



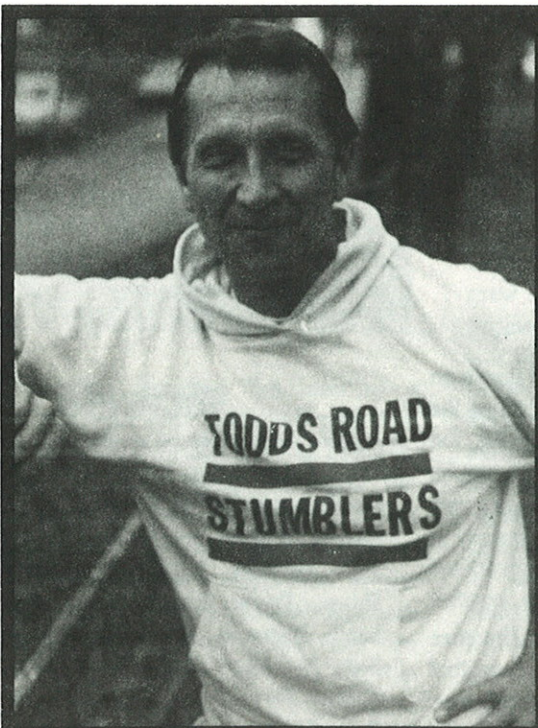
Member Roadrunners Club of America

# THE TODDS ROAD

# millemarker

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

Number 15      Winter 1987



## KEN PIKE

First Stumbler to reach -

**500 Miles**

**1000 Miles**

**1500 Miles**

**2000 Miles**

**2500 Miles**

**Good Luck in North Carolina!**

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# AT THE STARTING LINE

by Dan Wells and Ron Sanders

This issue represents a changing of the guard for the Todds Road Milemarker. As many of you know, Ken Pike has recently accepted a new job and moved to Raleigh, N.C. Ken has served as the editor of the Milemarker since its inception, and the Mikemarker is very much his creation. The success of the Milemarker is due primarily to the many hours that Ken has devoted to it. Ken has also served on the Board of Directors and as club treasurer, and as one of the more active officers has provided much leadership for the Stumblers. However, the major loss will be his absence at Todds Road for the Saturday morning runs. Ken's contributions to Todds Road Stumblers will be missed, but his friendship will be missed even more. You can learn more about Ken in the interview contained in this issue.

As the new editors, we will try to maintain the excellent standards established by Ken. Fortunately, the staff of the Milemarker has agreed to continue their fine efforts, or else the job would be impossible. No significant changes are anticipated, but we encourage any suggestions and comments concerning the Milemarker. Anyone who would like to volunteer to work on the Milemarker is welcome, and any articles or stories would also be appreciated.

## TODDS ROAD TRIVIA

Fall Issue question: As you approach the 3 mile mark on the 6 mile course, on your left is a single story building that is unlike the other farm structures in the area. What is its purpose?

Answer: The structure was built as an airport hangar.

## IRONMAN TRIATHLON

A number of Stumblers are dedicated triathletes. The most famous and among the most difficult triathlons is the Ironman Triathlon in Hawaii. Qualifying for this triathlon is extremely difficult, and finishing is a major accomplishment, as the race consists of a 2.4 mile swim in the ocean, 115 mile bike ride, and then a 26.2 mile run. Susan Cox and Hord Tipton not only finished, but did extremely well. Susan finished second in her age category in competition that included the best triathletes in the world.

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## KENTUCKY RELAYS

The Kentucky Relays will be held this year on April 17 and 18. The Relays are a club project, as each year the Stumblers serve as timers, finish line judges and inspectors. Part of the fun of officiating at the Relays is that you never know what the April weather will be like. During last year's Relays the timers started out in shorts working on their fans, and finished shivering under blankets and ponchos trying to stay warm and dry. Many of you will be asked to volunteer again this year, and should try to keep April 17 and 18 open to help with this worthwhile and interesting project.

## 500 MILE CLUB UPDATE

Five new members were added to the 500 Mile Club in the last issue, bringing the total to 98. Since that time no new members have been added. Perhaps everyone is waiting for someone else to become the 99th member so that he/she can become NO. 100. We hope to make it to 100 members by next issue. If someone has reached 500 miles but has been overlooked, please let us know so that you can be recognized.

## RUN FOR HUNGER

The Run For Hunger was held again on Thanksgiving Day. This race was run on the grounds of the Marriott Hotel and the Griffin Gate Golf Course. Unfortunately, not all of the turns on the course were well marked, and the runners ended up running varying distances, all over the advertised 5K. However, there were many positive things to report about the race. The race raised money for a worthwhile cause that was in keeping with the spirit of the day. The sponsors and participants are to be congratulated for their time and contributions. Many Stumblers ran in the race and others worked as volunteers. Phyllis Jenness deserves thanks for her work in securing many of the volunteers.

## 1986 PRs

In the next issue we will list all PRs for 1986. If you had a PR for 1986 you should list it on the PR chart in the clubhouse, or else mail your time and the race to the Milemarker. We must hear from you by March 1 if you wish to be recognized.

## DOUGHNUT DUTY

Volunteers are needed for doughnut duty in 1987. Sign-up sheets for 1987 have recently been posted in the clubhouse. The job is easy, and a new poster has been put up that shows exactly what to do. Since the number of runners dwindles during cold weather, volunteers are especially needed for the winter months.

## SWIMMING

During the winter months the weather sometimes makes it difficult to run. An alternate form of aerobic exercise is swimming. Starting a swimming program during the winter months is an excellent way to maintain your aerobic level of fitness, and also gives you a headstart should you decide to do a triathlon in the summer. The Lexington Masters Swim Club meets at the YWCA on Cross Keys Road for fun and fitness. You don't have to be an excellent swimmer to participate, and swimming coaches are available for help in improving your swimming. A number of Todds Road Stumblers runners and triathletes are already members. For more information, call Jan Culhane (889-1644), Doris Neuman (273-5512), or Joe or Betsy Chappell (269-2709).

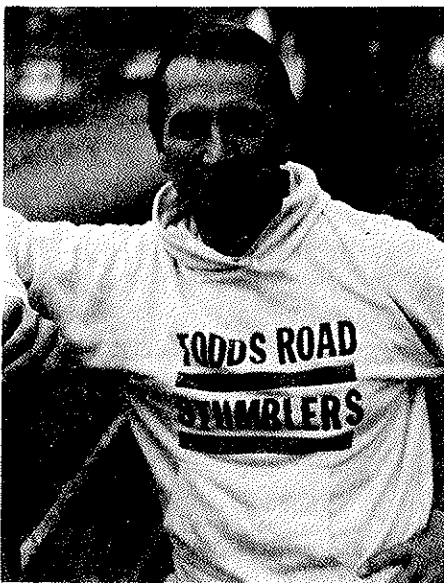
## NEW MEMBERS

We would like to welcome the following new members to Todds Road: Bill Bond, Leah Bond, Cajun Cook, Peggy Dearborn, Ramona Masek, O.J. Miller, Julie Sullivan, Bambano Supriyo, Tom Ehlers, Doyle Freano, Charles Oberst, Larry Sparrow, David Alexander, William M. Allen, Doug Archbold, Ranny Blount, Steve Coffman, Jeff T. Craycraft, Jane E. Couch, Todd B. Eberle, Richard W. Evans, Peggy Flaherty, Roy Fugitt, Anthony J. Hickey, Jeff S. Kirklighter, Rich A. LaBardi, Marson Lesley, Patrick H. McHaffie, Dyrone L. Minors, Harland C. Peden, Nelson A. Radwan, Patty S. Radwan, Robert C. Renard, Ann R. Schwartz, Howard A. Settle, Caran Shannon, Jeff Sloan, Candy West, Larry W. Smith, W. Haywood Smith, John B. Wadsworth, Carolyn Wadsworth, Rob Young, Tom Blues, Robert H. Brown, Kevin M. Doyle, Kurt V. Schubert, Jim Straub and William H. Combs. ■

# GET TO KNOW KEN PIKE

by Barb Cook

At the last Milemarker committee meeting I got some good news and some bad news. First the good news: my assignment was to interview Ken Pike. I was quite honored since I had only done three interviews and Ken is the founding editor of our newsletter. I have also had a terrible crush on Ken since I met him at Todds Road over three years ago. The bad news was the reason for the interview. By the time you get this issue, Ken will have moved to Raleigh, North Carolina to take a new job.



Ken first discussed the idea of a newsletter with Alex Campbell over four years ago when he and the Old Stumbler ran at Shively on Sunday mornings. The day Ken made his decision to relocate with his new job, he was in Alex's office by 5:00 to discuss the continuation of the newsletter. Ken has done such an outstanding job as editor that it will take two people to replace him: Dan Wells and Ron Sanders. Ken is still humble after 15 issues of dedicated work. He would like to thank John Carroll and Camille Weber for all their help when the Milemarker was new. Today, he says the job could not be done without help from the Herald-Leader and First Security in typesetting and printing.

The Milemarker is not the only thing that Ken expertly whips into shape. He can also build you a fancy concrete structure. Perhaps you've used a bit of his handiwork when parking next to the Financial Center or across from the Hyatt. Prestress Services was lucky to have Ken here in Lexington. Their specialty is parking garages.

Ken moved to Lexington to take the job with the Featherlite Corp., which was later purchased by Prestress. He completed his BS in civil engineering at Purdue. He is a Registered Professional Engineer in Kentucky and Indiana and is always studying to stay current in his field. He developed his interest in engineering in a roundabout way.

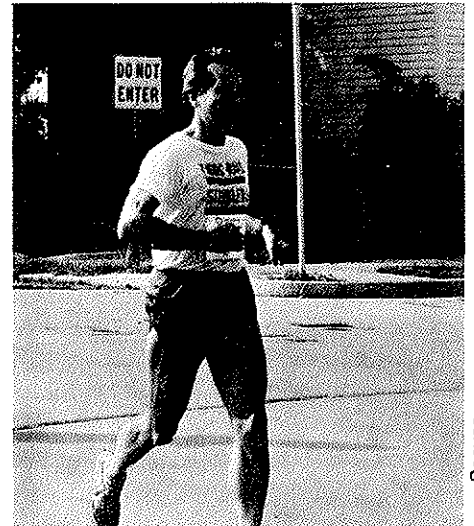
Ken grew up in Evansville, Indiana, the refrigerator capital of the world (maybe that's why he's such a cool guy). He is the oldest in a family of five children. He joined the army after high school for six months of active duty to be followed by seven and a half years reserve duty. Ken was recalled to active status during the Berlin crisis for 14 months. He was sent to Ft. Lee, Virginia where he "successfully defended the East Coast from the Russians." He flirted with running a bit, too, but only in fair weather.

During Ken's formative years he worked assembly in a Whirlpool factory and even got to be on a picket line once. He also worked as a construction laborer and was curious about how "the important guys with the clipboards knew where to put all that concrete and steel." His interest grew as he chatted with the project engineer during lunch breaks. When he was laid off and unsure about his future, he decided to learn more about engineering and began his college studies. Ken was married to his lovely wife, Marilyn, by this time. After graduation, they decided to pursue a dream and move to sunny California. Ken is personally responsible for some of the driving conditions in LA and Orange counties. He worked for the highway department and two of his projects were parts of the Foothill and Santa Monica freeways.

Ken and Marilyn lived in LA and Sacramento from 1964-66. Their first child, Becky, was born there. Ken is still trying to gain Marilyn's forgiveness for being late in picking them up from the hospital after forgetting their suitcase and then being caught in a big traffic jam on the second trip. You'd think a highway expert would know better! Ken knew he'd better be on time to pick up Marilyn after the birth of their second child, so the Pikes returned to Evansville from 1966-72 where Emily was born. The family moved to Lexington in 1972 when Ken took the job in the

prestressed concrete industry.

"Stress" seems to have been the key word in helping Ken start running again. In 1974 after a particularly trying day, he was driving back from Louisville when he got all the classic symptoms of a heart attack. He barely made it home after pulling over near Frankfort. A complete physical showed that his fears were unfounded, but he decided it was time to shape up. A friend at work had started running and Ken joined. One day his friend met Alex and the gang at McDonalds and learned about Todds Road. The very next Saturday, they too started running with the group. Ken found out his lungs wouldn't freeze in cold weather and is now a regular member who has completed nine marathons and still hopes to qualify for Boston. He has had all the stylish running injuries - he says he hates to miss out on a fad. He was training for a marathon last year when he developed a neuroma. Instead of having his surgically removed, he had it treated with cortisone, banking on the fact that most fads come and go.



Ken's wife, Marilyn used to be quite a runner herself, frequently winning her age group, but repeated bouts with tendinitis in her feet forced her to quit. Now, besides heading up First Security's airport branch, Marilyn plays tournament bridge and is well on her way to becoming a Master player - quite an honor.

The other two ladies in Ken's life are his beautiful daughters. Becky, 21, is a junior at UK. She is interested in veterinary medicine and works part-time at Great Harvest to help with college expenses. Ken and Marilyn hope she will follow them to

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# GET TO KNOW CARSON EVANS

by Becky Reinhold

If you were a runner at Todds Road two winters ago you may remember a guy that would come out every Saturday to whiz around the 6 mile course in his army pants, blue sweatshirt and bright orange stocking hat - meet Carson Evans. After much friendly cajoling from his friends, Carson finally broke down and purchased a blue nylon running suit that matched his orange hat perfectly!

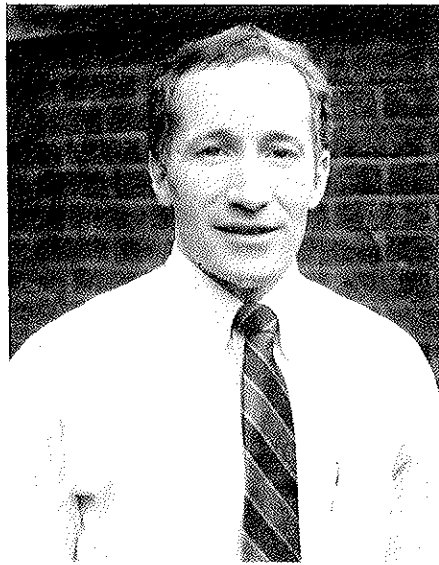
Carson, 35, is originally from Lexington and went to Lafayette High School where he was an all-around jock. Along with being captain of his football team, he played tennis, wrestled and ran track his senior year. Even then, Carson's talents as a runner were evident - he ran the one and two mile races and remembers posting a 4:30 time for his effort in the one mile race.

In college, he hung up his athletic shoes for scholastic endeavors and no doubt some socializing. He went to Miami University in Oxford, Ohio where he majored in economics. He had a pretty good idea all through school that he would enter into the insurance field. He started out with Ohio Casualty then eventually wound up in the agency business with Buckley and Company, where he has been for the past six years.

He credits his post-college athletic comeback to Dick Bass who talked him into joining a group at Shively Sports Center at 6 a.m. two mornings a week for a 5 mile run. From there he was talked into visiting Todds Road and has been fairly regular since that time. During the summer months he usually gets bitten by the bug that motivates most of us to train hard for the Bluegrass 10,000. The 1986 Bluegrass 10K proved to be Carson's best race to date, where he set a personal record of 37:40. He attributes that success to longer mileage and hard runs during lunch when a group would leave from the YMCA every other day for a training run this spring and summer. Rumor has it that this group was especially speedy when running by "Bland-ing Beach" on the UK campus!

During the winter he devotes more time to basketball than running. He plays at the Y three days a week during lunch and jokingly tells us he plays the power forward position!

When not working or working out,



Reinhold

Carson finds time to devote his talent and time to worthwhile community organizations such as the Big Brothers program,

where he currently has two little brothers. He is involved in his church, the Newman Center, and is a counselor in the Hugh O'Brien Youth Leadership program. He has recently been a participant in the Leadership Lexington program which helps educate young professionals about the community from a business and professional standpoint.

Recently, any other bit of spare time has been spent rehabing an older home he bought last summer. He says the work hours are long and tedious but the results are very rewarding.

Carson and I are good friends so I know he'll understand that I've reached my limit on finding nice things to say about him -- seriously, the Stumblers and I both wish Carson continued success in his professional and running careers and much happiness for the upcoming New Year. ■

## BLUEGRASS MINI-MARATHON

by Phil McConathy

On Saturday, October 18, 1986, over 100 runners started on this challenging 13.1 mile course. The weather was excellent and good times were numerous. This is an excellent race to use in your final preparation for a fall marathon.

	TIME	OVERALL FINISH	AGE GROUP FINISH
Mike Raftery	1:17:21	3rd	2nd 35-39
Robert Green	1:23:07	12th	4th 40-44
Bill Clinton	1:24:07	13th	3rd 25-29
Lee Anderson	1:25:39	16th	
Lee McIntosh	1:25:56	20th	4th 25-29
Harlan Peden	1:28:19	21st	7th 30-34
David Wachtel	1:28:20	22nd	5th 40-44
Nancy Bonhaus	1:41:03	5th F	1st 30-34 F
Ramona Woolums	1:51:25	9th F	1st 40-44 F

## PARAGON 5K

by Stan Briggs

The Paragon 5K Run for the Special Olympics was held on a cool morning in early October. There was a nice turnout of both participants and fans for the Special Athlete's mile at 8:15 a.m. followed by the 5K race. The men's overall winner was Dave Schaufuss in 14:43 while Brenda Woods led the women in 19:00. The wheelchair division was won by Kurt Kelley in 22:16 with David Hartsek taking second.

Stumblers who won age group awards were:

NAME	AGE GROUP	TIME	PLACE
Nancy Bonhaus	F Open	21:14	2nd
Leslie Stamatis	F 20-25	21:57	1st
Susan Cox	F 45-Over	21:51	1st
Bob Carden	M 20-24	16:32	1st
Dave Winters	M 35-39	16:33	1st
Robert Green	M 40-44	17:56	1st
Stan Briggs	M 45-49	18:50	2nd
William Meeker	M 50-Over	21:46	2nd

# NEW YORK CITY MARATHON

by Dick Robinson

Talk about well organized!! The New York Marathon gets the all-time award. An incredible series of steps are followed from application; to acceptance; to picking up your number; to even getting to the Staten Island staging area via 400 buses; to the pre-race instructions; finally to the race itself. It doesn't end there. Next comes water and orange slices from literally thousands of volunteers; an accurate accounting of 19,283 finishers; presentation of 19,283 medals, blankets and food boxes; bag pick-up and reunion area staging. A remarkable lesson in race organization.

The race itself is a real high. In good weather there are estimated to be nearly two million spectators. On Sunday, November 2, 1986, with the temperature at 57 and the skies overcast, there were about one million people lined on both sides of the entire 26.2 miles (except, of course, on the bridges).

The New York Marathon is the biggest marathon in the United States. The 1986 race was the largest in U.S. history with about 22,000 starters and a high-percentage 19,283 finishers. It touches all five NYC boroughs. Staten Island gets credit because it starts there. I was there a lot longer than Greta Waitz because she left Staten Island when Mayor Koch fired the cannon, whereas I walked for two minutes before I got to the starting line. Brooklyn is next and is the longest segment encompassing some 11 miles. It's not flat!...A lot of long gradual 400-800 meter inclines up 4th Avenue. The people cheer in Brooklynese and the ethnic lunchtime food smells are great.

Across the Pulaski Bridge at the 13.1 mile point we cross into Queens. Two short miles later it crosses the 59th Street-/Queensboro bridge (and the biggest hill since the start) and into Manhattan. First Avenue is great with the largest crowds. The people are about 10-deep on both sides and are in a festive mood for about three miles here on the Upper East Side.

A funny thing happens after the enormous lift of the Upper East Side. There are 6-7 miles remaining and the sparse crowds and the boarded-up, bombed-out look of Harlem gives a mental "down." The pain

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# A GREAT SEASON FOR UK

by Ron Sanders

The University of Kentucky Lady Cats cross country team climaxed an excellent fall with a third-place finish in the NCAA Championships at Tucson, AZ, on November 24. The Lady Cats, who qualified for the NCAAs by finishing second in Region 3, were led by Lisa Breiding and Sherry Hoover. Lisa earned All-American honors with a fine 18th place finish. This is the second straight year the Lady Cats have

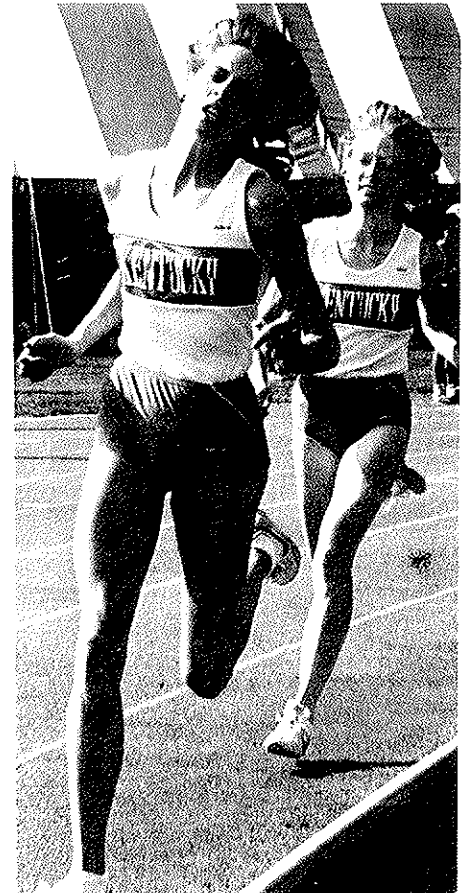
performed well in the NCAAs. Coach Don Weber has an excellent group of young, talented runners. We should all get out and support them at the Kentucky Relays.

Richard Ede, running as an individual, finished 14th in the men's competition and earned All-American honors.

Coach Weber and the entire team deserve the congratulations and support of the local running community. ■



Richard Ede



Lisa Breiding and Sherry Hoover

University of Kentucky

University of Kentucky



Lynne Segreti, Elisa Frosini, Patricia Padorno, Lisa Breiding, Audrey Pierce, Becky Gallivan, Sherry Hoover, Deanne Horne.

Moran

# RUNNING IN A SOUTH AFRICAN HOMELAND

by Daniel Richardson

Unfortunately, when the words running and South Africa are mentioned in the same sentence, you think of dodging bullets, bombs and rock throwing crowds. To a great extent that reflects considerable bad press aimed at exploiting the situation in that racially torn country. In contrast to what the press had me expecting to find, my six months visit to South Africa, as a visiting professor at a black university, was characterized by warm friendly interactions with both black and white South Africans, the vast majority of whom are trying to bring a peaceful end to the racial conflict (apartheid) plaguing that country. One of the many ways that this goal is being achieved is by people of all races interacting through the sharing of common interest. One such common denominator is running. Running and road racing seem to be the one leisure sport that all South Africans share on an equal level whether they live in a mud hut, in a tribal village or in a three story mansion in suburban Johannesburg.

The area in which Joyce and I lived and worked was Transkei, the Homeland of the Xhosas, South Africa's second largest native tribe. This is a region about three-fourths the size of Kentucky with a population of four-and-a-half million, 98% of whom are Xhosa tribal members. Living conditions range from villages of round huts, each about the size of the main room of the Todds Road clubhouse, to split-level ranch-style houses in Umtata, the capital of Transkei. The majority of the people live in the former (only about 2% of the single family households in Transkei have electricity or running water).

Using the old adage, "when faced with an unfamiliar situation, do something familiar," the first thing I did after getting settled into our living quarters, a hotel in Umtata, was to go for a jog. I was a little trepidatious, but needlessly so as it turned out. In contrast to "what the hell is that crazy white boy doing" looks, very few people paid any attention to me at all, because to them I wasn't doing anything unusual. Running has been a part of Xhosa tribal history for over 500 years. Groups of joggers could be found all over the homeland. I once saw a group of boys jogging along a back country dirt road. They were all wearing colorful uniforms which were probably provided by a local

missionary.

Jogging became part of my routine. Sometimes I would run with others, but mainly I did it solo. Some of the things I enjoyed about my runs were the friendly greetings from the Xhosa people. My route took me along a dirt path used by "commuters" from a nearby village to walk into Umtata. The Xhosa men I happened upon would smile (usually) but that was about it. However, the women would quite often clap their hands and start singing, about what I never knew since I wasn't fluent in the Xhosa language. But it was neat to have your own cheering section.

Although jogging is popular in Trans-

kei, there were no organized races in the homeland. Struggling third world regions just aren't into that sort of thing. However, the South African Road Runners Club does have a very active race schedule (Transkei and South Africa proper are separately governed and operated.) The premier race of the year is the Comrads Marathon, a 50-mile race from Petermaritzburg, in the Drakensberg Mountains, to Durbin, on the Indian Ocean (at least it is downhill). The Comrads is considered by many to be the world championship of ultramarathoning. But that was a little outside my range, so the one race that I settled for was a 10K in East London, the nearest South African city to Umtata. This race was the highlight of

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Dan Richardson near the finish.

## SPORTING EDGE 10K

by Phil McConathy

On November 16, 1986, over 50 runners started this challenging 10K course. This was a small race, but it was a very well run race. It should be put on your calendar for 1987. The Stumblers who ran this race are as follows:

NAME	TIME	OVERALL FINISH	AGE GROUP FINISH
James Sackett	33:06	1st	1st 35-39
Frank Cornett	33:56	3rd	2nd 35-39
Don Livingston	35:44	7th	2nd 25-29
Phil McConathy	39:37	14th	4th 35-39
David Wachtel	40:35	19th	6th 40-44
William Adams	41:52	27th	7th 25-29
Richard Fern	42:39	31st	6th 35-39
Becky Keller	50:50	48th	2nd 25-29 ■

# GET TO KNOW DAVE SCHAUFUSS

by Dan Seaver

I found Todds Road Stumbler Dave Schaufuss reading a running magazine at John's Running Shop on the cold, overcast Sunday afternoon of our interview. NFL football was on TV and the weather had kept customers at home, so this was a good time to corner Dave.

Running has played a major role in the life of this Bellevue, Kentucky native. Growing up in Northern Kentucky, Dave was a successful high school track and cross country runner. During his senior year, he placed third in cross county in statewide competition and first and second respectively in the two-mile and one-mile track events.

At Cumberland College Dave continued to attract attention as a member of his school's track and cross country team. His events included the one- and two-mile and also 5,000 and 10,000 meters. In 1982 he was named an NAIA All-American in cross country. The following year he repeated this honor in outdoor track. With his collegiate running career behind him, Dave accepted a graduate assistantship at Eastern Kentucky University where he coached members of the track and cross country teams. Looking back he will tell you that coaching, working on his master's degree and still trying to compete in non-collegiate races made for one very busy schedule.

In 1984 Dave went to work at John's Running Shop. This opportunity has en-



Seaver

abled him to work and also maintain his demanding training schedule. Dave is a serious runner with high goals. "I want to qualify for the Olympic trials. But I don't take myself so seriously that I can't laugh and have fun running and racing."

1986 has been a good year for Dave. This past summer he had PRs at both 10K (29:30) and 5 mile (23:35) distances. Then in the fall he recorded another PR in the 5K (14:05). Most recently Dave ran at the TAC Cross County Championships in San Francisco and finished 90th in a very competitive field of nearly 450 runner. 1987 looks just as optimistic for this fleet-footed runner.

Dave says that for most of his running career he has done his own coaching (i.e. setting up his training schedule, planning his racing strategy, etc.). But this changed during 1986 when he began training under Coach Roy Benson of Atlanta. Benson, who has coached runners like Frank Shorter, has Dave using the anaerobic threshold technique favored by many of the Italian world-class runners. The coach has Dave doing what he wasn't doing for himself...setting goals and slowing down. Soon Dave will be starting a schedule that involves a really tough run every 10 days followed by moderate and easy runs. So far Coach Benson's training schedule seems to be working well. Dave feels this year will be a good test of his program.

In looking ahead, Dave has already made most of his plans for the spring and fall racing seasons. He also intends to run the Bluegrass 10,000 in July. Area runners will remember him tying for first place in this race in 1982 with fellow runner Tommy Smith. In addition, many of you will recall Dave crossing the finish line first at the 1984 Bluegrass 10,000 but later being disqualified for a registration violation. It seems that a friend signed him up for the race under the name Abebe Bikele, the world-class Ethiopian runner. How long do you suppose it took race officials and the media to realize the mistake?

When asked to what he attributes his success, Dave is quick to remark that "genetics makes the difference and then training comes later. God has been good to me...and things have fallen in place." I also know that Dave's wife Terri has been his biggest supporter. Dave is somewhat philosophical about life when he says that running has required the two of them to make sacrifices. But Dave indicates that he didn't want to look back years from now and wonder what might have been if he had continued running competitively after college.

Sometime in the future, Dave hopes to return to college coaching to work with track and cross country athletes. But for now he intends to set his sights on the Olympic trails with the hope of making the U.S. Olympic team. We wish Dave the best of luck during 1987 and beyond. His determination and hard work are sure to pay off. ■

## CATFISH RUN

by Nick Nickell

Hall's Restaurant on the Kentucky River was the starting point for the "Catfish Run For Education" on Saturday, November 1. Todds Roaders took four of the first six places in the men's race, but few of our women competed there. The weather was cool, but the course can't be too easy when you have to start at Hall's. As most of you know, there are two ways out of Hall's, one straight uphill, and the other only slightly less. Actually, we went toward Boonesboro Beach for this 5K race. There was only one hill that way, but it was pretty steep. Listed below are Todds Road Age Group Winners from the field of 126:

NAME	AGE GROUP	TIME
Cam Hubbard	20-24 1st Overall	15:10
Richard Hopkins	25-29 3rd Overall	16:06 PR
Jim Sackett	35-39 1st	16:13
Dave Winters	35-39 2nd	16:35
Robert Green	40-44 1st	17:45
Stan Briggs	45-49 1st	18:33
Tri Roberts	35-39 3rd	18:47
Nick Nickell	40-44 2nd	18:57 PR
Donald Diedrich	50-54 2nd	21:44
Sue Winters	35-39 2nd	24:11
Harry Campbell	60 & Over 2nd	37:34

# STUMBLERS ON THE MOVE

**Robb Mudd** and his wife **Mary Jane Amick** are the proud parents of Benjamin Amick Mudd, born on November 30, 1986.

Congratulations to **Don** and **Camille Weber** on the birth of their son, Robert Scott, on December 8, 1986.

**Kim Dusch** was promoted to manager of china and housewares at Lazarus Department store.

**Diane Soltice** and her brother opened a car wash in Kankakee, Illinois on December 20.

**Reese Reinhold** recently passed the Architectural Boards.

**Richard Bass** has joined Frank and Company, a Lexington accounting firm.

**Dr. and Mrs. Douglas Campbell** are now living in Tucson, Arizona.

**Dr. Robert McCready** has moved to Indianapolis to start a private practice in cardiology.

**Bev Lewis** was married on December 6, and we wish her and her husband much happiness.

**Mark Nenow** will appear on the cover of THE RUNNER magazine in the February or March issue. Mark has had an excellent year and is well-deserving of the recognition.

**Dan Jordan, Ron Sanders** and **Dan Wells** recently visited **Bill Sanborn** in New Jersey, and now consider themselves experts in the manufacture of Styrofoam cups. Bill is manager of the Handi-Kup plant in Metuchen. Bill has returned to Lexington a few times for visits, and can usually be found at Todds Road on Saturday mornings when in town.

**Chuck Menshako** won the AAA Regional High School Cross Country Championship at Pulaski County in October.

**Wendy Frazier** won the AAA State High School Cross Country Championship at the Kentucky Horse Park on November 1, with a winning time of 10:52 for the 1.8 mile course. Wendy and **Katie Stamps** were named first team Class AAA in Cross Country, and **Susan Turbek** was named to the second team. Wendy and Katie were also named to the All-State Cross Country Academic team, for athletes who finished in the top 25 in the State Meet and had at least a 3.5 grade point average for the first grading period of the 1986-87 school year.

Wendy finished 27th with a time of 18:35.2 in the Kinney National Cross Country High School Championship held in San Diego. She qualified for this event by finishing fourth in the Southern Region with a time of 18:11 for the 5000 meter course. Watch for her on ESPN, which will televise the event sometime in January.

**TRIVIA** -- Who finished a marathon, qualified for Boston, and discovered after she had finished the entire marathon that she had a foot stress fracture? Well, it's

by **Judy Collins** and **Pennie Frazier** our own **Little Debbie** (snack cake) **Howard**. Yes, our **Little Stumbler** ran the CHICAGO MARATHON with a stress fracture. We wish Debbie a speedy recovery.

**Bill Stofer** also injured himself at Chicago and is on the road to recovery.

If you have insomnia some **early** Saturday morning (and I mean early!), tune in ESPN's Running and Racing program. It is an informative show for runners and trailhletes. Check your TV section in the paper for the exact time. ■

## ALLIED HEALTH 5K

by Nick Nickell

Cam Hubbard wins the first of several fall races here with a time of 15:08. This year's race, sponsored by D'Lites Restaurants, was held at UK on October 18, with a finishing field of 172. Listed below are our Todds Roaders who won awards:

NAME	AGE GROUP	TIME
Cam Hubbard	20-24 1st Overall	15:08
Tony Szwilski	35-39 1st	15:49
Dave Winters	35-39 2nd	16:32
Benny Hicks	35-39 3rd	17:41
Stan Briggs	45-49 1st	18:25
Robert Green	40-44 2nd	19:08

## REPUBLIC BANK 10K

by Phil McConathy

On September 1, 1986, 340 runners completed the first Republic 10K. This course had two very tough hills but still many good times were achieved. This course was accurate and was run well. The overall winner was Tim Back in a time of 32:34. Th winning female was Hopey Newkirk in 37:41. The known Stumblers who were in the top three finishers of their age group are as follows:

MALE - NAME	TIME	PLACE AND AGE GROUP
BILL SMITH	33:20	1ST 40-44 3rd OVERALL
TONY SZWILSKI	33:33	1ST 35-39 4TH OVERALL
DENNIS HADDAD	33:47	1ST 25-29 6TH OVERALL
MIKE RAFTERY	34:00	2ND 35-39 7TH OVERALL
DAVE WINTERS	34:29	3RD 35-39 9TH OVERALL
ROBERT GREEN	37:14	1ST 40-44
DAVID WACHTEL	39:44	2ND 40-44
DON HARDWICK	39:41	2ND 45-59
ROBERT ELSEA	48:42	1ST 55-59
JAMES MCCALL	49:36	2ND 55-59
FEMALE - NAME	TIME	PLACE AND AGE GROUP
HOPEY NEWKIRK	37:41	1ST 25-29
TRACEY FREEMAN	56:25	2ND 14 & under
DEBBIE SMILEY	51:51	2ND 15-19
ELAINE SCHUMAKER	46:22	1ST 20-24
SUE DIEDRICK	45:26	2ND 25-29
JANIE FERGUS	42:09	1ST 30-34
SUE WINTERS	49:40	3RD 35-39
MARY HAGIHARA	44:04	1ST 40-44
SUSAN COX	43:43	1ST 45-49
SHARON BLOUNT	55:38	2ND 45-49
PHYLLIS JENNESS	1:16:45	2ND 60-64



# RUN USA

by Dick Robinson

Bill Sanborn recently claimed his new home state of New Jersey. Bill ran in the Frost-On-The-Pumpkin 10K race on October 26, 1986, in South River, NJ. Bill's time was 40:35, and he finished 4th in his age group and 65th overall.

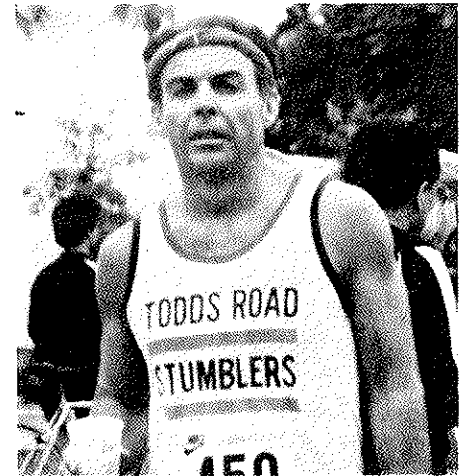
New York has also been claimed. (See the article in this issue.)

We had a couple of submissions recently that, although the state had already been claimed, were worthy of mention.

Steve Weisenberger ran his first marathon in Sacramento, California in The California International Marathon. He got under the magic 8 minute average with a fine 3:28.

Ron Lovan ran in the very appropriately named "No O2 10K" as in "No Oxygen" in Leadville, Colorado. It is advertised as the World's Highest TAC 10K and is 10,000 feet above sea level. It even had a 3-mile uphill incline as if the altitude wasn't enough for Ron.

It took less than 12 months to reach the halfway point. Knowing the energy and the widespread stumbling of the Todds Road Stumblers, the chart should be completely filled out in 1987. Race information should be sent to the TRS Milemarker, P.O. Box 223, Lexington, KY 40584 as soon after a race as possible. Please include a picture (not necessarily from the specific race) of the finisher in his/her Todds Road shirt. Each picture and state race information is posted on the TR clubhouse.



Bill Sanborn in New Jersey

Here is a list of the states that have been claimed to date in Run USA.

- AL - John Dickinson
- CA - Lou Sievers/Walt Isaacs
- CO - Phil Powell
- FL - Harry Campbell
- IL - Leslie Maclin
- IN - Rob Lyon
- IA - Harry Campbell
- KS - Kathy Kirk
- LA - Phil McConathy
- ME - Carol Good
- MA - Suzanne Sanders
- MN - Martin Ginocchio
- MS - Phil McConathy
- NE - Jeff Baldwin
- NJ - Bill Sanborn
- NY - Dick Robinson
- NC - Phil Powell
- OH - Wendy Frazier
- OR - W.L. Burke
- PA - Jerry McDonald
- RI - Stuart Butler
- SC - Carl Hacker
- TN - Ron Sanders
- TX - Debbie Lacy
- UT - Bill Stofer
- DC - Mike Schlink

## RUN KENTUCKY RUN

by Nick Nickell

The weather for this year's "Run Kentucky Run" held at the Energy Center was very comfortable considering that we had a fairly strong wind. In addition, the race was well run with split times at each mile, and plenty of water. This year's race was held on Sunday, November 9, and for the second week in a row, the Todds Road Men placed quite well. Again, our women didn't fare so well, as several ran fall marathons and have not gotten back into competing in the shorter distances. Seven of the top 10 men in this race, with 278 finishers, were Todds Roaders. Listed below are age group winners and known PR's.

NAME	AGE GROUP	TIME
Cam Hubbard	20-24 1st Overall	30:44
Duane Gaston	30-34 2nd Overall	31:14
Stan Clark	30-34 3rd Overall	31:25
Tony Szwilski	35-39 1st	32:44
Richard Hopkins	25-29 2nd	32:55
Dan Dusch	40-44 1st	34:32
Dave Winters	35-39 2nd	34:66
Phil Wheat	40-44 2nd	35:04
Mike Raftery	35-39 3rd	35:39
Don Hardwick	45-49 1st	38:56
Dan Kenady	35-39	39:03 PR
Nick Nickell	40-44	39:10 PR
Martin Ginnocchio	50-54 3rd	43:38
Beth Argabrite	60 & Over 1st	61:20
Harry Campbell	60 & Over 2nd	65:59

## CHICAGO MARATHON

by Phil McConathy

On a partly cloudy 55 degree day on October 18, 1986, over 12,400 runners started this excellent race. This is a very good course for a marathon as it is extremely flat and fast. Todds Road had at least 12 representatives. The crowds were tremendous and the race was handled excellently. The known Stumblers and their times are as follows:

Steve Coffman	3:01		
David Wachtel	3:08		
Phil McConathy	3:13:37		
Mary Hagihara	3:27:27	12th 40-49	117th Female
Debbie Howard	3:27:33		118th Female
Bill Stofer	3:28:59		
Diane Soltis	3:37:50		200th Female
Paul Ogle	3:53		
Rob Lyon	4:01		
Paul Lyon	4:40		
Valerie Hall	4:57		
Cindy Hewitt	4:59		

# GET TO KNOW MARY HAGIHARA



Seaver

I know what you are thinking. But no, this isn't a photograph of "Goldilocks and the Three Bears." And your eyes aren't deceiving you either. Those are bears, but not the ones from the well-known fairy tale. Instead they belong to Todds Road Stumbler Mary Hagihara who is sitting with them.

You might be asking, what do the bears and Mary have in common? A good question. It seems that two years ago she decided to do something very personal for a friend. The friend was Susan Cox. Susan had been influential in getting Mary interested in both running and physical fitness. Mary thought that a teddy bear dressed with Susan in mind would be a unique gift to thank her for all the support and encouragement.

So in August 1984, as Susan was leaving to compete at the U.S. Nationals Swimming Meet, Mary presented her with a personalized bear, who was dressed in a swim suit and goggles. Mary named the bear "Victoria, the Swimming Champion" bear, in the hope that she would bring Susan good luck in being victorious at this and the other meets. Susan returned home with several medals and now Victoria travels with her to every competition.

Since that time Mary has made over 20 teddy bears for friends. As a matter of fact, her bears are so well-liked that they are in great demand.

A number of Stumblers have received bears. For example, there is "Old Gray Bear Maclin" that Bob Maclin got last May.

"Joanie Bearnoit" bear was given to Beth Argabrite in recognition of the marathon that Beth ran on her 60th birthday. "Nanook No Neck Nenow" bear went to Mark Nenow just before Mark left for the 1985 Crescent City Classic. John Sensenig is the proud owner of the "Johnny the Jogger" bear, who is prominently displayed at John's Running Shop. Diane Soltis' playboy bear is named "Jock." Diana Antonini has

by Dan Seaver  
the "Lady Di" bear and "Susannah Bandana" bear belongs to Suzanne Sanders. My favorite is the bear Mary gave to psychologist Jan Culhane ..... "Joyce Bearthers, the Psychologist" bear.

A profile of Mary will indicate that she is a native of Minneapolis, who attended the University of Minnesota where she earned her bachelor's degree majoring in Psychology. In the years following graduation, she pursued a career in social work. Then in 1971 Mary and her husband Patrick, a physician, moved to Kentucky when he accepted a position in the Department of Surgery at the University of Kentucky Medical Center.

Since her arrival in Lexington, she has divided her time between the responsibilities of housewife and mother. The Hagiharas have three children Laura, 15, a student at Henry Clay High School; Erik, 10, who attends Cassidy Elementary School and Emily, 3, who is enrolled at Community Montessorri School. With three children in school, Mary has been involved in lots of activities as a classroom mother. But even with her schedule these days, she always leaves time for a daily run and workout.

(continued on page 12)

## DERBY CITY MARATHON

by Stan Briggs

This year's Louisville Marathon was held on November 9 in nearly ideal conditions. Sunday morning was beautiful with the temperature about 52 degrees at the start of the race. A rather small turnout this year resulted in only 349 men and 44 women finishing the race which was run over a new course. Apparently, the lack of publicity and timely availability of race applications held down the number of participants in this race which only a couple of years ago had been registering 1,000 to 1,500 entrants per year.

Todds Roaders placing in the top four positions in their age groups were:

NAME	AGE GROUP	TIME	PLACE
Pamela Denney	F 20-24	3:19:21	1st
Terri Morgan	F 20-24	4:04:49	3rd
Nancy Bonhaus	F 30-34	3:33:22	3rd
Jim Grisso	M 30-34	2:41:47	4th
Bill Harshbarger	M 35-39	2:49:07	3rd
Ralph Miller	M 50-54	3:01:37	3rd

Other known Stumblers and local area runners who completed the marathon were:

NAME	AGE GROUP	TIME
Bill Olrich, Jr.	M 25-29	2:42:52
Jim Woodrum (Chicago)	M 30-34	2:44:52
Marcus Bess	M 30-34	2:47:18
Rick Evans (first marathon)	M 30-34	3:23:56
Edd Frazier	M 40-44	3:04:08
Danny Place	M 45-49	3:01:31
Ray Galvan	M 45-49	3:14:27

# RACE SCHEDULE

by Bob Maclin

Many local and area race dates have not been decided at the time our press deadline is set. Therefore, please watch for entries and schedules on the table at the Stumblers' Clubhouse and also at local running stores. Many of the old classic races in Louisville and Cincinnati are not too many months away, and lots of marathons are scheduled.

This race schedule is prepared from many sources, so verify dates, entry deadlines, time of races, etc., before travelling to a race; and send SASE when requesting entry forms.

## JANUARY

- 1 - Hangover Classic, 10 Mile, Louisville. Cherokee Road Runners, Louisville, KY, Don Miller, 502-363-5996.
- 3 - Charlotte Observer Marathon, Charlotte, NC. 704-379-6896.
- 10 - Miami Orange Bowl Marathon & 5K, Miami, FL. 12306 SW 117th Ct., Miami, FL, 33146, 305-255-1251.
- 10 - Norris Dam Challenge 12K & 5K, Norris, TN. Bill Cain, 615-691-6017.
- 11 - Winter Run 5K & 15K, Lexington, Ky. John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502.
- 17 - Savannah Marathon and Half Marathon, Savannah, GA. Box 5546, Savannah, GA 31404.
- 17 - Jacksonville Marathon, Jacksonville, FL. 904-739-1917.
- 31 - Frost Bite Half Marathon, Montgomery Bell State Park, Dickson, TN. Nashville Striders, 100 Church St., Nashville, TN 37203. 615-264-0631.

## FEBRUARY

- \* - Smokey Mt. Half Marathon (13.1 Miles), Oliver Springs, TN. Sam Stinette, 615-945-2781.
- 15 - Valentine Run 5K & 15K, Lexington, Ky. John's Running Shop, 321 S. Ashland Ave., Lex., KY. 40502.
- 21 - War Party 10K, State Park, TN. Frank Cook, Gray, TN 615-229-3198.
- 21 - Race on the Trace, 5 Miles, State Park, TN. Robert Smith, Jackson, TN, 901-423-1744.
- 28 - Viking Classic Road Race 5K & 10K, Rome, GA. Jim Dugger, Box 575, Mt. Berry, GA 30149.

## MARCH

- 1 - Los Angeles Marathon, L.A., CA. Box 67750, Los Angeles, CA 90067.
- \* - Run for the Sun, 4 Miles, Louisville, KY. Ken Combs, 502-895-3410.
- 7 - Fall Creek Thaw, Chattanooga, TN. Box 11214, Chattanooga, TN 37401.
- 14 - Rodes City Run 10K, Louisville, KY. Box 36452, Louisville, KY 40233.
- \* - Run for the Clover 5K, Lexington, KY. John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502.
- 22 - Cincinnati Heart Mini Marathon (15K), Cincinnati, OH. 513-281-4048.
- 28 - Run for the Arts, 5K & 15K, Louisville, KY. Gil Clark, Box 36452, Louisville, KY. 40233, 502-459-5606.

## APRIL

- 11 - Diet Pepsi 10K, Louisville, KY. Gil Clark, Box 36452, Louisville, KY 40233, 502-459-5606.
- 25 - Kentucky Derby Mini Marathon (13.1 Miles), Louisville, Ky. Gil Clark, Box 36452, Louisville, KY 40233, 502-459-5606.

## MAY

- 9 - Strohs 10K, Louisville, KY. Gil Clark, Box 36452, Louisville, KY 40233, 502-459-5606.
- 16 - G.E. Goodlife Gallop 10K, Louisville, KY. Gil Clark, Box 36452, Louisville, KY 40233, 502-459-5606. ■
- \* - Date to be announced.

## KEN PIKE

(continued from page 3)

Raleigh. Emily is 15 and is a straight-A junior high student. Ken's family, here and scattered across the country, is the focus of his life.

What else could Ken possibly have time for? He dabbles in photography and has lot of fun with his newest toy, a home computer. He is a music lover and used to play classical guitar, but put it aside when he got serious about running. Now all he plays is the radio -- anything from country to classical to rock and roll. He also loves UK basketball, but he has heard that the North Carolina schools are learning to play the game, too.

After running with Ken and talking over our favorite breakfast at McDonalds, I still have a crush on him. He is a warm and

genuine individual with an easy smile and a quick wit. I found out he will be back frequently to see "the girls" since Marilyn, Becky and Emily won't be moving until summer. You can still catch him at Todds Road, so get to know Ken if you don't already. Thank him for his years of dedication to the club, run along with him (he'll even walk up Fishback Hill if you need to), congratulate him on his new job with Metromont. He says the position will enable him to buy new running shoes instead of getting the old ones resoled. He also told me it will allow him to retire some day, but I don't believe Ken will ever retire. He simply has too many other interests. So, good luck, Ken, and thanks for your friendship to me and to the Todds Road Stumblers. We'll miss you. ■

## SOUTH AFRICA

(continued from page 6)

my South African running experience. There were about 150 participants, about half of whom were local blacks. Before the race started I was warming up, clad in my Todds Road shirt, when a young man came up to me and said, "Todds Road...Isn't that Mark Nenow's club?" He used to be on the South African national team, or something like that, and had competed against Mark in Europe. It is indeed a small world. The race was a delight, in which the blacks really dominated, taking 24 of the first 30 spots, including overall winner and all of the age group first places. The social interaction before and after the race was very special. We weren't white or black, African or American, just runners doing our thing. ■

# Todd's Road Stumblers, Inc

**milemarker**

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

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## MARY HAGIHARA

*(continued from page 10)*

Following the birth of Emily, Mary decided she needed an outlet. So she enrolled in an aerobics class taught by Susan Cox. Susan encouraged her to consider running as another form of exercise along with aerobics. That was January 1984. Just three months later, on the basis of Susan's recommendation, she participated in a women's triathlon at the YWCA. Mary swam the 1,000 meters on her back. Also she only learned to change gears on a borrowed 10-speed bike the night before the triathlon.

Then in May 1984, Mary ran her first 10K race. She won her age group and that's all she needed to be bitten by the running bug. That summer and fall she competed in almost every race in the area.

She was so taken with running that the next March Mary ran a marathon and finished in 3:46. And now, several races later, she is training for Chicago. With a good run there, she hopes to qualify for Boston.

Mary is another example of someone who didn't begin running until almost age 40, but who has been really successful in this sport. With her strong dedication to running and the support of her many friends, we know she will continue to do well. Keep an eye on Mary in the future. She "bears" watching! Get to know her and you'll see what I mean. ■

*On December 30, John Sensening and Diane Skoll were married. The ceremony, which John had planned for 20 minutes, was actually 27 minutes, long.*

## NEW YORK MARATHON

*(continued from page 5)*

of my legs; the slowness of my pace (the 8:10's and 8:20's earlier have become 9:00's, 9:20's, 9:30's) and the lack of support are tough.

It's into Central Park at the 23 mile mark. It's one mile at a time now...one very long mile at a time...a lot of walkers...confusion with my math...disorientation with direction as I exit Central Park and head for the 26-mile marker. The finish is in sight. I'm going to make it without walking. I'm going to make it!!

Robinson, Dick

3 hours 48 minutes 56 seconds  
7,367th place of 19,283 total  
1,819th place of 4,598 in the 40-49 A.G.  
6,795th place of 16,044 male finishers  
1986 New York City Marathon ■