come a long way since then and so has he.

Tom grew up in Fort Mitchell, Kentucky, as the eldest of five children. From the beginning he had the slender build of a runner. A family portrait shows three powerfully built brothers who played football and rugby while in school, an athletic-looking sister who was interested in swimming, two very fit and healthy looking parents and Tom, self-described as "the little shrimp in front." His father is now retired from his career in insurance and his mother manages the home. To add to his original family Tom has a pretty dark-eyed five year old daughter named Allison that he obviously loves dearly.

After being graduated from high school in 1966 Tom spent one year at the Marianist Seminary in Utica, New York while preparing to become a Marianist Brother. After finding that this was not what he wanted to do he came back to Kentucky and entered the University of Kentucky in 1968 where he subsequently earned a Bachelor's degree in chemistry. By this time he had developed an interest in medicine and so he entered the U.K. Medical School which led him to pediatrics and then to his specialty in neonatology, which deals with the care of small, premature infants. He graduated from

Medical school in 1974 and finished his residency and fellowship in pediatrics in 1978. From there he opened a private practice in neonatology at Central Baptist Hospital and has continued to be on the staff at the U.K. Med Center.

The field of neonatology is relatively new, having been defined only in the last 15 years. When Tom began his practice at Central Baptist there weren't many examples to follow so he started from scratch. "When I walked in there the first day there was nothing but an empty room," is how Tom recalls the beginnings of his work there. Now he has a fully equipped operation with two associates.

From his high school days to the present Tom has been continually involved with running. During college it served to relieve the stress of long hours of studying. During medical school he began to get increasingly interested in running faster and farther. It was during the Frankfort Invitational Marathon on December 17, 1977 that he simultaneously qualified for the Boston Marathon and sustained a knee injury that would keep him hurt for over two years. During this time he tried other forms of exercise, but none seemed to provide the satisfaction that running did. Eventually the injury improved so that he could get back to running, but the time off let him get a better grasp of his life's priorities. Now he feels that running is an important part of his life, but it is not his whole life.

As Tom began to get back to running he was also involved with some friends who wanted to revive the old Bluegrass Runners which had been inactive for a few years. In the spring of 1983 the club

was reformed. Tom served as an officer and worked on the Thorobred 10,000 that the club sponsored last fall.

On January 4, 1985, Tom will be facing a new challenge. He will be leaving Lexington and will move to Charleston, West Virginia where he will be joining the faculty at West Virginia University as Director of the Neonatal Intensive Care Unit. This will get him back into academics because he will be responsible for both patient care and for the education of medical students. As Tom says, "It's a new adventure in life."

All of Tom's old friends at Todds Road and in the rest of the running community will miss the familiar sight of him striding down the street wearing his ever present beeper. Undoubtedly, whenever the pressures of his new undertaking begin to build up he will take to the roads knowing that a brisk run will relieve the stresses so that he can continue his life and his work, refreshed. ■

COLUMBUS BANK ONE MARATHON

by Phil McConathy

On a cloudy 60 degree morning on Sunday, October 7, 1984, over 4,000 runners started on this excellent marathon course in Columbus, Ohio. When the race was over, 2,482 runners had completed the course. Following is the results for Stumblers known to have finished.

NAME	PLACE	Time
Larry Metzger	303	3:05:40
Phil McConathy	352	3:08:28 P.R.
Earl Freeman	529	3:16:29
Clyde Parsons	792	3:27:35 First Marathon



STUMBLERS ON THE MOVE

by Suzanne Sanders

Many Stumblers have participated this fall in **Janice Derdowski's** research study for her Master's thesis in Educational Psychology. She is being assisted by **Jeff Eibler**, who has a Master's degree in Educational Psychology. The title of her thesis is "Comparision of Personality Traits and Positive Addiction in Runners." Janice is planning to write an article for the spring Milemarker that will compare the Stumblers to other runners.

Don and Camille Weber became parents of their second daughter on November 20. Catherine weighed 7 lbs. 13 oz.

Phil and Emily McConathy were married on November 2. They honeymooned in Hawaii. Phil reports Emily hasn't converted to running but she has quit smoking and started walking.

Dave Bensema was married on November 24 in Boston, Kentucky. Dave is now a third year medical student at U.K.

Jan Grisby visited Todds Road in October. He has been very busy the last few months. Last summer he was on Delta's Corporate Cup team that won the Southeastern Regional competition in Atlanta and participated in the finals in San Jose. Then he attended all the track and field running events in the Olympic Trials and the Olympics. On September 23, he married Cynthia Nall from Lexington. They are now making their home in Atlanta.

A long time Todds Road member **Tom Pauley** is moving his medical practice to Charleston, West Virginia. He has been very active in the Lexington running community and a leader in the Bluegrass Running Club for a number of years.

Dick Robinson is now a full-time consultant to Dudley Webb and Companies.

Ron and Paula King have decided on a location for the Great Harvest Bread Company. Their bakery will be opening soon at the Stonewall Center on Clays Mill Road.

Now that **Bob Maclin's** retirement is in effect, he has planned a serious race schedule. Good luck, Bob.

Bob Elsea is also retiring in February.

Bob has been the warden at the Federal Correctional Institution on Leestown Road for a number of years. Bob has moved to Volmite Drive in Spindletop Estates.

Congratulations to **Beth Argabrite**. On November 11, she celebrated her 60th birthday by running her first marathon in 4:30. She felt fine at the finish and did not even notice the terrible weather conditions. She is also starting a new job as Financial Development Officer of the Lexington Public Library.

Kim Dusch also ran her first marathon at Chicago this fall. It was a family affair. Her father and sister ran it. Although **Dan** did not enter, he ran all the way with Kim. Her time was 3:49.

Bernadette Madigan ran two impressive 10K races during Thanksgiving vacation. Thanksgiving Day she won the women's division of the Nike/Foot Locker Classic in McLean, Virginia. In a field of 1,500, she was eighth overall with a time of 33:30. The following Saturday she won the women's division of another 10K in McLean. Bernie's time was 34:44 for a third place overall.

You may have read in a recent Milemarker about **Diane Curry's** dog **Breezy**. Breezy has had many run-ins with the law. The most recent was at 6:00 a.m. at the Executive Fitness Center. A policeman entered the center and informed Diane she was being arrested for allowing Breezy to run without a leash outside the center. The "policeman" turned out to be from Eastern Onion and the occasion was Diane's 39th birthday. (Surprise!!)

Welcome to the new Stumblers since the fall issue of the Milemarker. They are: **Linda M. Allin, Scotty Baesler, John Bernstrom, Scott Brown, Larry F. Cobb, Sam English, Kriston English, Allan Glover, Vicki Graham, Debra Howard, Dodie Hunter, James Karrer, Dale Kiesz, Paula King, Ronald King, James A. Kurz, Vivian Lafferty, Marc A. Mathews, Lorraine McCarty, Marshall Nathanson, Edna Naylo, Marlene Rantanen, Norm Rantanen, Jim Sackett** (not really new), **Michael Sieber, Cindy Tachman, Katherine Wells, Aneida M. Wolford, Tracy A. Barlup, Helen T. Bennett,**

William D. Bishop, Stanley L. Clark, Harvey Coggin, Joe E. Duff, Laura A. Freeman, Jim A. Gregg, Dick Jefferies, Charles Jolly, Elaine R. Lewis, Lindy A. Metzmeier, Dixie Moore, Ramiro E. Urquiola, William E. Adams, Max Becker, Daryln Brewer, Joe Chaddic, Ralph A. Coldiron, Bob A. Diemond, E. Lynn Dunn, Marianne Fischer, Marla Fox, Carol R. Good, Vicki L. Grubbs, John S. Hall, Richard T. Harbison, Chris Hutchison, Alan Hutchison, Zanne Jefferies, Mike Johnson, Catherine M. Kowalczyk, Ove Madsen, Scott McKenna, Jim Meese, Donald R. Neel, Faye W. Neel, Larry W. Potter, Richard Rivers, Marilyn Rivers, Robert J. Rogers, Steve Tevis, Joel Thornton, Greg Whittaker, Karen A. Winkle. ■

WENDY'S CLASSIC

by Nick Nickell

Saturday, November 10 turned out to be the day of one of the hardest rains in history for Bowling Green, Kentucky. Unfortunately, it occurred just as the 4,700 runners began their race. It was coming down so hard that world class runner Michael Musyoki was late getting to the starting line, and could do no better than 27th moving up through the pack. Ashley Johnson, a former Bluegrass 10,000 winner was this year's champion. The strong field in both the men's and women's divisions made for some fast times even with the weather. At least 10 men ran under 30 minutes, while Olympian Julie Isphording's 34:12 was good for second behind Priscilla Welch of England's 33:05. Wendy Frazier of our Todds Road Stumblers was second in her age group with a P.R. of 39:42. Dave Schaufuss was 4th in the 20-24 age group and 12th overall with a time of 30:08. Bill Alley ran a P.R. under 43 minutes, while Bob Maclin was 1st in the male 60-64 with a strong 42:16. Mike Raftery finally broke 34 minutes with a strong 33:50. In addition, Don Coffman won the male 40-44 age group while Bill Olrich was the winner in the 45-49 group. Since they do not send out overall race results, we cannot report on other Stumblers. ■

Todd's Road Stumblers, Inc.



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Are you interested in participating in club projects? (Please indicate)

_____ Kentucky Relays (April)

_____ MILEMARKER Newsletter

_____ High School Crosscountry Championships
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_____ Clubhouse duty (Saturdays)

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