



Member Roadrunners Club of America

THE TODDS ROAD

millemarker

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

Number 13 Summer 1986

IN THIS ISSUE

Race Results

YWCA Triathlon	3
Bourbon-Scott 30K	3
Boston Marathon	4
Gulf Coast Triathlon	4
K-Mens 10,000	4
Diet Pepsi/Cystic Fibrosis	5
Richmond Road Race	7
Cincinnati Heart Mini-Marathon ..	9
Big Brothers/Big Sisters	9
(Frankfort)	
Big Brothers/Big Sisters	9
(Lexington)	

Medical News

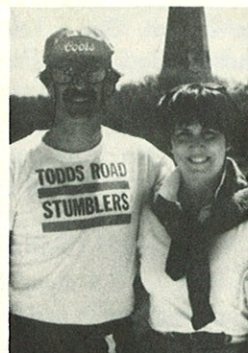
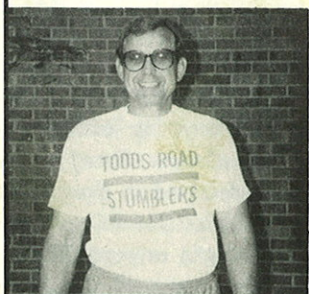
Good News from Medicine	4
Testing of Female Runners	6

General News

At the Starting Line	2
Run USA	6
Summer Track Series	6
Stumblers On The Move	7
Stumblers In the News	9
Race Schedule	11

Interviews

Betsy Brooks	3
Jerry Miller	5
Don and Jan Collins	8
Lou Sievers	10



AT THE STARTING LINE

by Kenneth J. Pike

SUMMER AT LAST

Ahhh, sweet summer! With this issue we have completed three years of publication. Funny - it seems much longer. The schedule of upcoming races is more action-packed than ever before. Vacation time is near, so find a race wherever you go and send in your report for our Run USA campaign (see Dick Robinson's article in this issue) so that we can fill up the big map. The 8th annual Stumblers Picnic is set for July 14. Don't miss it. The finals for the 1986 Bluegrass State games will be held in Lexington on August 1, 2 and 3. UK track coach Don Weber will once again hold the Summer Track Series from June 25 to October 8 for athletes of all ages and abilities -- more information is given elsewhere in this issue.

TODDS ROAD TRIVIA

In our Spring issue the trivia question went like this:

At the top of the last hill on the 6 mile course is the Salem Presbyterian Church. On the front is a plaque that tells when the church was established. Give us the date.

The answer is 1787.

We promise to find out more of the history of the Salem Presbyterian and to report it to you in a future issue, but in the meantime, here is some more trivia.

December 13, 1980 was the date of a significant event in Todds Road history. Tell us what happened.

This one is a bit difficult to answer, but after the Salem Church question you deserve a tough one. Answer in the next issue.

THE SATURDAY MORNING SCHEDULE

I want to offer my personal thanks to all my fellow Stumblers for your very gratifying response to my article requesting a return to the 8 a.m. starting time for our Saturday morning runs. We have been joined by about 50 new members since our last issue (largely due to Beverly Fortune's super article in the Herald-Leader) and I'm sure that it made their first visits more enjoyable to be shown the ropes by the veterans. To carry this even further I saw many cases in which veteran Stumblers took first time visitors in tow to show them the course maps and the 500 Mile Club boards, and then got them signed up for membership and introduced them around. This is wonderful! This sort of hospitality and friendliness is what our club is all

about. Keep that spirit alive.

500 MILE CLUB UPDATE

Since our Spring issue two more Stumblers have logged the required distance and have become members of the 500 Mile Club. The new members are:

Debbie Howard -- May 10, 1986

Bill Sanborn - May 10, 1986

Congratulations and welcome to the club!

COMPLIMENTS/ COMPLAINTS

We have a problem. We want to report on the activities of our members and, since we are a running club, this would logically include race results. The problem is that none of us knows all of our 1,200+ members by name and so we are unable to look thru the finishers lists and pick out every Stumbler. Consequently we decided to list only those members who were top finishers (we sometimes miss some of these too) and those who notified us of their performance. I think that the crew that writes our race results does an excellent job, but I am hearing some grumbling to the effect that we keep repeating the same names. We don't intend to be exclusive, so to broaden the base of our reporting we need your help. If you would like to have your performance reported in the Milemarker, please give them to a member of the Editorial Committee or mail them to us. Also let us know if your time is a PR. Be sure to list your 1986 PRs on the board in the clubhouse so that we can summarize them at the end of the racing season.

CLUBHOUSE DUTY

Volunteers are needed. The job is so easy that you can't possibly be fired. Still, the same few people repeatedly do the chore while the same many people willingly eat the doughnuts. Make a promise to yourself to carry a share of the load by doing clubhouse duty one time a year. Sign up for a Saturday on the calendar by the coffee pot. Get a key, pick up the doughnuts, unlock the clubhouse, make the coffee, go for your run, unplug the coffee, shoo out the dogs, turn out the lights and lock the door. No cleaning up required. For more details call 268-2701 during business hours.

NAGI NAGI NAGI

Runners commit many foolish acts in their pursuit of health and fitness, but there are three commonly observed forms of

irresponsible behavior that are so high on the Dumb List that they even exceed that of eating a chili-dog 15 minutes before the start of the Bluegrass 10,000. What could anything be Dumber than that you ask? Well, in no particular order of Dumbness, here they are:

Wearing dark or non-reflective clothing during the hours of darkness. If you intend to be on the streets you must give drivers a fair chance to pick you up in their lights as early as possible. In that dark blue warmup suit have you ever thought how much you resemble a speed bump?

Running on the right side of the road. With you back to the traffic you have no way of knowing if a driver is coming at you from behind until it's too late. I believe that very few drivers would intentionally harm a runner (even a Dumb one) but anyone can be momentarily distracted, or can go to sleep at the wheel. Once I asked a fellow Stumbler if he had thought of the risk he was taking as he ran along the right side of Todds Road. He replied that he thought that there were more cars coming towards him than were coming behind him so he felt safer on the right. I found it hard to believe that he had actually given it so much thought and still came to such a Dumb conclusion. This is not a numbers game we are playing, friend. There is only ONE you. Get on the left side of the road so that you are facing the cars that come closest to you. Glance over your shoulder frequently to check for cars coming from behind. Be ready to step off the road or to cross to the other side (if there is no shoulder) at the slightest hint of danger. Did I say "cross over to the other side"? YES! Give the cars the right of way to their normal lane then get back to the left.

Using a "Jogger's Stereo." The age of micro chip electronics and rampant Yuppieism has made possible this form of Dumb behavior. Only a few days ago I heard another horror story. A jogger was severely bitten by a dog. He had no idea that the dog was anywhere nearby because the soothing strains of AC-DC that were filling his head were capable of drowning out anything except the rumbly of the aforementioned chili-dog. I just don't understand it. You need all of your senses about you to survive on the roads. You have a responsibility to avoid being a peril to yourself and others. ■

GET TO KNOW BETSY BROOKS

by Becky Reinhold



Reinhold

Betsy Brooks, a native of Winchester, Ky., is the owner of one of the first Todds Road Stumblers t-shirts. She was one of a group of about 20 runners that traveled to Salem, Va., in 1976 to run a 10K race. This Todds Road "team" were the first recipients of the now famous t-shirts. The Virginia bound caravan stopped for dinner and Betsy remembers thinking how strange it was to have a pre-race dinner of pasta and pizza. Carbohydrate loading wasn't really "vogue" at that time, but some of the original Stumblers had heard that pasta would help their energy levels, so pizza it was. Their race times weren't any faster but the food was good! Since those old days, Betsy has logged quite a few miles at Todds Road.

Like many of us, Betsy used to make fun of the "crazies" who jogged at ridiculous early morning hours. She thought it was bizarre that anyone would actually get out of bed to run at 6 a.m. However, soon after she graduated from Transylvania in 1976, she received an invitation from the Old Stumbler himself to join their group for a run on Saturday morning. Betsy showed up and was told that the "meat wagon" would come around to pick up the injured and the stragglers. She started looking for the meat wagon at the two mile marker, but it didn't show up until the five mile marker was in sight. By that time she wasn't about to throw in the towel and she finished the six miles smiling!

After that she was hooked, and she joined the gang of 15-20 people that met at Todds Road on Monday and Wednesday nights for a run. She admits that she did not find it enjoyable until she reached

the point where she could talk and run at the same time.

Betsy, who is 31, graduated from Transylvania in 1976 with a degree in business administration. She never would have predicted that she would wind up with a career in the stock market, but she was fascinated with the excitement surrounding her first job at Hilliard-Lyons. She has remained there, finding her career personally challenging and rewarding. She spends most of her time in the office, but travels to Winchester at least once a week to meet with clients she has there.

In her free time, Betsy loves to cook, play tennis, snowski, horseback ride and, of course, run. She tries to put in at least 3-

4 miles every other day, and she thanks the Stumblers for helping her retain her interest in running. She finds that running helps her mental attitude and believes it a great stress reliever.

Betsy is also active in the Junior League of Lexington, as treasurer for the Blue Grass Antique Show. She enjoys spending one afternoon a week helping with the Handicapped Riding program at the Kentucky Horse Park.

The Stumblers are glad that Betsy Brooks still runs at Todds Road after that first grueling six miles 10 years ago. She would be the perfect candidate for a commercial encouraging people to run - Try it you'll like it. ■

YWCA TRIATHLON

by Dan Wells

The 1986 YWCA Triathlon was held again this year at the Cross Keys YWCA. Twenty-four women braved the rain and completed the triathlon. Five Todd's Road Stumblers participated, including the top three finishers. Becky Keller won the event, Susan Cox finished second, and Susan Stormzand finished third. The times are listed below:

NAME	SWIM	BIKE-IN	RUN-IN (final time)
Becky Keller	14:42	52:35	1:23:18
Susan Cox	15:21	53:08	1:23:28
Susan Stormzand	16:59	56:10	1:23:35
Terry Parks	19:38	1:04:10	1:36:33
Phyllis Snyder	31:39	1:23:08	2:04:52 ■

BOURBON-SCOTT 30K

by Phil McConathy

On May 17, 1986, this very demanding 30K race was held on a very hot morning. Approximately 100 runners started this race and 86 completed the race. There were 15 Stumblers who completed the race.

The results of the Stumblers are as follows:

NAME	OVERALL PLACE	AGE GROUP PLACE	TIME
Don Cowan	6th	2nd 25-29	2:02:43
Todd Murphy	9th	3rd 25-29	2:07:11
Bill Harshbarger	11th	4th 35-39	2:09:30
Bill Clinton	18th	5th 25-29	2:13:11
Ralph Miller	23rd	2nd 50-54	2:15:17
Dan Wells	25th	8th 35-39	2:17:48
Edd Frazier	26th	3rd 40-44	2:19:29
David Wachtel	31st	6th 40-44	2:20:58
Phil McConathy	33rd	9th 35-39	2:21:50
Dan Jordan	43rd	9th 40-44	2:33:16
Tom Martin	45th	14th 35-39	2:34:26
Bill Sanborn	46th	10th 40-44	2:35:07
Ed Culbertson	65th	21st 35-39	3:00:14
Mary Kemper	85th	4th 40-44	4:00:32
Carol Mills	86th	3rd 35-39	4:07:52

This is a good race to see how well your training is going in late spring. Be sure to consider this race in 1987. ■

GOOD NEWS FROM MEDICINE

by Ray Reynolds, M.D.

So often the press chooses to sensationalize deaths and serious injuries among runners. A good example is the death of Jim Fixx -- front page news across the country. I was, therefore, delighted to see three separate positive articles about running and health in early March in leading medical journals.

The New England Journal of Medicine, perhaps the most prestigious medical journal, published the results of a study conducted by Dr. Ralph Paffenbarger, examining the relationship of exercise to longevity (Vol. 314:605-613). (You may remember Dr. Paffenbarger from Jim Fixx's Second Book of Running.) Harvard alumni were evaluated in terms of physical activity and its relationship to death rates. As duration of exercise increased, death rates steadily declined. Death rates were nearly one-third lower for those expending at least 2,000 calories per week. At every age studied, gains in years of life were evident. The magnitude of benefit of exercise may have been underestimated as Harvard alumni have death rates considerably lower than the general population. This study certainly adds evidence to the belief that exercise helps to preserve health and promote longevity.

My colleagues often remark that my running will eventually result in arthritis in my weightbearing joints and eventually I may have to make my hospital rounds in a wheel chair. My usual response is to describe the individual with degenerative arthritis of the hip or knee as obese and sedentary, which is often the case. Two studies in the Journal of the American Medical Association (Vol. 255:1147-1154) now provide me with additional ammunition.

The first study examined long distance runners who were members of the 50-Plus Runners Association. X-rays were taken to evaluate bone density and the knee joints for evidence of arthritis. Comparable x-rays were taken of age matched controls. The runners had 40% more bone mineral content and no increase in arthritic changes on x-ray.

The second study surveyed, examined and x-rayed a group of male runners over age 50, many of whom were marathoners. Musculoskeletal complaints and examinations were comparable in runners and age matched non-runners. X-rays of the hips,

knees and feet showed no differences between runners and non-runners. The authors concluded that "long-duration, high-mileage running need not be associated with premature degenerative joint disease."

BOSTON MARATHON

by Nick Nickell

This year's Boston Marathon was won by Rob DeCastella in course record time. Unfortunately, there were no Todd's Roaders close to him at the finish! We had a small contingent make the trek to this year's prestigious event. With the initiation of prize money for the top runners, this year's field was a vast improvement over past years; but again, I doubt that is why our people made the trip. Dan Kenady ran his first Boston and set a PR of 3:28:04. Suzanne Sanders' time of 3:31:24 should qualify her for next year since there is always some time lost at the start of this big race. Earl Freeman ran this year's race, but I did not have a time for him. And Dave Wachtel, who has run Boston several times before, said he had the worst race of his life there this year.

Since this was not covered elsewhere, Dan Kenady, who is listed above, also had a good race in San Antonio, Texas, as he won a 5K with 75 entrants. Dan's time of 19:39 won this year's Crush the Crab. ■

GULF COAST TRIATHLON

by Dan Wells

The Gulf Coast Triathlon, held in Panama City, Fl., was this year's South-eastern regional qualifier for the Hawaii Ironman Triathlon. The race featured a 1 1/2 mile swim in water so rough that the sailboats used to mark the course were blown over, causing some of the participants to swim an extra distance. The 62 mile bike course and 13.1 mile run were flat, but the heat took its toll, as only 500 of the 625 entrants finished. A number of individuals from Lexington competed, including several Todd's Road Stumblers. Susan Cox won her age group and finished 3rd in the women's masters division, thus qualifying for the Hawaii Ironman. Jeff Hoogerheide finished 33 overall with a time of 4:40. The Lexington residents who participated and their approximate times are listed below:

NAME	TIME
Susan Cox	5:51
Jeff Hoogerheide	4:40
Scott McKenna	5:17
Hord Tipton	5:15
Jeff Sloan	6:05
David Jackson	Unavailable ■

K-MEN'S 10,000

by Stan Briggs

April 26 was the date of the fourth annual K-Men's 10,000 meter race held on the University of Kentucky campus. This was the first hot weather race of the year for many of the 329 runners who competed. Although many of the participants were bothered by the heat, it didn't seem to affect the overall winner, Dave Schaufuss, who finished in 30:44. Stumbler Bob Carden finished 3rd overall in 33:48.

Listed below are the Todd's Roaders who finished in the top positions in their age groups:

MEN	AGE GROUP	PLACE	TIME
Richard Hopkins	25-29	1st	34:26
Mike Kennedy	30-34	2nd	38:16
Dave Winters	35-39	1st	35:36
Sam Cockerham	35-39	2nd	35:44
Stan Briggs	45-49	1st	39:38
WOMEN	AGE GROUP	PLACE	TIME
Pastora Back	30-34	2nd	50:28
Ann Wheat	35-39	1st	46:38
Joy Carden	50-54	2nd	70:30 ■

GET TO KNOW JERRY MILLER

by Barbara Cook

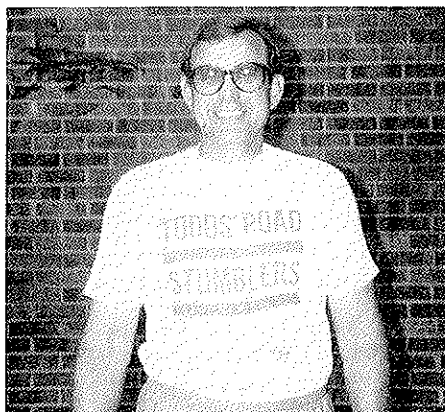
When I first contacted Jerry Miller for an interview, he said "I don't know if there's enough there for a story." After a delightful lunch with him the very next day, I felt like I did when I visited Europe. There was so much to learn and take in that after a while it became difficult to absorb anymore information.

Jerry is president of Bluegrass AAA, a position he has held for the past 10 years. Simply walking into the building, one gets an idea of what Jerry is like. The facilities are spotless and well-organized with clearly marked divisions. The employees looked healthy and happy. How many business offices do you walk into and see people smiling at their desks? As president, Jerry promotes good habits for his employees. He puts free fruit in the employee lounge and is trying to get rid of the candy machine. Part of the basement has been converted into a gym for free weights, exercise bicycle, scale, shower, washer and dryer and a place for sneakers and sweats. Aerobics is offered in the building after working hours during the winter. Fitness evaluations are provided at no charge if the participants agree to follow suggested routines. If they don't want to participate at AAA, the organization pays for their membership to a gym. Also Jerry and several other employees run or bike together after work.

How disgustingly healthy! The day we went to lunch I discovered that this Stumbler doesn't eat red meat or drink alcohol. Any vices? When asked why he runs, he replied that it was strictly for weight control. He likes to eat and said that when it comes to food "I love quantity more than quality anytime." Ahh,...a man after my own heart!

Besides eating, Jerry lifts weights three or four times a week. He claims to be more strict about exercising when he travels, which is often...quality control for AAA, you see! He has been to every continent, both poles and every state except Oregon. He hasn't had a reason to go there yet and thinks it's "kind of neat" that he has one state left to visit.

Jerry is a world class rider. He breeds thoroughbreds on his farm, hunts foxes and rides jumpers. He rode his prize gelding Faux Pas to victory three years in a row in the National Fox Hunting Association Championship. Faux Pas retired the trophy,



something no horse has ever done before. I thought he might raise foxhounds too. No, Jerry owns a Rhodesian ridgeback and a very rare Catahoula. The latter was bred to hunt wild hogs in Louisiana. A "hog dog with beautiful blue eyes" seemed appropriately unusual for this fascinating individual.

When he's not riding, traveling or whatever, Jerry can be found almost anywhere. Look up in the air. It's a glider, it's a plane, it's a helicopter, it's the Goodyear blimp, it's Jerry Miller. He has his pilot's license and has flown all of these things, as well as done hang gliding and

jumping out of planes. He would love to go for a ride in a military jet. If he's not up, up and away, he could be done under something like water or earth. He's been scuba diving and spelunking. I should also mention rock climbing, repelling, motocross racing...ho hum!

Jerry isn't all brawn and no brains, though. He has a Ph.D. in educational psychology and has worked for the Department of Justice, as well as Eastern Kentucky University. He is one of the most positive people I have ever talked to.

I will close with a story Jerry told me about joining the Stumblers. He first came out to Todds Road "a long time ago when they were still going to McDonalds." He said that he completed the course and stopped by the clubhouse. He started walking up the driveway and "this guy went to a car and got a shirt out of the trunk. I didn't know if I as supposed to pay for it or what." So take a good look at Jerry's picture and next time you see him at Todds Road, introduce yourself, get to know this adventurous guy, and please, somebody tell him he doesn't have to pay for that shirt! ■

DIET PEPSI 10K/CYSTIC FIBROSIS

by Stan Briggs

Saturday, May 17, marked the running of the Diet Pepsi 10,000 meter series Challenge Run for Cystic Fibrosis. Over 450 runners converged at the Kentucky State Horse Park to participate in this year's races for charity. The festivities included a 10,000 meter race including running club competition, a "Mark Nenow Fun Run" of two miles, and a 5K Team Competition. The Todds Road team finished second in the 10K running club organization. Team members included Richard Hopkins, Tony Szwilski, Jim Grisso and William Fisher.

The 10K race was won by Rick Brill of Louisville in 31:49 while Stumbler Doug Bonk of Richmond finished second in 32:11. Ellen Wurster was the overall women's runner-up in a time of 39:20. Other Todds Road members who placed in the top 10 positions included Richard Hopkins - 8th in 34:03, Bob Carden - 9th in 34:19, and for the women, Lou Sievers - 5th in 42:10, Debbie Howard 7th in 43:21, Nancy Bonhaus - 8th in 43:59, and Brenda Curd - 9th in 44:13. John Wisniewski won in the attendance drawing. He got a six-month membership to Shapes.

The Stumblers who were award winners are listed below:

MEN	AGE GROUP	PLACE	TIME
Bill Smith	30-39	2nd	34:27
Tony Szwilski	30-39	3rd	34:44
Jim Blackwell	40-49	3rd	40:13
Bob Maclin	60-69	1st	49:11
WOMEN	AGE GROUP	PLACE	TIME
Debbie Howard	20-29	3rd	43:21
Lou Sievers	30-39	1st	42:10
Nancy Bonhaus	30-39	2nd	43:59
Mary Hagihara	40-49	2nd	44:55 ■

Say goodbye to North Carolina, Utah and Massachusetts on the Run USA map at the TRS clubhouse.

Phil Powell

Bald Head Island, NC

Maritime Classic 10K

April 12, 1986

Suzanne Sanders

Boston Marathon

Hopkinton-to-Boston, MA

April 21, 1986

3:31

Bill Stofer

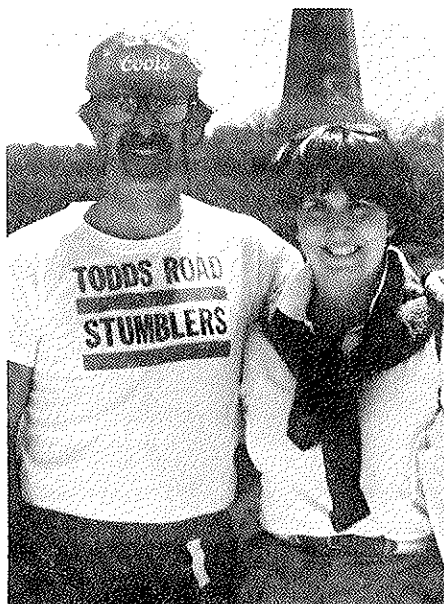
6th Falls Brand Hot Dog Jog

Salt Lake City, UT

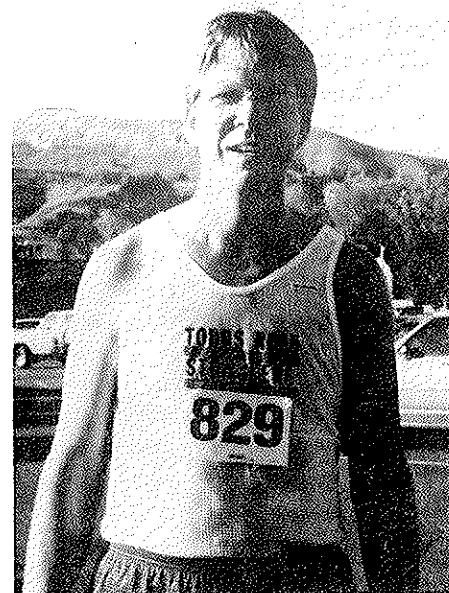
4 miles/28:03

Phil Powell, who has migrated from the Lexington area to Laurinburg, NC, Route 6, Box 135, sends along an invitation to join him for any weekend races in the NC/SC area. He says that the Carolinas are well organized for road races, the scenery is absolutely beautiful, and the races are aplenty. Phil's race even included a Halley's Comet watch.

Vacations are popular among TRS folks in the summertime. Todds Roaders have an opportunity to earn a spot on the



Phil and Iris Powell in N.C.



Bill Stofer in Utah.

map as we try to run a race in every state in the United States. Call ahead and find a race that matches your vacation schedule. Be sure to officially enter the race, take a picture in your TRS shirt, and send race information to: Milemarker, Box 223, Lexington, Ky. 40584. ■

SUMMER TRACK SERIES

by Kenneth J. Pike

University of Kentucky Track and Field Coach Don Weber is repeating the very popular Summer Series again. All events are held at the Shively Sports Center. The entry fee is very modest (a mere fifty cents!) and door prizes will be presented. Signups go on from 6:00 to 6:30; the track events start at 7:00. It is open to male and female athletes of all ages and abilities. Following is a tentative schedule. If you want more information call the UK track office at 606-257-5816 or 257-6498.

July 9

High Jump
100 Meters
800 Meters
200 Meters
5000 Meters
400 Meters

July 23

Long Jump
100 Meters
800 Meters
200 Meters
3000 Meters
400 Meters
1500 Meters

August 20

High Jump
100 Meters
1 Mile
200 Meters
2 Mile

September 10

60 Meters
200 Meters
1000 Meters
400 Meters
5000 Meters

September 24

High Jump
100 Meters
600 Meters
300 Meters
1500 Meters

October 8

Long Jump
100 Meters
800 Meters
400 Meters
2 Mile ■

TESTING OF FEMALE RUNNERS

by Judy Collins

Approximately 18 local female distance runners who can run at least a 7:30 min./mile race pace, have been involved in a study designed to look at certain physiological factors in the success of female distance runners (many of these women are Lady T.R. Stumblers). The study is being conducted by Andrea Walker from UK, under the supervision of Dr. J. Kearney.

The study involves the following:

1. Max VO₂ - a measurement of Cardiovascular fitness. This study determines the ability of the cardiovascular system to transport and utilize oxygen during maximum exercise. It is recorded in ml/kg/min.

2. Running economy-running efficiency -- The runner with the lowest O₂ uptake at a standardized running speed will be the more efficient runner at that pace (8.5 min/mile).

3. Fractional utilization -- Each runner is being tested for what percent of her Max VO₂ she was able to use at race pace (10K race pace). Runners who are able to

utilize a larger percent of Max VO₂ for a sustained period of time are usually the more successful runners.

4. Post competition blood lactate measures -- This may reflect anaerobic potential.

5. Ventilatory Threshold -- The running pace at which each runner reaches her ventilatory threshold (starts working anaerobically) will be determined.

6. Percent Body Fat -- Using the underwater weighing technique.

7. Maximum Heat Rate and percent Maximum Heart Rate at race pace.

We hope to publish the results of the study in the near future.

Female subjects participating in the study are Andrea Walker, Judy Collins, Agnes Chrietzberg, Nancy Bonhaus, Mary Hagihara, Lou Sievers, Marcy Westenhoefer, Kathy Lowe, Brenda Curd, Susan Stormzard, Ellen Wurster, Mary Nagle, Debra Howard, Susan Cox, Carmen Royar, Susan Hogan and May Higgins. ■

STUMBLERS ON THE MOVE

by Judy Collins and Suzanne Sanders

Congratulations to the following families on recent births:

David and Louise Booth, on the birth of their third son, Mark Hughes, born on March 24, weighing 8 lbs. 12 oz.

Arlene Rector, on the birth of her first son, Adam Edward, born on April 28, weighing 7 lbs. 2 oz.

John and Janna Unger, on the birth of their first daughter, Leesa Gayle, born on April 21, weighing 7 lbs. 10 oz.

A big "thank you" to **Beverly Fortune** for writing the very nice article about the Stumblers in the Lexington Herald-Leader in May.

On May 10, the new Transylvania Library was dedicated to **J. Douglas Gay**. Mr. Gay is the owner of Todds Road Clubhouse and often joins us for Saturday morning coffee. Congratulations!

Nancy Bonhaus won, for the second year in a row, the Shelbyville, Ky., Biathlon on April 19. Her time was 2:05:40.

Ping Chow moved to Hong Kong the first week in June. He works for IBM and will be living in Hong Kong for 2-3 years. We hope he can come out to Todds Road and run with us when he is visiting in Lexington.

Ron and Susan Lovan recently moved to Denver, CO, where Ron is in the process of forming a new practice of engineering specializing in water resources. Ron also requests that all Stumblers let him claim his new home state in Run USA. We have listed some Colorado races especially for him in this issue's schedule.

On February 22 while attending the Southwest Oncology meeting in San Antonio, TX, **Dan Kenady** ran and won the Crush the Crab 5K race, with a time of 19:39. The race was composed of doctors, nurses and technicians.

Wendy Frazier ran really well in the outdoor track season again this spring. She ran a PR time of 11:24 for 3,200 meters in the Laurel County Invitational on May 3. At the state meet on May 31, she placed second in the 1,600 and 3,200 meter runs, with times of 5:10 and 11:37 respectively. Wendy, we are very proud of you.

Earlier this spring, **Susan Cox**, of the Lexington Masters swim team, set a National YMCA record at the National YMCA Masters Swimming Championships in Indianapolis, Ind. Her record time was 2:51 in

the 200 butterfly. She placed second in the following events: 1,650 meter freestyle, 500 freestyle, 200 freestyle, 400 individual medley, 200 individual medley. She also placed third in the 100 freestyle. Great job Susan!

Douglas and Martha Worful opened a frozen yogurt store (I CAN'T BELIEVE IT'S YOGURT), in the Zandale Shopping Center on May 16. Try it - you'll love it.

Beth and Joe Argabrite recently moved to a new home across from the Kentucky Horse Park.

Welcome to the following new Stumblers who have joined us since our last issue -- 55 in all! **Bradford Wilson, Elizabeth Boyles, Rod Smith, Kathleen M. Warren, Sam B. Deakins, Laura L. Green, Frank Hersman, William M. Malloy, Dave Schaufuss, Sherry Simmons, Pame-**

la L. Sparks, John R. White, Tom J. Seibert, Thomas M. Todd, Kevin Bergman, Randy Cookman, Suzanne Hogan, Harlan Peden, Lynn True, Ed Bean, Tom Dugan, Walter O. Esser, III, Karen Heimbrock, Don L. Howard, Gary S. Jameson, Joseph A. Johnson, Margaret A. Johnson, Margaret A. Kennedy, Barbara J. Martin, Clay Massey, Fred Mitchell, David J. Mulvaney, Danny W. Pence, Kurt Schubert, Ellen E. Seibert, Yong H. Ahn, Elyse F. Babkes, Jace C. Burris, Kip Cornett, Suellen Elliott, Stan Kramer, Elizabeth A. Markesbery, Bradford Rex, Bruce V. Roberts, G. Page Singletary, J. Jeffrey Smith, Larry Steur, Andrea L. Walker, John P. Wisniewski, Sarah A. Wisniewski, Tekaligne Berhanu, K.T. Haynes, B. Scott McKenzie, Celeste M. Thompson, Thomas C. Walker, Don Williams. ■

RICHMOND ROAD RACE

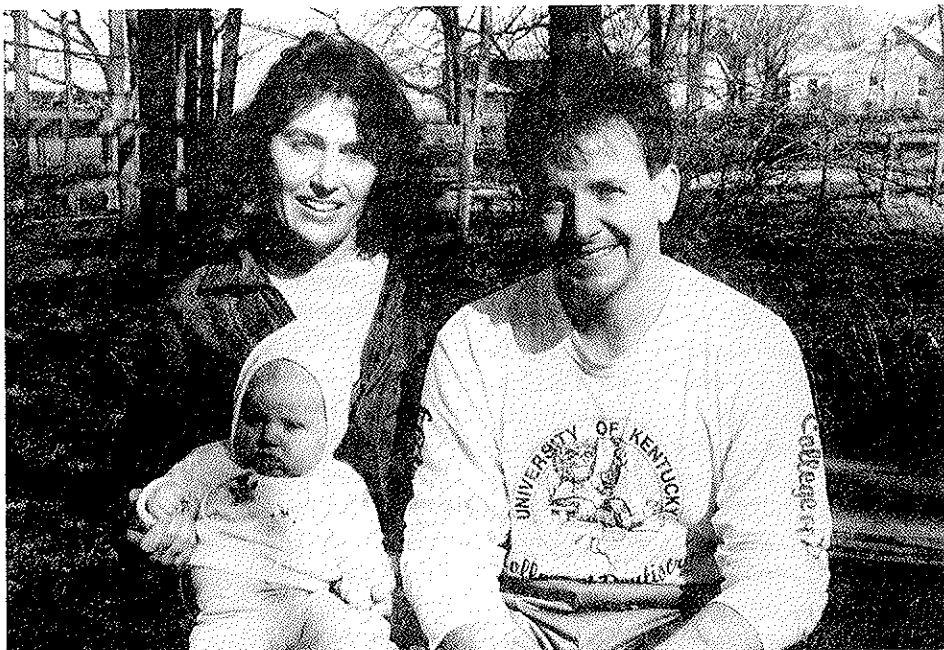
by Nick Nickell and Phil McConathy

Todd's Roader, Doug Bonk, led a contingent of 10 Stumblers among the first 20 finishers. This could be an excellent course if they can find a way to get rid of the long uphill the last 1 1/2 miles, and I understand there is talk to do just that. Listed below are known Stumblers and their times:

NAME	TIME	PLACE & AGE GROUP
Doug Bonk	32:06	1st Overall
Frank Cornett	33:06	1st 35-39
Tom Leach	33:13	1st 30-34
Richard Hopkins	33:38	3rd 25-29
Todd Murphy	34:10	4th 25-29
Jim Sackett	34:22	2nd 35-39
Dave Winters	34:53	3rd 35-39
Sam Cockerham	35:17	4th 35-39
Jim Grisso	36:14	2nd 30-34
Larry Wheeler	37:12	
Robert Green	38:24	
David Karrick	38:59	
Terry Young	39:44 PR	
Dwight Price	39:59	
Phil McConathy	40:27	
Earl Freeman	41:53	
Bill Stofer	43:05	
Greg Powell	43:21	
Dick Hutchison	44:32	
Bob Hart	44:47	
Jim Jefferson	44:51	
John Wisniewski	45:38	
Ken Pike	53:34	
WOMEN		
Ellen Wurster	38:46	3rd Overall
Lou Sievers	41:50	1st 30-34
Casey Hall	50:25	
Marcia Moser	54:51 ■	

GET TO KNOW DON AND JAN COLLINS

by John Wisniewski



The distance award at Todds Road these days isn't being captured on the rolling courses we all know, but on the roads from Lawrenceburg to the clubhouse. Most Saturday mornings Don, Jan and six-month old Matthew make the journey from Lawrenceburg to join their friends at Todds Road. Don says he enjoys the early morning ride to which he has become accustomed. For almost eleven years Don has practiced dentistry in Lawrenceburg while living in Lexington. The Collins' earlier this year moved to Lawrenceburg after Matthew's birth.

Don graduated from the University of Kentucky in 1971 and then received his dental degree from UK in 1975. He is a native of Prestonsburg, Ky. However, he spent very little time growing up in the Bluegrass. Don's dad was in the US diplomatic corps when he was young and the Collins family spent much time in many different parts of the world. Don speaks fondly of the people he met in the two years he was in Bangkok, Thailand. Next he spent two years in Tehran, Iran where he witnessed the first attempted revolution against the Shah and he experienced a major earthquake. In Tehran, Don was attending an American high school where he ran on the track team. He ran the mile and was on a short relay squad. Later he spent two years in Brussels, Belgium where he attended an English school. Don then came back to his Kentucky roots, attending

junior college in Prestonsburg and then entering UK.

It was at UK that Don and Jan met. Jan, like Don, spent many of her early years away from Kentucky. Jan grew up in Michigan near a lake where she became a skilled sailor and cultivated her love of water sports. After attending Central Michigan, Jan went to Purdue where she was on the diving team. Later she moved to Kentucky and completed her degree at UK. Jan often bikes and plays excellent tennis. She has been a water safety instructor, has taught baby classes, lifts weights and is a fine runner. Jan had taken a brief break from all her activities to have their first child. Jan, however, is well on her way back to her previous form. Don relayed that on one recent training run which they shared he was having some difficulty keeping up with Jan's pace. Both Jan and Don enjoy the companionship they share on their runs together. They both also enjoy lifting weights together. Don admits that they each have a little competitive spirit which makes their training together enjoyable. Don gives credit to Jan for getting him out of the door to start running in 1980. She bet him that he could not pass Ken Cooper's 1 1/2 mile/12 minute test. He passed -- barely, and he knew that her intentions were to help him, so he started running to lose weight and stay fit. The Collins share another talent: before moving to Lawrenceburg they had pur-

chased an older home in downtown Lexington which required extensive remodeling. The Collins spent more than a year refurbishing the house. They did their own plumbing, carpentry, plastering and painting. Don relays that Jan and her sister rewired the entire house by themselves. During this period, most of their lives were occupied by either work or the remodeling. However, they were still able to fit running into their busy schedules. In November of 1985, Don finished his 500 miles at Todds Road. Don boasts a personal record of 38:20 for the 10K which he enjoys to run. Jan has a personal record of 43:00 for the 10K.

A few years ago the Lexington Herald-Leader had a weekly feature picture of a local runner which they called the "Mystery Runner." Jan is proud of have been one of those mysterious striders caught on film. Don was also caught on one of his runs, but it wasn't on film. He was out on a ten mile run, but only a short distance away from his house when one of those famous Lexington thunderstorms blew up. He was already wet from his run, so when he saw a wall of rain approaching he wasn't deterred. He continued until he looked up and saw the top of a tree being blown away. He ran onto a porch of a nearby house, crouched in a corner until the worst of the storm passed and then noticed that the house he was at had started on fire from a fallen power line. Before continuing his run he located the owner and they got the fire department on the way.

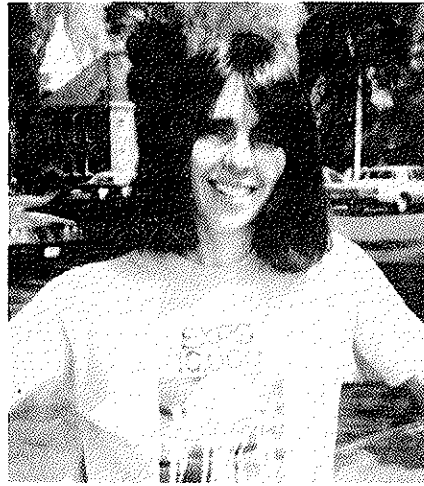
The Collins enjoy life and they enjoy fitness; Matthew at six months old is in the Todds Road Strollers prepping for his first start a few years down the road. Jan is working in Don's office to evaluate a new computer system for dentists. She also has a real estate license but with little time to use it. Don is pursuing a post doctoral graduate degree in general dentistry. And both are working at building their mileage, improving their times and getting back to a little weight lifting.

If you feel a little too busy and can't figure out how to get runs into your schedule or if you feel the clubhouse is a little too far out in the country, stop and "Get to know" Don and Jan Collins because they have the formula to make things happen. ■

STUMBLERS IN THE NEWS

by Kenneth J. Pike

In the May 1986 issue of the Ridge Runner, which is the newsletter of the Oak Ridge (Tenn.) Track Club, President Rick Alderfer mentioned how he enjoyed reading Julie Dodd's column about the Todds Road Stumblers. A phone call got me in touch with Rick who offered to contact Julie and have her send me a copy of the article. A few days later, I was going thru our membership list and found that Julie is a Stumbler herself, so I decided to call her directly. On reaching her, I learned that Rick had already called her (runners are such nice people) and that she would mail the article that day. I had a very enjoyable conversation with her during which I learned that she is a native of Oak Ridge



Stumbler and columnist Julie Dodd.

who came to Lexington to study English at Transylvania, after which she taught at Lafayette and Tates Creek High Schools. She also studied at UK and received a Masters in Communications and a Doctor-

ate in Curriculum and Instruction. In 1982 she returned to Oak Ridge High School where she teaches Senior English and advises the school's newspaper and year-book. The article in question is from a column on running, cycling and fitness that she writes for the local newspaper, The Oak Ridger. Julie most recently visited Lexington during the women's NCAA Final Four basketball tournament and came out to Todds Road to gather the details for her article. She has also done some special pieces on the Olympic Torch run and on a bike tour in Vermont. Her article about us is a very thoughtful and accurate piece (complete with a photo of the clubhouse) which describes our history and our attitudes. I couldn't possibly summarize it without losing the essence, so it will be posted on the clubhouse bulletin board so that all can read it in full. I urge you to do so.

Many thanks to Rick Alderfer for his help and to Stumbler Julie Dodd for so kindly remembering her old friends back in Lexington. ■

CINCINNATI HEART MINI-MARATHON

by Dan Wells

The 9th Cincinnati Heart Mini-Marathon was held on March 23 this year, and the 15 kilometer race attracted almost 5,000 entrants from 26 different states. The race started and finished at Fountain Square in downtown Cincinnati, and most of the course was along the gently rolling hills of Columbia Parkway overlooking the Ohio River. The men's winner with a time of 46:15 as John Wellerding of Louisville, who also won the Triple Crown races in Louisville this year. Cyndie Brown-Welte won the women's division in 53:27, finishing ahead of Julie Isphording, a member of the U.S. Olympic team in the women's marathon. Several Stumblers participated in the race, and John Culbertson won the Cardiovascular category with a time of 1:05:42. Bob Carden ran a strong race, finishing 6th in the Male 20-24 category with a time of 51:39. Some of the other Stumblers who participated are listed below:

Bob Carden	51:39
Bob Green	59:26
Dennis Haddad	1:00:00
Dan Wells	1:01:21 PR
Phil McConathy	1:04:58
John Culbertson	1:05:42 PR
	1st Cardiovascular
Bill Stofer	1:07:41 PR
T.C. Martin	1:09:40
Nancy Bonhaus	1:10:36
Dick Hutchison	1:12:22 ■

BIG BROTHERS/ BIG SISTERS 5K FRANKFORT

by Ron Sanders

Three Stumblers were among the award winners in the Big Brothers/Big Sisters 5K in Frankfort on May 13.

John Unger won the overall title, with Richard Hopkins placing second. Dan Wells won the 35-39 age group.

Bernadette Madigan, a former UK distance runner who will soon be returning to her home near London, England, also won a division. In her last athletic endeavor in the "colonies," Bernie entered the "Stroller Division." She was pushing a stroller manned by the nephew of her roommate, Bev Lewis. While forcing the pace in the early part of the race (stroll?), Bernie took a turn too rapidly, lost control and had a spectacular crash. She quickly recovered, stuffed the tyke back into the stroller and redoubled her efforts for a division-winning time slightly over 33 minutes. Bernie claims equipment failure, but most witnesses felt that excessive speed and hell-bent determination were the prime reasons for the mishap.

Bernie will be missed by the Stumblers, and we look forward to her promised visits. ■

SUGGINS-WLAP BIG BROTHERS/ BIG SISTERS

by Nick Nickell

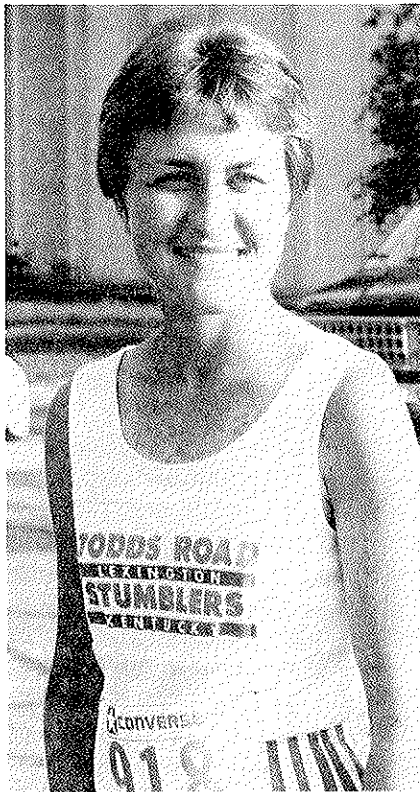
The Suggins/WLAP Fun Run for Big Brothers and Big Sisters was held in the heat of the afternoon on Saturday, May 24. With the temperatures in the 80's and little traffic control, it was tough to run a fast time. But that's what a fun run is all about. Especially the free beer afterwards! That can help cure all ills.

There appeared to be several hundred runners there, but since you are not assigned numbers, it is tough to tell who won age groups, etc. We do know that the overall men's and women's winners were loyal Todd's Roaders. Bob Carden won the men's race with a time in the mid 16's, while Becky Reinhold won the women's race with a time in the mid 19's. Very competitive considering the weather.

The only PR I know of was Dick Stuckey's 21:01 -- who runs PR's in 80+ weather? Congratulations! ■

GET TO KNOW LOU SEIVERS

by Dan Seaver



Seaver

If you drive along Woodspoint Road, a quiet residential neighborhood near Ashland, Henry Clay's historic home, you will pass the house of Lou Sievers. She is a Todds Road Stumbler who is becoming a familiar name to many area runners. Lou is one of our members who competes in most of the major races in Kentucky. These days she is attracting the attention of many people who follow the road-running circuit in the state because of her strong finishing times at races.

Lou is a native of Fulton, Kentucky in the far western part of the Commonwealth. She came to Lexington in 1974 to attend the University of Kentucky where she graduated with a Bachelor's degree in dental hygiene. After working as a dental hygienist for five years, Lou decided there was more to life than just probing around in the mouths of her patients. So she made the decision to venture out into the field of handicrafts. Today Lou is owner of Potlatch Pleasures, Inc., a small company that was formerly located in Chevy Chase, but which she now operates from her home. A look around the Sievers house tells you immediately that Lou is a skilled craftsman. Her finished pieces include beautiful needlework designs, needlework belts, leatherwork, brassplate engraving, stained glass

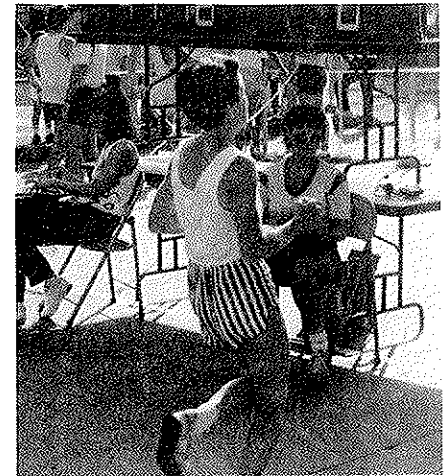
work and custom framing.

Lou says she sees her interest in handicrafts as an extension of her profession. But she no longer uses teeth as her medium of expression. Not surprising. Lots of people have noticed Lou's work and, as a result, she stays busy keeping up with orders for her unique articles. Customers find that her needlework and leather belts are really attractive. Also a popular item among cloggers has been the custom made brass heel plates that she engraves with the name of the clogging group. I was especially taken with the brilliantly colored framed stained glass pieces that were suspended in front of her living room windows. They confirm that Lou is a very talented individual.

Speaking of clogging, I discovered that in the last two years Lou has taken up this lively pastime. She belongs to the Lexington Clogging Company, a small group that performs for hospitals, nursing homes, company picnics and at special events like the Western Kentucky Banana Festival. Although the group doesn't compete at clogging gatherings, its members still get a lot of enjoyment from kicking up their heels wherever they perform. Those of you who are unfamiliar with this spirited dance form are reminded, as I was recently by a bumper sticker, that clogging is not a plumbing problem.

Another rewarding activity for Lou has been her association with Lexington's Meals on Wheels program. One day a week she drives a route throughout Chevy Chase delivering meals to approximately 15 elderly people. After making each delivery, Lou tries to brighten the day for her older friends, many of whom have no family, by staying long enough for a casual conversation. It's her way of making certain they are doing well and their needs are being met.

Lou displayed this same kind of concern not too many years ago when she, Todds Road Stumbler Bill Alley and others from Trinity Hills United Methodist Church traveled to the islands of Roatan and Utila in the Gulf of Honduras as a part of a church mission team. She quickly came to realize that her professional skills as a dental hygienist were going to be put to good use treating people who were not accustomed to receiving any dental care. I have nothing but praise for people like Lou



Seaver

Lou sets a PR 41:16

who give of themselves and their talents to help others through their volunteer activities.

Whether it's her work, family life or other endeavors, Lou is obviously an active person. While she says she is not really athletic, we think that her involvement in running, biking, clogging and horseback riding might give another impression. But these days Lou is not the only one in the Sievers family who gets exercise. Her husband Mark, an accountant at Jerrico, is a jogger. Also up until recently, the Sievers golden retriever Chester ran with Lou whenever she went out for a training run. However, I understand that Chester has been limping lately due to a "sports injury," so he no longer puts in the same miles as his owner.

Race results over the last few years show that Lou has become a serious competitor among women in her age group. Race after race, both in-state and outside Kentucky, her finishing times have improved as evidenced by her 10K PR of 41:16 at Frankfort in June. As a result her name has become a recognized one at race awards ceremonies. With some speed work and perhaps some weightlifting to improve her upper body strength, Lou feels that breaking 40 minutes for a 10K race is a definite possibility. We are confident that with perseverance and hard work, Lou will do it, too!

So those of you who go to a lot of races throughout the year, keep an eye on Lou. We're bound to hear a lot more from her in the months ahead. She is a really nice person and a fine runner. Get to know her and you'll see what I mean. ■

RACE SCHEDULE

by Bob Maclin

Summer is here with the usual heat and humidity, and also many of the old traditional races. Please note some new listings. How about the Pike's Peak Ascent Marathon on August 23, 1986, 13.4 miles in length with an altitude gain of 7,600 feet! The energy expended in this race is reported to be equivalent to a full flat marathon. Now if this is not challenging enough, the next day, August 24, you can run the Pike's Peak Round Trip Marathon, up and down 26.3 miles with a temperature range of 85 degrees at the base to 15 degrees at the summit. Anyone want to fill the Colorado blank on the Todds Road Run USA with one of these two races?

Remember to send a SASE and confirm race dates and times when requesting entry forms.

JULY

- 12 - **Druthers Green County Triathlon, Greensburg, Ky.** Billy Squires, 502-932-7190, Paul Ennis, 502-932-5979
- 13 - **Cincinnati International Cross Country Championships III, 3.5 miles, Lower French Park, Amberly Village.** Dr. Stacey Osborne, 5521 Montgomery Rd., Cincinnati, Oh 45212, 351-6302.
- 13 - **Little Miami Triathlon, Morgan's Canoe Livery, Ft. Ancient, Oh.** Little Miami Triathlon, 4221 Langley, Cincinnati, Oh 45217, 321-3006.
- 17 - **Red Bird Run, 5K, Louisville Fairgrounds, Louisville, Ky.** Ken Combs Running Store, 502-895-3410.
- 19 - **Dog Days 10K and 5K, Oliver Springs, Tn.** Ed King, 109 Jellico Lane, Oak Ridge, Tn. 37830.
- 19 - **Women's Distance Festival 5K and Men's 5K, Huntsville, Al.** UAH Campus, 94 Scenic Drive, Huntsville, Al. 35801.
- 20 - **Diet Pepsi 10K, Colorado Springs, Co.** Box 26230, Colorado Springs, Co. 80936.
- 22 - **Columbus Triathlon, Columbus, Oh.** John's Bluegrass Running Shop, 321 S. Ashland Ave., Lexington, KY. 40502

AUGUST

- 2 - **Pigeon Forge Midnight Run, 5 Miles, Pigeon Forge, Tn.** Arnold Foster, 615-577-2161.
- 9 - **Oak Ridge Triathlon, 1/4th Ironman, Oak Ridge, Tn.** Dean Waters, 132 Newport Drive, Oak Ridge, Tn. 37830.
- 9 - **Mid Summer Night's Run, 5K, Lexington, Ky.** John's Bluegrass Running Shop, 321 S. Ashland Ave., Lexington, Ky. 40502.
- 16 - **3 in 1 Triathlon, Huntsville, Al.** Huntsville Track Club, 8811 Edgehill Dr., Huntsville, Al. 35802.
- 16 - **Wilderness Road 5K, London, Ky.** 8:45 a.m., Ginger Cornett, 212 McWhorter St., London, Ky. 40741, 606-864-7455.
- 23 - **Maggie Valley Moonlight Race 8K, Women 7:30 p.m., Men 9 p.m.** Maggie Valley, NC. Haywood Valley RRC, P.O. Box 416, Waynesville, NC 28786.
- 23 - **Forest Park Charge 10K, Central Park, Forest Park, Oh.** Forest Park Charge, PO Box 44096, Cincinnati, OH 45244, 513-474-1399.
- 23 - **Pioneer Run 5K and 10K, Harrodsburg, Ky.** John's Bluegrass Running Shop, 321 S. Ashland Ave., Lexington, Ky. 40502.
- 23 - **Pike's Peak Ascent Marathon, 13.4 Miles, Manitou Springs, Co.** Box 26230, Colorado Springs, Co. 80936.
- 24 - **Pike's Peak Round Trip Marathon, 26.3 Miles, Manitou Springs, Co.** Box 26230, Colorado Springs, Co. 80936.
- 29 - **Mini Chase 7 1/2 K, Louisville, Ky.** John's Bluegrass Running Shop, 321 S. Ashland Ave., Lexington, Ky. 40502.
- 30 - **Eastman 10K and 2 Mi., 8 a.m., Eastman Employee's Center, Kingsport, Tn.** Jack Henry, Eastman Health & Fitness Center, Kingsport, Tn. 37664.
- 30 - **Daniel Boone 10K, Winchester, Ky.** John's Bluegrass Running Shop, 321 S. Ashland Ave., Lexington, Ky. 40502.
- 31 - **Indian Run 60 Mile Ultra Marathon, Indian Run Farm, Treadway, Tn.** Doyle Carpenter, Rt. 1, Box 197, Treadway, Tn. 37883.

SEPTEMBER

- 1 - **Republic Bank 10k, Lexington, Ky.** John's Bluegrass Running Shop, 321 S. Ashland Ave., Lexington, KY. 40502
- 2 - **Shamrock 5 Mile, Louisville, Ky.** Metro Parks, Gil Clark, Box 36452, Louisville, Ky. 40233.
- 6 - **Panther Chase II 5K, Flemingsburg, Ky.** Dick Stidham, 400 Mills Ave., Flemingsburg, Ky. 41041, 606-849-8711 evenings.
- 7 - **Red Mile 5K, Lexington, Ky.** John's Bluegrass Running Shop, 321 S. Ashland Ave., Lexington, Ky. 40502
- 13 - **Healthy Living Run 5K, St. Francis-St. George Hospital, Cincinnati, Oh.** 389-5113.
- 21 - **McNeely Lake 30K, Louisville, Ky.** Cherokee Road Runners, Box 34532, Louisville, Ky. 40232.
- 27 - **Churchill Downs 10K, Louisville, Ky.** Metro Parks, Gil Clark, Box 36452, Louisville, Ky. 40233.
- 28 - **Dayton River Corridor Classic Half Marathon, Dayton, Oh.** John's Bluegrass Running Shop, 321 S. Ashland Ave., Lexington, KY.
- 28 - **Berlin, Germany Marathon, Aug. 1 deadline.** Hapag-Lloyd, 17 Battery Place, Suite 2433, New York, NY 10004.
- 28 - **Pokey Pig 10K, Lebanon, Ky.** Chamber of Commerce, 107A West Main St., Lebanon, Ky. 40033.

OCTOBER

- 4 - **Paragon 10K, Lexington, Ky.** John's Bluegrass Running Shop, 321 S. Ashland Ave., Lexington, Ky. 40502.
- 11 - **Sorghum Festival 10K, Springfield, Ky.** Springfield Sun, Springfield, Ky. 40069.
- 17 - **Allied Health 5K, Lexington, Ky.** John's Bluegrass Running Shop, 321 S. Ashland Ave., Lexington, Ky. 40502.
- 26 - **Americas Marathon, Chicago, Il.** Americas Marathon/Chicago, 214 W. Erie, Chicago, Il. 60610.
- ** - **Green River Lake 10K, Campbellsville, Ky.** Central Ky. News Journal, Campbellsville, Ky. 42718, 502-465-2500.
- ** - Date to be decided upon in August.

NOVEMBER

- 2 - **New York Marathon, New York, NY.** Mail a legal size SASE to Marathon Entries, Box 1388, New York, NY 10116, and include \$3 check for handling fee.
- 27 - **Run for Hunger 10K, Lexington, Ky.** John's Bluegrass Running Shop, 321 S. Ashland Ave., Lexington, KY 40502. ■

Todd's Road Stumblers, Inc.

milemarker

P.O. Box 223
Lexington, Kentucky 40584
(606) 254-3447

NON-PROFIT ORG.
U.S. POSTAGE
PAID
LEXINGTON, KY.
PERMIT NO. 511

The Todds Road MILEMARKER, a newsletter published quarterly by Todds Road Stumblers, Inc.
P.O. Box 223, Lexington, Ky. 40584, (606) 254-3447.

BOARD OF DIRECTORS

President: Don Cetrulo

Vice President: Dan Dusch

Secretary: Cathy Fox

Treasurer: Ken Pike

Member: Bill Matlock and Jerry Stone

EDITORIAL COMMITTEE

Editor: Kenneth Pike

Interviews:

Dan Seaver, Becky Reinhold,
John Wisniewski, Barbara Cook

Race Results:

Nick Nickell, Stan Briggs
Phil McConathy, Dan Wells

General News:

Suzanne Sanders, Judy Collins

Race Schedule:

Bob Maclin

Typesetting:

Debbie Taylor, John Carroll

IMPORTANT DATES FOR YOUR CALENDAR

Stumblers Annual Picnic - July 14, 1986

Bluegrass State Games - August 1, 2 & 3, 1986

**KHSAA State Cross Country
Championship Meet - November 1, 1986**

**Stumblers New Years Eve Run
December 31, 1986**