

THE TODDS ROAD
milemarker
 Newsletter of the
 Todds Road Stumblers, Inc.
 Lexington, Kentucky

Number 16 Spring, 1987

**TODDS ROAD
 STUMBLERS**
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ANNUAL PICNIC
JULY 13, 1987
**SPINDLETOP
 HALL**



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AT THE STARTING LINE

By Dan Wells

The recent deaths of Frederick and Susan Augsburg, who were struck and killed by a car while jogging, has stirred a number of emotions. Our deepest sympathy is extended to their family and friends for the loss they have suffered. The couple was living in Dayton, Ohio, but Frederick was a Lexington native who still had relatives here. Although the accident generated a considerable amount of publicity at the time, little has been reported of late. The driver of the car was charged with two counts of reckless homicide. According to the newspaper account the Augsburgs were jogging on Chinoe Road on the left side of the road when they were struck from behind. According to the police, the driver crossed from his lane into the other lane of traffic before striking the Augsburgs.

One of the consequences of this accident is that the police are threatening to enforce the city ordinance that requires runners to stay on the sidewalk when available. Although this ordinance has been in existence for a long time, few runners are aware of it. I admit that I have been knowingly violating this ordinance for a number of years. I run on the sidewalks along busy streets, but in the quieter neighborhood areas I return to the roads. I heard in the past that a few runners had been warned by the police to move onto the sidewalks, but have never heard of anyone being cited for running on the streets.

My main objection to sidewalks is that they are made of concrete. I have a knee that cannot withstand the pounding it takes on concrete, and many other runners have similar problems. There are other problems with running on sidewalks. In the older areas of town many of the sidewalks have become uneven, and it is easy to trip when running on them. Some sidewalks have tree limbs and bushes that are a threat to the eyes and bare skin. Sidewalks are frequently cluttered with toys that are easy to trip over. I have had several close calls with children who were playing or riding their bikes on the sidewalk and suddenly swerved into my path when I was going by. There is also the

problem of dogs, who are frequently more aggressive towards runners on the sidewalks than those on the streets. There are city ordinances concerning the maintenance of the sidewalks and against allowing dogs to run loose, but we all know that these ordinances are also frequently overlooked.

Another problem in Lexington is the absence of parks or running paths. Masterson Station Park, Jacobson Park and the Kentucky Horse Park are not accessible to many due to their distance from the city. I occasionally run in Shillito Park, and have found it one of the most dangerous places to run. There are no sidewalks or bike paths, and the road is narrow with no shoulder. If the streets are to be off limits to runners, the city needs to provide other alternatives that are readily available to the many local runners.

I hope there will not be an over-reaction to the deaths of the Augsburgs. Tragic though these deaths were, they were a rarity and do not mean that running in the streets is inherently dangerous. What the accident illustrates is that there are some dangers when running, just as there are dangers when driving an automobile. All runners should be aware of these dangers, be alert and use common sense. Although some runners find it impossible to run without radio headphones, this is a practice that increases the risks of running by depriving the runner of one of his most valuable warning devices, his ears. Some runners run with their backs to traffic, and run even on heavily traveled roads. I have even seen some runners who treat the street as their own private running path, consider cars intruders and refuse to move out of the way. All of these practices are obviously foolish and dangerous.

I hope that the police will use discretion in enforcing the ordinance against running in the streets. I have no complaint against them citing someone who is running down Nicholasville Road with his back to traffic while listening to the radio. They are doing him a favor if they remove him from the roads. However, I hope that they

will not bother the runners who are carefully running in the residential areas.

SPRING CLEAN-UP?

One of the annual projects at Todds Road has been the spring clean-up. After a Saturday run, volunteers have been distributed along the six mile course to pick up trash, and each year an amazing amount of trash has been collected. In addition to improving the scenery for the summer, this project has generated good will among the residents of the area. Last spring the date originally selected for the clean-up was canceled due to a conflict with a local race and was never rescheduled. This year I am unaware of any plans having been made for the clean-up. I do not know who, if anyone, is responsible for organizing the clean-up, but it is unfortunate if this project has ended. If anyone would like to take the initiative and organize the clean-up this year, their efforts would be appreciated.

AN OLD FRIEND FALLS

One day late last fall when I turned the corner from Todds Road onto Combs Perry I noticed that something was amiss. When I got closer to the clubhouse I realized that the large tree in front of the clubhouse had been cut down. This tree must have been several hundred years old, and was one of the largest trees in the area. I have not heard why the tree was cut down, but its presence is missed now and will be missed even more this summer.

NEW MEMBERS

We would like to welcome the following new members to Todds Road: **Maggie Cable, Katherine Fendley, John Fritschner, Greg Schuler, Allison Lucas, Bob Schmitgen, Guy Tuggle, Roger Etherington, Mike Roberts, Shawn Williams, Richard Accord, Walter Esser, III, Dorothy Safreed, Robert Lyon, Lynn Coe, E.K. Esawi, Jack Martin, Jon K. Smith, Sean J. Snyder and Michael Sullivan. ■**

GET TO KNOW NICK NICKELL

By Becky Reinhold

RUNNING ADDICT ('Run-ing 'ad-ikt) - One that moves legs in a running motion, even while asleep.

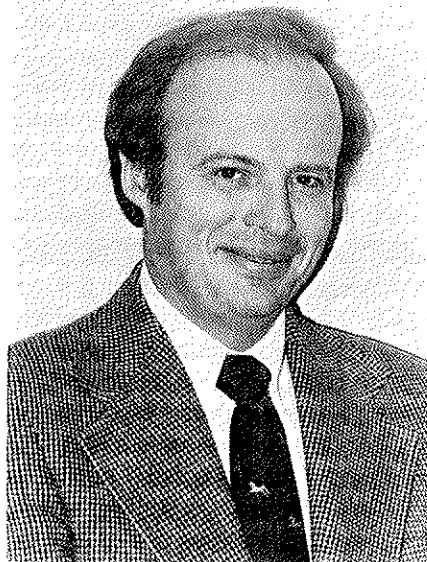
Meet Nick Nickell, 42, Vice President in charge of Business Development at First Security Bank, community-oriented volunteer and running addict. According to Pat, his wife of 21 years, Nick actually does run in his sleep, and yes, it drives her crazy because it shakes the whole bed!

Nick, like many of us addicts at Todds Road, began running and quit smoking because the Old Stumbler, Alex Campbell, harassed him so much that he finally gave in. He gave up smoking without too much of a problem, then visited Todds Road on a dare. Though the longest distance he had previously run was 2.5 miles, he made it around the 6 mile course at Todds Road his first time out. He has not so fond memories of not being able to walk up or down stairs for a week afterward! Nick also says he was hooked after that first visit.

He worked himself into shape and with the help of Mr. Campbell got down under an 8 min./mile pace for the six miles. Nick remembers meeting Diane Curry, Breezy, Jana Unger, Dyer Rodes and Mr. Campbell at different places for early morning runs. One morning a week they would gather in the parking lot of McDonalds at 4:00 a.m., drive to Todds Road and run either the 9 or 12 mile course. The other days they met at either Shively or Idle Hour for a quick 5 mile run, then would grab a bite to eat at McDonalds, then dress and make it to work by 8 a.m. The crowd at Shively grew, and on some mornings there would be as many as 20 runners out at 6 a.m. for a 5 mile run.

Nick's running improved with the mileage he put in. His best 10K time is 39:10, and he says that although he has cut down on his mileage in recent years, he is presently having some of his best training runs ever. His favorite racing distance is the 5K run, but has run two marathons and had run the Louisville mini-marathon 6 years in a row. He hated the marathon but just wanted to be able to say that he had finished one.

Nick is a graduate of the University of Kentucky, with a degree in business administration. He and Pat married their senior year of college and after school he joined the Air Force for four years. When he returned to Lexington, he began working for First Security in the Bankcard division and has moved up through the ranks. He describes his current position as a public relations job, which is perfect for Nick because of his affable manner and outgoing personality.



Nick also spends time heading the drive for new members of the Chamber of Commerce, and has held every position from solicitor to division captain for the United Way fund drive.

Other interests include being a member of the Kiwanis, Lexington Forum, Lexington Cotillion, Crestwood Christian Church, and of course we know him best as the originator of the race results for our Milemarker publication. Unfortunately, Nick is going to step down and let someone else hold his position for a while, but we all want him to know he will be missed!

If you have been coming to the Todds Road picnic at Spindletop for the past few years you may have gotten a chance to meet Nick's nice family. Pat, who is a sixth grade teacher at Cassidy, is the one who makes the delicious flan every year. His oldest son, Brook, is 18 and is in his first year at Ohio State, where he made a 4.0 for the first quarter. Allen is 14 and attends Morton Junior High.

So if you have the need to open a new business account at First Security, or need a consistent running buddy at Todds Road, or just want a good person to talk to, find and introduce yourself to Nick Nickell - he'll always make you feel welcome.

VALENTINE'S DAY RACE

By Phil McConathy

15K RUN

| NAME | TIME |
|-----------------|-------|
| Tim Back | 52:31 |
| Richard Hopkins | 52:31 |
| Tony Szwiski | 52:45 |
| Dan Dusch | 54:23 |
| Phil Wheat | 57:05 |
| Ed Gardner | 59:39 |
| Don Hardwick | 60:00 |
| Dan Kenady, Sr. | 63:30 |
| Phil McConathy | 64:01 |
| Nick Nickell | 65:20 |
| Earl Freeman | 67:28 |
| Nancy Bonhaus | 70:46 |
| John Culbertson | 70:52 |
| Jim Jones | 72:08 |
| Stuart Butler | 73:03 |
| Judy Collins | 73:06 |
| T.C. Martin | 73:20 |
| Larry Steur | 78:38 |
| Mel Boyd | 78:55 |
| Pam Sparks | 88:41 |

On February 15, 1987, on a very windy cold afternoon at Masterson Station Park, over 120 brave runners started on these challenging 5K/15K races. This race was a good fun run which allowed everyone to gauge their winter training. The strong north-east wind caused a problem for everyone.

5K RUN

| NAME | TIME |
|-----------------|-------|
| David Atkinson | 21:50 |
| Bill Stofer | 22:50 |
| Pennie Frazier | 29:35 |
| Dan Kenady, Jr. | 31:06 |
| Harry Campbell | 32:58 |

STUMBLERS ON THE MOVE

By Judy Collins and Pennie Frazier

Steve Marek, better known to those who race as SUPERMAN, has opened Bluegrass Counseling here in Lexington. Steve, who actually wears a psychologist's suit under his costume, will include family and marriage counseling in his new practice. Some of us also need counseling on lowering our 10K times; how about it, Superman? Could you offer positive imagery or something else to help us?

On a nasty rainy morning recently, we had a pleasant visit from **George Mason**, who now resides in Kingsport, Tenn. He even brought along a friend to grace our clubhouse.

Just when we thought the wedding of the season honors would go to **Diane Skoll** and **John Sensenig**, more Stumblers tied the knot. Con-

gratulations to **Linda Colosi** and **Harry Campbell** who wed in January. **Joe Binford's** daughter, **Kate**, who has run with us on the six mile loop, married **Brad Nielson** on February 7. Does he run, Kate? Maybe the new singles meeting spot of the eighties will turn out to be Todds Road.

Happy Birthday to **Bill Smith** who just turned forty! Nothing perks you up like moving into another age group, so look out all you Master's men, Smokin' Smith is on the roads!

Martin Ginocchio has a new running buddy. His "pet" name for her is Tripper -- and Marty has really fallen for her. She's a black fur-ball of the canine variety and likes to run every Saturday with Marty or anyone

else she can find.

Kudos to **Bill Fortune** who was named the University of Kentucky's new academic ombudsman by the Board of Trustees. Nearly thirty candidates were screened and interviewed for the position which begins July 1. A member of the law school faculty, Bill impressed the committee with his sincerity and genuineness among other qualities. Gee, all this and he runs with us, too!

Congratulations to **George Van Meter** and his wife on the birth of a daughter.

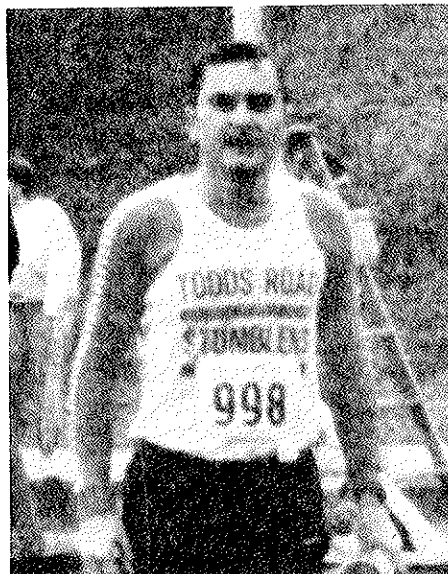
Also, congratulations to **Steve** and **Cathy Breeden** on the birth of their son, Michael. ■

RUN USA

By Dan Wells

Four more states have been added to the Run USA list, bringing the total to 30. Chris Payne, who lives in Ashland, claimed the state of West Virginia. He ran in the Point Pleasant Distance Run on October 4, 1986. Despite a heavy rain, Chris ran the 10K race in 48:14, which was a PR at that time. Chris reports that he is on the race committee for the Ashland Regatta 10K, which will be held on the 4th of July in Ashland.

As reported in a recent Milemaker, Dick Hutchison is now living in Keene, New Hampshire, and Dick has claimed the states of New Hampshire and Vermont. On February 28, 1987 he ran the Vermont Diet Pepsi Run in 40:22, finishing second in the 50-55 age group. On March 7, Dick ran in the New Hampshire Cranberry Run, finishing the 5.4 mile course in 34:55. He won his age group in that race. In his letter reporting the races, Dick expressed some disbelief that Nick Nickell had set PR's in 5K and 10K races this fall. He wondered if John Sensenig had measured the courses specially for Nick. Dick hopes to get back to Lexington for a visit soon.



Don Stone in Washington.

Don Stone claimed the state of Washington by running in the Roman Meal Winter Glove Run on Dec. 6, 1986. He reported that this was his first race since he was transferred to McChord Air Force Base in November, 1984. Although his time for the 10K run was his slowest ever, he has started training again and ran well in the Fort Steilacoom Running Club Resolution Series for 1987. Don is the



Chris Payne in West Virginia

brother of Stumbler Jerry Stone.

We still need 20 more states to complete Run USA. We are doing much better in the eastern states than the western states. Perhaps some Stumblers will be making trips out west this summer and can claim some of those states. Don't be bashful about claiming a state if you run in a race there. ■

TRIATHLON TRAINING TIPS

Spring is the time of year when many people begin to consider training for a triathlon. For those unfamiliar with triathlons, a triathlon is a three-event contest, usually consisting of swimming, biking, and running in succession. Although one person customarily does all three events, some triathlons consist of a team relay in which each team member does a separate event. One aspect of a triathlon is that you do not have to be an outstanding swimmer, biker, or runner to complete one. In fact, many mediocre runners have discovered that with many extra hours of hard work, they can become equally mediocre triathletes. Triathlons require a great deal of time and energy, as demonstrated by a typical training schedule listed below.

Sunday -- run 15 miles
Monday -- swim 3000 yards
run 8 miles
Tuesday -- swim 2000 yards
run 10 miles
Thursday -- run 12 miles
bike 25-35 miles
Friday -- swim 2000 yards
run 7 miles
Saturday -- bike 50-80 miles

These workouts obviously take more time and work than many people are willing or able to spend. Therefore, an alternate training program is outlined below. These workouts are from the actual training diary of Jim "Rambo" Kurz prior to a triathlon. Jim is a veteran triathlete who, through years of training and dedication, has managed to keep the body of a 40-year-old man. Jim's training diary is as follows:

Sunday: Went to the Lexington Athletic Club to run and work out with weights. Stood near several weight machines, but decided to conserve my strength for my run. Got distracted by women's aerobics class. I realized that my heart had reached its target rate while watching the class, and decided that running was no longer necessary. After class was over I tried to persuade the aerobics instructor to participate in some private night-time aerobic activity. I didn't know that she also taught karate. Doctor's appointment



Janie Fergus

"That old lady that beat me was this wide."

scheduled for tomorrow.

Monday: Scheduled for long bike ride, but weather report said 10 percent chance of rain, and I didn't want to risk getting my bike wet. Went out drinking instead to try and recruit female companion for late night physical workout. Went home disappointed.

Tuesday: Went to UK track for speed work. A high school cheerleading clinic was being conducted on an adjacent field. I realized that I had again reached my target heart rate without doing a single interval. (I wonder if I'm onto a revolutionary training technique.) Stopped by a bar on my way home. Several hours later I stumbled out like a true Todds Road Stumbler. Tried to convince the waitress of the benefits of a late night physical workout, but went home disappointed.

Wednesday: Decided I needed to work on competitive instinct and mental toughness. Bought a case of beer and laid on the couch to watch Pete Rose play baseball. Pete struck out three times and was 0 for 4, but he never quit trying and he looked great even though he's older than I am. That Grecian Formula must really work for him.

Thursday: Went to triathlon club meeting to pick up a few pointers and drink a few beers. Almost got in a

fight while trying to recruit a companion for late night physical workout. (Make a mental note - some male triathletes shave their legs.)

Friday: I returned to the Lexington Athletic Club determined to run on the track and avoid the aerobics/karate instructor. Had been jogging on the track about five minutes when I was passed by an elderly lady in a pink jogging suit who was walking briskly. I had to fake an old Vietnam War injury again, and retired to the LAC bar to lick my wounds. After two pitchers of beer I decided that the lady in the pink jogging suit was not as old or as overweight as I had originally thought, and I made my move. Went home disappointed again.

Saturday: Made it to Todds Road and managed to run the entire six mile course. Only threw up three times. Planned a hard swim for the afternoon, but decided that the water was too cold. Besides, the water would probably have washed the Grecian Formula out of my hair.

Next week's plan: Start tapering off so that I will be well-rested before the triathlon.

The above workout schedule is more realistic for most people, and if followed consistently, can result in the same success in triathlons as achieved by Jim "Rambo" Kurz. ■

500 MILE CLUB REACHES 101 MEMBERS

By Dan Wells

The 500 Mile Club has now reached 101 members. On February 28, 1987, John Culbertson and Greg Powell both completed their 500 miles. Since we do not know for sure which one actually finished his miles first, we are recognizing them both as the 100th member. Two weeks later, Tom Martin reached 500 miles, so we have already started on our second 100.

On the day he reached 500 miles Greg ran with Mary Kemper and Carol Mills, who brought him out to Todds Road the first time in May, 1984. However he did not start keeping a record of his miles until October of that year.

I first met Tom Martin when I ran a practice run of the Thoroughbred 10,000 course at Keeneland with the Bluegrass Runners. I ran with a group of friends from Todds Road, and Tom went out of his way to make us feel welcome and encouraged us to run with the Bluegrass Runners. We also encouraged Tom to come run with us at Todds Road, and he showed up several Saturdays later with John Culbertson. He and John ran most of their miles together at Todds Road, and have become fixtures on Saturday mornings.

The 500 Mile Club was started in July, 1979, and the first member was Ken Pike, who ran his 500th mile on May 3, 1980. John Fox became the second member on June 7, 1980. The first woman to run 500 miles was Diane Curry, on August 23, 1980. Cathy Fox became the second woman member on October 4, 1980, making the Fox's the first couple. The Fraziers have the most members from one family, with Edd, Pennie and Wendy all belonging. Of the 101 members, 81 are men and 20 are women. In 1980, 16 people reached 500 miles, followed by 19 in 1981. 1982 saw the most new members in one year, with 20 people joining. After that the members per year started decreasing. There were 13 new members in 1983, 11 in 1984, 10 in 1985, 9 in 1986 and 3 so far in 1987.

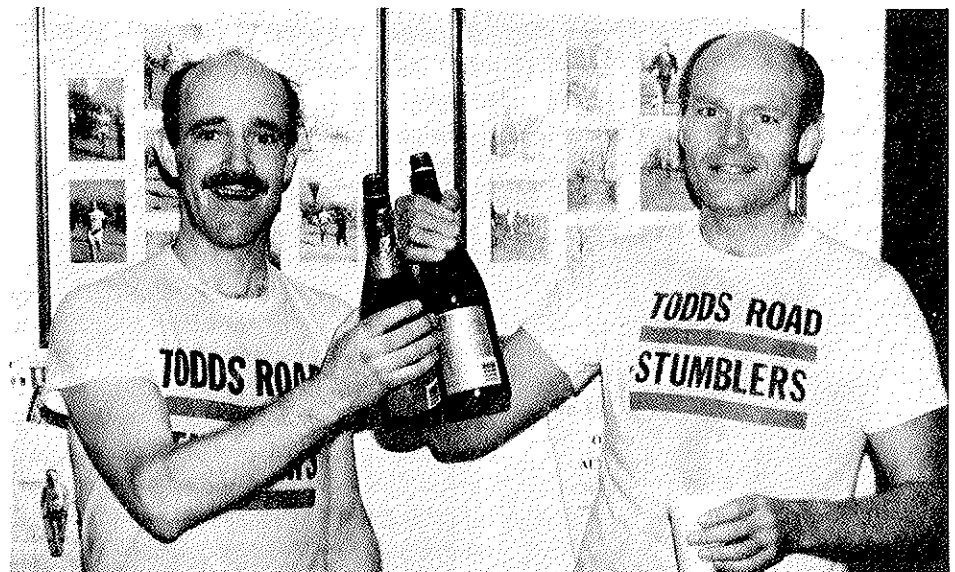
When I first started running at Todds Road, I was hesitant to record



Ken Pike - No. 1.

Dan Seaver

my miles, thinking there was no way I would get up that early often enough on Saturday morning to ever reach 500 miles. After about 50 or 60 miles I began to get more enthusiastic, and for the next year getting 500 miles at Todds Road was my only running goal. A major part of my enthusiasm was that I could see steady progress each week. With some running goals, such as running a 10K in a certain time, it is more difficult to assess whether you are actually making progress. Furthermore, if you get injured or are unable to run for a while, you can lose all of the ground you have made. When working on 500 miles you can see your miles add up each time you run, and know that those miles will never



Greg Powell and John Culbertson - Nos. 100

T.C. Martin



Tom Martin - No. 101

Larry Steur

be lost to you. You can take months or even years off and your miles will still be there for you to start working on 500 miles again. I would encourage everyone who runs at Todds Road to record your miles. Even if you have not recorded your miles in the past, you can start now, and the miles add up faster than you think. The only rule is that the miles have to be run at Todds Road on Saturday morning. We would like to encourage as many of the 500 Mile Club as possible to attend this year's picnic, so that we can get a group picture.

The members of the 500 Mile Club are listed on page 7.

GET TO KNOW JERRY STONE

By Barb Cook



When I got my choice of victims for this issue of the Milemarker, I chose Jerry Stone because I had seen some of his artwork and found it fascinating. After interviewing Jerry, I found that his art is simply the tip of the iceberg.

Jerry is one of the original Stumblers - the guys who used to see each other at marathons. He started running at 23 to quit smoking and after only a year he completed his first marathon, running 15 miles and walking in. He has run Boston twice, in 1978 and 1979, and considers that one of the most important events in his life. He has spent lots of time devoting himself to promoting running in Kentucky. Jerry served as our club president for six years after TRS began in 1978. He was the Kentucky high school state meet director for seven years. The first year it took him six months to organize and last year it took six hours. He helped KHS become one of the top high school meets after pulling in Louisville, bringing in girls and being well organized.

Jerry is quite an accomplished runner. He won the AAU state championship for the mile and 5K submasters

division as well as the Daniel Boone 10K submasters division. In an early marathon he placed 13th and in 1974 placed 4th at Prairie Creek marathon. He claims part of his success was to find out where Don Coffman and Dan Dusch weren't running. Plantar fasciitis and a collapsed lung have halted Jerry's winning streak, but he still runs regularly.

Jerry's most important job is being a father. His daughter Jennifer, now at Midway College, is 19 and a former cross country champ. Jessica, 15, is a sophomore at Scott County High School. Jeffery, 14, attends Sayre School and is on the state select soccer team, which Jerry coached for two years. This wife, Jan, has her own business maintaining homes on horse farms. The Stones live in Georgetown in a house that Jerry built. He has lived all over the south, but Lexington has always been his home base and

(continued on page 8)

500 MILE CLUB MEMBERSHIP

1. **Ken Pike**, May 3, 1980.
2. **John Fox**, June 7, 1980.
3. **Dyer Rodes**, July 5, 1980.
4. **Bob Bohanan**, July 12, 1980.
5. **Dick Hutchison**, July 12, 1980.
6. **Dan Dusch**, Aug. 16, 1980.
7. **Don Cetrulo**, Aug. 23, 1980.
8. **Diane Curry**, Aug. 23, 1980.
9. **Dave Karrick**, Sept. 20, 1980.
10. **Bob Barnes**, Oct. 4, 1980.
11. **Cathy Fox**, Oct. 4, 1980.
12. **Mark Morgan**, Oct. 11, 1980.
13. **Bill Smith**, Oct. 11, 1980.
14. **George Mason**, Oct. 11, 1980.
15. **Wayne Wiegand**, Dec. 13, 1980.
16. **Nick Nickell**, Dec. 20, 1980.
17. **Tom Radden**, Jan. 31, 1981.
18. **Art Moore**, Feb. 7, 1981.
19. **Ron Thompson**, Feb. 21, 1981.
20. **Dick Robinson**, Feb. 21, 1981.
21. **Bill Littral**, March 21, 1981.
22. **Tom Zentall**, April 11, 1981.
23. **Babe Ray**, May 16, 1981.
24. **Jim Colosi**, May 23, 1981.
25. **Bill Harshbarger**, June 20, 1981.
26. **Chris Riehl**, July 18, 1981.
27. **Judy Goodrich**, Sept. 12, 1981.
28. **Jim Blackwell**, Sept. 5, 1981.
29. **Phillip Wheat**, Sept. 19, 1981.
30. **Earl Freeman**, Sept. 26, 1981.
31. **Phil McConathy**, Oct. 10, 1981.
32. **Harry Campbell**, Oct. 17, 1981.
33. **Alex Campbell**, Oct. 31, 1981.
34. **Daniel Richardson**, Nov. 21, 1981.
35. **Linda Colosi**, Nov. 21, 1981.
36. **H. Terry Huey**, Jan. 16, 1982.
37. **Tom Olshewsky**, Jan. 23, 1982.
38. **Mark Horman**, Jan. 23, 1982.
39. **John Wisniewski**, Feb. 27, 1982.
40. **Suzanne Sanders**, April 17, 1982.
41. **Dan D. Brock, Jr.**, May 29, 1982.
42. **George VanMeter, Jr.**, July 24, 1982.
43. **Phil Osborne**, July 31, 1982.
44. **Martin H. Ginocchio**, Sept. 4, 1982.
45. **Ron Sanders**, Oct. 2, 1982.
46. **J.R. Miracle**, Oct. 23, 1982.
47. **Clenet Ellis**, Oct. 23, 1982.
48. **Jim Bell**, Nov. 6, 1982.
49. **Phyllis Jenness**, Nov. 6, 1982.
50. **Donald Diedrich**, Nov. 20, 1982.
51. **Eric Friedlander**, Nov. 20, 1982.
52. **Joseph Binford**, Nov. 20, 1982.
53. **Steve McClure**, Dec. 4, 1982.
54. **Bill Alley**, Dec. 11, 1982.
55. **Bill MacLin**, Dec. 18, 1982.
56. **Terry McLorg**, Feb. 12, 1983.
57. **Christie Robinson**, Feb. 19, 1983.
58. **Bob Shier**, April 1, 1983.
59. **Edd Frazier**, April 23, 1983.
60. **Don Hardwick**, April 30, 1983.
61. **Karl Heinz W. Boewe**, April 30, 1983.
62. **Marcia Moser**, May 7, 1983.
63. **John Carroll**, May 21, 1983.
64. **Ann Wheat**, July 25, 1983.
65. **John Saunders**, July 25, 1983.
66. **Nancy T. Barron, II**, Sept. 24, 1983.

(continued on page 9)

1986 PERSONAL RECORDS

By Nick Nickell

JERRY STONE

(continued from page 7)

1986 was a super year for our fellow Todds Readers, as roughly 30 of us recorded personal bests. The men seemed to fair better than the ladies at improving their times, but all in all, we had a great year. Remember, if your name is not listed for a 1986 PR, it is probably because you didn't write it on the sheets just inside the door to the room with the mileage boards and scales. Let's start 1987 off with the same efforts we finished with in 1986!

| NAME | RACE & LOCATION | DISTANCE & TIME |
|--------------------|-------------------------------------|-----------------|
| Judy Collins | Wendy's 10K Bowling Green | 10K - 45:40 |
| Mary Hagihara | Bluegrass 10,000-Lex. | 10K - 43:23 |
| Sarah Wisniewski | Bluegrass 10,000-Lex. | 10K - 48:50 |
| Nick Nickell | Catfish Run-Ford, Ky. | 5K - 18:57 |
| Nick Nickell | Run Ky. Run-Lex. | 10K - 39:10 |
| Dan Wells | Big. Bros.-Big Sisters | 5K - 19:07 |
| Dan Wells | Bluegrass 10,000-Lex. | 10K - 39:18 |
| Dan Wells | Cinn. Heart Mini | 15K - 1:01:21 |
| Dan Wells | Bourbon-Scott Classic | 30K - 2:17:18 |
| Edd Frazier | St. Pat. Day Run-Lex. | 5K - 18:18 |
| Edd Frazier | Louisville Marathon | 26.2M - 3:04:07 |
| Bill Mallory | Louisville Mini-Marathon | 13.1M - 1:38:16 |
| Bill Stofer | Cynthiana Run | 5K - 19:50 |
| Bill Stofer | Bluegrass 10,000 | 10K - 41:05 |
| Bill Stofer | Cinn. Heart Mini | 15K - 1:07:30 |
| Bill Stofer | Bluegrass Mini-Lex. | 13.1M - 1:36:40 |
| Bill Stofer | Amer. Marathon-Chicago | 26.2M - 3:28:59 |
| Bob Kennedy | St. Pat. Day Run-Lex. | 5K - 18:28 |
| Dan Kenady | St. Pat. Day Run-Lex. | 5K - 19:13 |
| Dan Kenady | Run Ky. Run | 10K - 39:03 |
| Dan Kenady | Boston Marathon | 26.2M - 3:28:00 |
| Tom Foster | Boston Marathon | 26.2M - 4:05:11 |
| Phil McConathy | Cynthiana Run | 10K - 38:59 |
| Phil McConathy | Frostbite 15K-Lex. | 15K - 1:00:17 |
| Tim Wiesenbahn | Bluegrass 10,000-Lex. | 10K - 38:19 |
| Ivan Foster | Bluegrass 10,000-Lex. | 10K - 35:14 |
| Larry Steur | Catfish Run-Ford, Ky. | 5K - 22:08 |
| Larry Steur | Run For Shelter-Midway | 10K - 46:41 |
| Greg Powell | Bluegrass 10,000-Lex. | 10K - 40:53 |
| John P. Wisniewski | Bluegrass 10,000-Lex. | 10K - 48:50 |
| Mark Elkin | Bluegrass 10,000-Lex. | 10K - 39:44 |
| Ron Sanders | Anderson Co. 5K | 5K - 20:49 |
| Ron Sanders | Bluegrass 10,000-Lex. | 10K - 42:50 |
| John Hinkel | Republic Bank Run | 10K - 39:45 |
| Keith Pope | Bluegrass 10,000-Lex. | 10K - 48:57 |
| Wes Moody | Honey Festival-Jackson | 10K - 40:33 |
| Ed Gardner | Charleston Distance Run | 15M - 1:37:13 |
| Jerry McDonald | Run Ky. Run-Lex. | 10K - 41:31 |
| Richard Hopkins | Run Ky. Run-Lex. | 10K - 32:55 |
| Bob Brown | Run Ky. Run-Lex. | 10K - 42:02 |
| Stu Butler | St. Pat. Day Run-Lex. | 5K - 21:46 |
| Stu Butler | Burgin Beginning | 15K - 1:10:37 |
| Larry Wheeler | Huntsville Marathon | 26.2M - 2:47:40 |
| Paul Lyon | Amer. Marathon/Chicago | 4:48:18 |
| Rob Lyon | Elby's Distance Run Wheeling, WV | 20K - 1:41:50 |
| Rob Lyon | Plans Road Race | 4 miles - 26:30 |

Georgetown is perfect for him - "nice sunsets and good running country."

Georgetown is also the home of Jerry's studio, the third floor of an old building. It is spacious because "an artist's studio is larger than life - you can do things there, you can create." This is the Jerry Stone that first captured my attention. He considers himself a sculptor although his medium is two-dimensional. I first spotted Jerry's work at Ford's Fitness Center where we both work out. His workouts stem from injuries so he can regain his energies without running. Plus Jerry has bird legs and would like them to look better. In any case, his pictures are powerful - black and white photos against stark backgrounds. The subjects are champions from the gym and because of their definition, his photos look three dimensional. Jerry does more than simply take pictures. He accumulates images in oils, acrylics, silk screen and transparencies for use as dramatic backgrounds. He photographs about four times a year at body building competitions. He says that body language and muscle tension communicate more than words. His first exhibit was in 1983 for the opening of ArtsPlace. He had a piece in the JB Speed Museum and one in the Hirschorn in D.C. He exhibits in Key West which he considers a "back door to New York." He also has a soft spot for the location because "I've had pieces stolen in Miami so I know I'm popular there."

Jerry knows there is no money in art, but feels a compulsion to communicate. He says he will have achieved immortality in 200 years when someone says, "I know what he was thinking." Jerry tries to be the best in everything he does -- whether it be at art, running, lifting, inventing or being a dedicated family man. He considers the effort at being tops a reward in itself. Get to know Jerry if you have the time and see what I mean. He feels our club is unique with members showing a combination of comradeship and dedication. He'll be glad to share some of the club's history with you and you'll have a fascinating insight into another creative Stumbler. ■

THE ABC'S OF RUNNING PACE

By Pennie Frazier

Recently in the Milemarker, I read an article which mentioned "Trim Pace," a sort of "Heads-up - Chicks ahead" speed, and I was reminded of all the similar running speeds I have used and observed. After deep thought (while running, natch), I decided to chronicle them alphabetically. You will probably recognize all of these paces as your own -- with different names.

Avocado Pace - also known as Guacamole pace since that was what I ate before I tried it. This is characterized by grasping the stomach with both hands after about a quarter of a mile and often results in a very short training run. Many refer to this as Pie or Cookie Pace.

Beth or Babe Pace - an enjoyable pace during which I am able to converse easily and catch up on the latest news. This is not to be confused with Bob Pace (as in Maclin) which I am only able to maintain for a few yards and during which I can scarcely breathe - let alone talk.

Cow Pace - this is very, very slow. Generally I run this with the dog who lingers in the ditch because she is not only "cowed," she fears cows.

Dog Pace - this should actually be "Dog 1" which occurs as you are evaluating that buffalo-sized dog and "Dog 2" when you have made the decision to bolt. Often "Dog 2" may resemble "Dog 1" if you have concluded that the slow courageous approach with nonchalant backward glances is in order. Neither of these is the same as "Dog 3" which is the highly variable speed at which you travel with your own dog on a leash.

Edd Pace (Known in many circles as Faster Spouse Pace) - this is a dangerous situation for nearby runners who may hear unpleasant pronunciations by the slower spouse (that's me) who feels pressured and exhausted, and the faster spouse, who feels put-upon and defensive.

Fake Pace - similar to trim pace and useful for any situation. There are many variations of this, such as "Don't leer at me, I am a boxer capable of flattening your face" pace, which is a posture more than a speed.

Grunt Pace - appropriate noises must accompany this since it is for approaching walkers from the rear, so as not to startle them.

Happy Pace - requires a big grin - used when a) meeting walkers who think you must be crazy or at least terminally miserable out in this weather or b) finishing a run on a beautiful day when everything went right.

Impulsive Pace - one that causes you soon to realize that it is an "impractical pace" since you can't really be expected to keep up with (or, conversely slow down to) the speed this new group of friends is maintaining.

Jog Pace - of course, none of us run this. It's too demeaning. After all, we are runners.

Kick Pace - that unpleasant "skin off the inner ankles" pace caused by new shoes, sloppy footing or the UK Par Course. Often called Spike Pace which is its more injurious form.

Laggard Pace - employed by the last member of your group who implores you to go on and then reviles you when you do. (If you don't, you will revile yourself.)

Manly Pace - also called Macho Pace. This is used by a few men (and a couple of feisty women) at the end of all races because they feel humiliated when women beat them.

Nerd Pace - what the people who pass you easily are doing.

Ogle Pace - again, this is like trim pace with a swivel neck.

Primp or Pretty Pace - make-up wearers with brand new shoes and clothes run this way.

Quiet Pace - is when, during a race, as you approach people in your age group, your breathing changes from gasps to smooth even breaths and your footfalls become "silent springs."

Race Pace - you know what this is - during the run it's faster than you want to go and afterwards, "Gee if only you had cut four seconds a mile off..."

Spit Pace - this is an evasive sort of side step pace useful when you are running in a crowd during the high pollen season.

Toenail Pace - a kind of limp brought about by marathon or other high mileage work which produces either the dread "black toe" or elephant blister.

Ugh Pace - brought about by overindulgence - either with liquor or food. Especially prominent after the holidays when the gear becomes snug.

Vague Pace - "What do you want to run today?" "Oh, I don't know." "How fast do you want to go?" "Gee, let's just start and see how we feel."

Wind Pace - this is a stance brought about by the direction of the wind (which is actually always in your face).

Xanadu Pace - the state of heaven-like euphoria you run in when heat stroke is imminent.

Youth Pace - employed by seven year olds who start a race in a dead sprint, trot during the middle and sprint by you again at the finish.

Z-Z-Top Pace - done while wearing the forbidden head phones and accompanied by lip syncing. ■

500 MILE CLUB

(continued from page 7)

67. **Larry Metzger**, Oct. 8, 1983.
68. **Virginia Wells Adams**, Oct. 29, 1983.
69. **Robert E. Dinsmore**, Feb. 4, 1984.
70. **Stan Briggs**, March 31, 1984.
71. **Wendy Frazier**, April 14, 1984.
72. **Clyde Parsons**, July 7, 1984.
73. **Becky Reinhold**, July 21, 1984.
74. **Pennie Frazier**, July 28, 1984.
75. **John Thompson**, Aug. 25, 1984.
76. **Ron Lovan**, Sept. 29, 1984.
77. **Dan B. Jordan**, Nov. 3, 1984.
78. **Bob Hart**, Nov. 3, 1984.
79. **Dan Wells**, Dec. 15, 1984.
80. **Bill Stofer**, March 23, 1985.
81. **Barry Collins**, March 30, 1985.
82. **Jennifer Brock**, May 18, 1985.
83. **Judy Collins**, June 15, 1985.
84. **Jim Omohundro**, June 22, 1985. (continued on page 12)

GET TO KNOW TOM RADDEN

By John Wisniewski

Tom Radden is a picture of health, as he is trim, fit and looks many years younger than his age of 56. However, a few years ago Tom began to suffer angina pains. At that time Tom was a runner, yet found that even the slightest effort would cause chest pains. Tom took the warning signs seriously and went to his doctor immediately. After a battery of tests, including a stress test, it was found that a blood vessel around Tom's heart was almost totally blocked. A procedure called angioplasty was recommended. In this procedure a tube is inserted into the blood vessel which is clogged with plaque; a balloon at the end of the tube is then inflated causing the plaque to be displaced, and thereby opening the vessel to more blood flow. Tom had this procedure in March and was racing in the Bluegrass 10,000 on July 4.

Tom is president and general manager of B.L. Radden and Son, a painting and decorating contracting firm in Lexington which Tom's father started 50 years ago. His position leaves him little time for recreation and plenty of stress to burn off -- two good reasons why he started to run about 10 years ago.

Tom joined the Todds Road Stumblers about the same time, and he was one of the first to become a member of the 500 Mile Club. He is about ready to complete his 1500th mile on the hills around the clubhouse. Tom enjoys running, and especially likes the scenery we share on our weekly runs at Todds Road. He finds the winter colors and landscape to be a motivation to get up early on a cold Saturday morning. Tom supplements his normal running of between 10 and 20 miles per week with a few sessions on a stationary bike, which he shares with his wife, Bert. He lives in the Eastland area of Lexington, where he has a favorite six mile course that he normally runs when he is not at Todds Road. Tom also enjoys a recreational game of tennis to help stay fit and enjoy himself.

Tom does not race often, as he is not motivated by high levels of competitive enthusiasm. However, he does enjoy the camaraderie of joining his friends in a road race. When he does find time to enjoy a race, his overall fitness often brings him to the front of his age group, as he quite often captures one of the age group awards. His attitude is a good exam-



John Wisniewski

ple that racing can be fun and companionship, not just competition.

Tom has a busy and diverse lifestyle. He watches his diet carefully and is dedicated to fitness and control of stress. He has found running to be an integral part of his recreational and fitness plans. He has blended the demands of his business, running, recreation and other forms of fitness training into a healthy lifestyle. When you see Tom at the clubhouse on Saturday morning or at one of the races, stop and talk to him. His enthusiasm to live to the fullest is honest and sincere. ■

GET TO KNOW SEAN BOONPRACONG

By Ron Sanders

While many of the Todds Road Stumblers can lay claim to being pretty good runners, Sean Boonpracong does a fair imitation of an entire



Dan Wells

relay team. His academic credentials include an undergraduate degree from Indiana University with dual majors in Russian history and Japanese history and a Masters in public administration. His avocation is clearly classical music, as he is quite proficient in the violin, and his vocation concerns, naturally, computer programming. If not a Renaissance Man, then he will do until one comes along.

First, the usual background data: Sean was born in Bangkok, Thailand, and lived there until he was 17 years old. His parents, two brothers and a sister all live in Thailand. In Thailand, Sean learned English (a point still debated by some) as part of his basic schooling. He came to the U.S. to attend Indiana University in 1968 and, except for some extended trips

back to Thailand, he has remained here since. Since 1975, Kentucky has been his residence when he came to the university and later joined Appalachian Regional Health Care as operations supervisor. During his stay in Lexington, Bill and Lena McPherson have provided some friendship, home-cooking and support. Sean indicates he will probably return to Thailand at some point. Todds Road was added to his list of activities in 1985 when Steve Breeden brought him out for a Saturday morning run.

After his graduate work at IU, Sean went to work for the Thai Embassy in Washington. Before long, he found himself in the U.S. Navy in Pensacola, Fl., as a Thai liaison. This part of Sean's life lasted two years

(continued on page 11)

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. The good old summer time is almost upon us and the race schedules are interesting, and there should be something of interest at some point for most of us. I'm wishing PR's for each of you in the days ahead.

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

MAY

- 2 - **Derby Day-Hardee 10K, Richmond, Ky.** John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502.
- 9 - **Strohs 10K, Louisville, Ky.** Gil Clark, Box 36452, Louisville, Ky. 40233, 502-459-5606.
- 9 - **Run for Life 5K and 10K, Cynthiana, Ky.** John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502.
- 10 - **Bourbon-Scott Classic 30K, Paris-Georgetown.** John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502.
- 16 - **Suggins Fun Run 5K, Lexington, Ky.** John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502.
- 17 - **Zuppie Run (40+) 3K, Lexington, Ky.** John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502.
- 23 - **Pepsi Challenge 10K, Lexington, Ky.** John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502.
- 23 - **City of Knoxville Expo 10K, Knoxville.** S. Kowns, 3725 Maloney Rd., Knoxville, Tn. 37920, 615-573-7555.
- 25 - **Cotton Row 10K Run, Huntsville, Ala.** Phone 205-881-8507.
- 25 - **Remembrance Run 5K, Lexington, Ky.** John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502.
- 30 - **Wendy's Capitol Classic 10K, Frankfort, Ky.** CLS Sports, Frankfort, Ky.

JUNE

- 6 - **Corporate Cup 10K, Lexington, Ky.** John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502.
- 7 - **Run for the Hills 10K, Gatlinburg, Tn.** Hal Canfield, 502 Alandale Rd., Knoxville, Tn. 205-577-1537.
- 19-21 - **Tennessee Master Track and Field Meet, Univ. of Tenn., Tom Black Track, Knoxville, Tn.** Allan Morgan, 3530 Talahi Dr., Knoxville, Tn. 37919.
- 25 - **Redbirds Run 5K, Kentucky Fairgrounds, Louisville, Ky.** Ken Combs Running Store, Louisville, Ky.

JULY

- 4 - **Bluegrass 10,000, Lexington, Ky.** Parks and Recreation Dept., City of Lexington, 545 North Upper St., Lex., Ky. 40507.
- 4 - **Peachtree 10K, Atlanta, Ga.** Phone 404-231-9064.
- 4 - **Nashville Striders 5K, Nashville, Tn.** 1000 Church Street, Nashville, Tn. 73203.
- 4 - **Fireball Classic 5K, Univ. of Tenn., Knoxville, Tn.** Allan Morgan, 3530 Talahi Dr., Knoxville, Tn. 37915.
- 11 - **Anderson Co. 5,000 Meter Run, Lawrenceburg, Ky.** Randy Crist, 103 Jennifer Dr., Lawrenceburg, Ky. 40342.

AUGUST

- 8 - **Midsummernite Run 5K, Lexington, Ky.** John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502.
- 9 - **Fantabulous Oak Ridge Triathlon - 1/4 Iron Man, Marina, Oak Ridge, Tn.**
- 15 - **Wilderness Road 5K, London, Ky.** Frank Cornett, 212 McWhorter St., London, Ky. 40741. 606-864-7455. ■

SEAN BOONPRACONG

(continued from page 10)

and included a tour of Vietnam, where he saw significant action as a helicopter navigator. His memory of Vietnam includes at least one hair-raising and dangerous experience when his helicopter crashed in the ocean and he was the sole survivor.

As his college background would indicate, Sean is a big Indiana basketball fan. This Big-Red fever has made him a little difficult to be around this spring. Sean not only is solidly behind Indiana and Bobby Knight, he is the originator of the popular Delray Brooks/Big Foot Theory of Basketball.

Sean is a determined and dedicated runner, although not necessarily a

fast one. He completed the Huntsville Rocket City Marathon last December. Cycling and tennis are among his interests in the summer. While at Indiana University, Sean was a member of the soccer team, which was a club sport at that time.

Although Sean speaks a precise and fluent English, he occasionally has a little trouble with terminology. For instance, he recently asked Lynn True, "Is your car a stick shift or a convertible?"

It doesn't take long to realize that Sean's interests are many and varied. In addition to those mentioned earlier, he is also a self-described expert on

"obscure French films" and is in frequent attendance at the Kentucky Theatre. An active chess player, he is also a gourmet cook, featuring many original dishes, not necessarily limited to far-Eastern specialties. His favorite dish is Seafood Primavera.

The Todds Road Stumblers take justified pride in the many talented and interesting people who are members and Sean Boonpracong clearly belongs in this group. When you get the opportunity, chat some with Sean. With the exception of only a few subjects -- cars and basketball -- his knowledge and interests will add greatly to the conversation. ■

Todd's Road Stumblers, Inc

milemarker

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Lexington, Kentucky 40584
(606) 268-2701

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Phil McConathy

Race Schedule:

Bob Maclin

General News:

Judy Collins, Penny Frazier

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500 MILE CLUB

(continued from page 9)

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- 100. **Greg Powell**, Feb. 28, 1987.
- 101. **Tom C. Martin**, March 4, 1987. ■

HAVE YOU MOVED?

by Dan Wells

Since becoming co-editor, I have heard a number of complaints from people that they no longer receive the Milemarker in the mail. When mailing the last issue I noticed that a number of people on the mailing list no longer live at the listed address. The Milemarker is mailed as bulk mail, and therefore is not forwarded by the post office. If you move, you must turn in your new address to the office if you are to continue to receive the Milemarker. We have tried to think of a good way to update the mailing list, but so far have not come up with any brainstorm. Obviously the people we need to reach do not receive the Milemarker and will not read this. One thing that everyone can do is to remind their friends who have recently moved to send us their new address,

or else send it in for them. We want everyone to receive it, and also to avoid the expense and effort of mailing copies to old addresses where they will be thrown away. If anyone has any suggestions of a good way to update the member's list, please let us know. ■

PROUD PARENTS

Becky & Reese Reinhold

Kristen Lacy Reinhold
April 28, 1987

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