

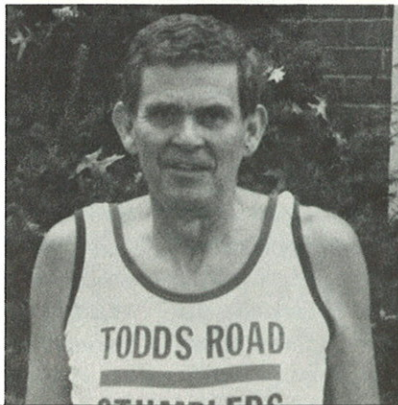
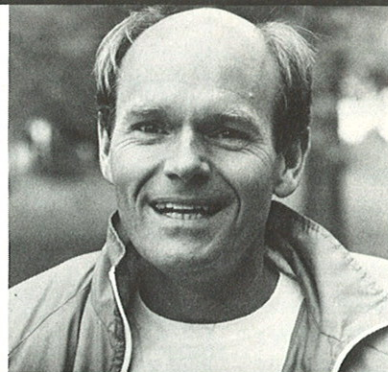
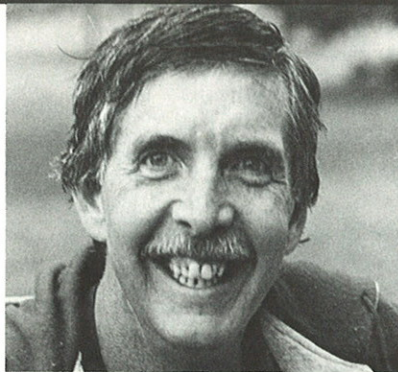


Member Roadrunners Club of America

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

Number 18

Fall 1987



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AT THE STARTING LINE

Dan Wells and Ron Sanders

1987 HOMECOMING

It appears that there are a lot of Stumblers who still run or, in some instances walk, but do not make it out to Todds Road on Saturday morning with any regularity. While we would love to have you join us each and every Saturday, we understand that there are a number of reasons, good and bad, for your absences. What we would like to do is strongly encourage every Stumbler to make a special effort for a 1987 HOMECOMING on November 14, 1987.

We would like to make this a special occasion, complete with a large attendance including a number of people who have been long absent, but not forgotten. It should be fun to renew some old acquaintances and catch up on what has been happening to everyone. Let's all give the 1987 HOMECOMING our best effort.

ROAD RUNNERS CLUB OF AMERICA

Todds Road is a member of the Road Runners Club of America. As a member, we receive 120 copies of *Footnotes*, the quarterly publication of RRCA, which goes to individual members. I received a copy of the *Footnotes* mailing list, and obviously this has not been updated in seven or eight years. Only 40 of the 120 names on the list are current Stumblers who live at the listed address. At some time in the future, we plan to purge the list of the non-active members and replace them with active Stumblers. If you are an active Stumbler, don't be surprised if you start receiving *Footnotes* in the future. There are some interesting articles and information in it.

WALKERS

The number of walkers at Todds Road has increased recently and they have asked us to encourage others to join them. This group, composed of both ex-runners who have suffered injuries and non-runners, leaves the starting area about 7:30 a.m. most Saturdays for a six mile walk, finishing shortly before 9 a.m. It is not necessary to walk the entire distance with them.

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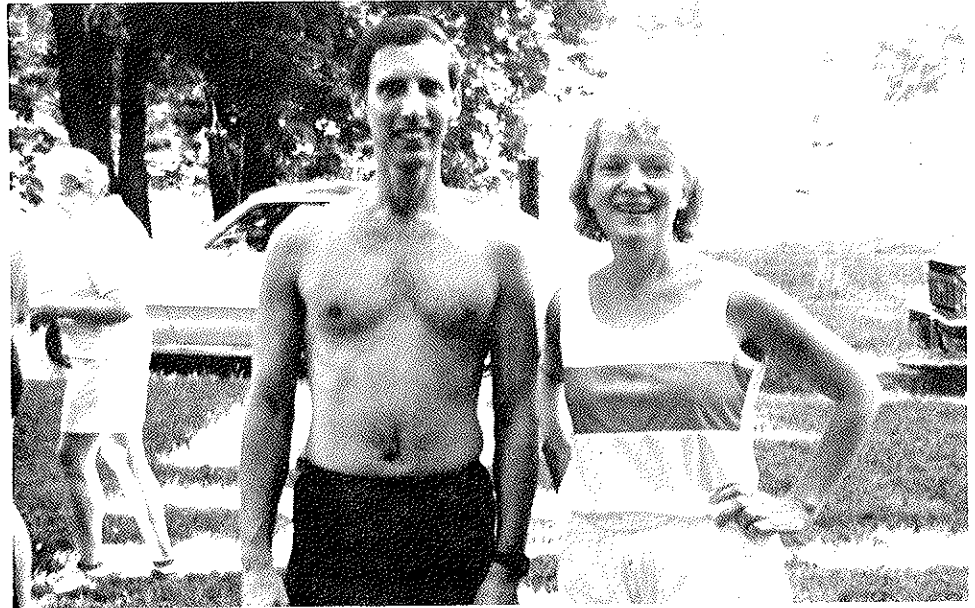
RUN USA

Since the last issue we have added no new states to our Run USA list. Either no one is running in races while traveling or else people are too modest to seek recognition. If we don't make any more progress we may have to admit defeat and give up in our attempt to have a Stumbler run a race in every state. If you have run a race in a state

that hasn't been claimed, please let us know.

PR's

Every year in the spring issue, we recognize the Stumblers who have accomplished PR's in the preceding year. Not too many people listed PR's this year on the PR board -- maybe we're all getting older and slower. If you have a PR, try to remember to write it down on the PR board at the clubhouse.



Bob Green and Beverly Fortune after 500 long miles.

KY. HIGH SCHOOL CROSS-COUNTRY CHAMPIONSHIPS

As many of you know, one of the Stumblers' club projects is to help with the Kentucky state high school cross-country championships held each November at the Horse Park. Dave Wachtel is responsible for organizing the volunteers, and needs your help. This is an opportunity to show your support for running and, at the same time, enjoy watching the best high school runners in the state. The championships are on November 7 this year and run from 11 a.m. until 2 that afternoon. There is time to run at Todds Road that morning and still make it to the meet in time to help. And there is no conflict with a home football game. If you can help, please call Dave at 269-1665.

500 MILE CLUB

The 500 Mile Club continues to grow. Congratulations to Beverly Fortune, Bob Green and Don Ambroziak who have all reached 500 miles since our last issue.

BLANK PAGES??

In at least a few instances, the two middle pages of the Summer Mile-marker were inadvertently left blank. If this was the case with your issue, then you missed two pages of pictures from the Bluegrass 10,000 and the Todds Road picnic. We still have a limited number of copies of that issue available and would be glad to send one to anyone who writes or calls the Todds Road office. ■

GET TO KNOW JOHN CULBERTSON

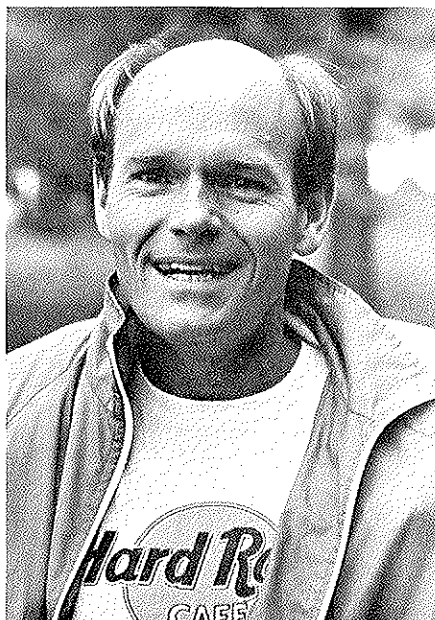
Barb Cook

I have to stop being late for Milemarker meetings. Last time I didn't even get a choice! Ron and Dan simply assigned me a victim and insisted he would be loads of fun. They were laughing the whole time. I had no idea who this "very regular member" was and they told me he was a tax collector for the state. I left wondering what I was getting into and hoping I didn't owe the state any money.

The interview got off to a bad start. We agreed to meet at Todds Road, but I wimped out the Friday night before. After a late dinner at Fleur-de-Lys, I called John at home to beg for a later time. Even though I obviously woke him from a deep sleep, he was nice and promised to call Saturday afternoon. Much to my chagrin, I met John by accident two days later out running the Lakewood loop and he reprimanded my not having shown up at Todds Road. It turned out that he had indulged in some tequilla the night I called and didn't remember a thing. This was getting better all the time.

When we finally got together, John turned out to be delightful company - charming and a perfect gentleman. He showed up in a white Mercedes that looked like it just came off the showroom floor although he said it was 10 years old. Don't you just *hate* people who can keep a white car spotless? His suit was unwrinkled after a long business day and he was disgustingly prompt. He looked very tidy and prosperous.

John has worked for the state since getting his degree in Business Administration in 1969. (He was a math major until he missed his calculus final to go to the Derby parade one year. "it was a great parade and worth it.") After working in Revenue, Human Resources and Personal Services, he is back in Revenue in charge of the Miscellaneous Excise Tax division. Those are "sin taxes - on cigarettes, booze and horse racing, the things that made Kentucky great." He also handles abandoned property which the state tries to return. They acquire safe deposit boxes among other



T.C. Martin

things. One of the more interesting boxes contained "petrified insect parts." Aside from bugs and old love letters, about \$1.5 million a year cannot be returned and goes into a fund for the "general good."

One of John's favorite parts of his job is his car pool. He rides with three other people and they all have assignments. Different times he could be in charge of snacks, beverages, decorations or entertainment. (The driver is usually in charge of beverages.) They celebrate all major and minor holidays. I met John the day after Labor Day. They had a sing-along including "Whistle While You Work" and "Sixteen Tons." I was becoming more and more entertained as our talk wore on. Evidently John was too. He turned his head every which way appraising each woman who walked by (we were drinking wine at Dudley's).

This interest in women is what started John running. He was out watering his lawn one day when "this gorgeous creature with a cut-off t-shirt and cheerleader legs ran by. I put down the hose, went in to change into shorts and tennis shoes and took off." He's never seen that girl again but after buying a pair of Brooks Supervillanova's he was hooked. He now runs about 45 miles a week. John has a terrible reputation as a health nut at

work where he eats an apple and a banana after his noontime run at the Frankfort YMCA. He now races a couple times a year, boasting a 41 and change for a 10K. His training also includes a weight program at home. John watches his diet and swears the only time he puts Breyers ice cream in his coffee is Sunday morning. "I run for vanity" is his motto. It obviously has paid off. John is tanned and trim with terrific posture.

Hobbies? "Running some, working some, dating some." C'mon John! Well, he's "interested in, but not committed to" wildlife preservation. He has a collection of bird feeders in his lawn including one made specially to hold leftover TRS doughnuts. In the winter he can sit in front of his fireplace and watch birds. That's because his turtles dig under in wintertime. Yes, John is crazy about turtles and has several box turtles in his back yard. His current favorite is baby Edwin who lives indoors in a terrarium. Edwin likes night crawlers from Convenient Food Mart. John developed an interest in turtles while growing up in Bourbon County with his five younger brothers. They had up to 30 at one time. Why turtles? "They're quiet, they don't eat much and I like their pace."

John also likes music (especially classical), art and movies. The sculpture garden at the National Gallery in D.C. is one of his favorite places. Sounds like a quiet existence to me. For added excitement, John's maid comes in once a week and rearranges the furniture.

A tax collector who tires to *return* money? A bachelor who is neat and clean? A party guy whose interests include health, fitness and bird watching? Yes, John is all of these things and then some. He kept me entertained and laughing - he has a great sense of humor. You can catch John at Todds Road some Saturday and maybe even run with him. He loves company and, as for pace, he likes to "start slowly and taper off." Get to know John and see what I mean -- and if you see that girl with the "cheerleader legs" run by your house, call him! ■

RUNNING SONGS

While doing a long run recently at Todds Road, some of us Stumblers thought it would be interesting and fun to compile a list of running related song titles.

The songs are listed by the way we think one would feel at the beginning, midway and the end of a marathon. The songs also include their recording artists. Some of them are oldies so the younger Stumblers may not remember all of them.

The list was compiled by Judy and Beth Collins, Chere Leonard, Nancy Bonhaus and Pennie Frazier.

1. Born To Run -- Bruce Springsteen
2. Let's Go -- The Oaks
3. Hard Habit To Break -- Chicago
4. The Race Is On -- George Jones
5. On The Road Again -- Willie Nelson
6. Can't Slow Down -- Lionel Ritchie
7. Against The Wind -- Bob Seger
8. The Long And Winding Road -- The Beatles
9. Every Breath You Take -- The Police
10. Wild In The Streets -- Bon Jovi
11. More Than A Feeling -- Boston
12. Give Me The Reason -- Luther Vandross
13. Meet Me Halfway -- Kenny Loggins
14. After The Fall -- Journey
15. Footloose -- Kenny Loggins
16. The Heat Is On -- Glenn Frey
17. The Long Run -- The Eagles
18. Lies -- Jonathon Butler
19. Running On Empty -- Jackson Brown
20. The Wall -- Pink Floyd
21. Delirious -- Prince
22. Hurts So Bad -- John Cougar Mellencamp
23. State Of Shock -- Michael Jackson, Mick Jagger
24. It's Not Over Till It's Over -- Starship
25. Running With The Night -- Lionel Ritchie
26. Jumpstart My Heart -- Natalie Cole
- Last 385 Yards -- Victory -- Kool And The Gang
- Afterwards: Celebration -- Kool And The Gang
- I Can't Move -- Phil Collins ■

DANIEL BOONE PIONEER 10K

Phil McConathy

On Saturday, September 5, over 200 runners started this race in good weather conditions on a new course. A new course record was set as Dave Schaufuss completed the 10K in 30:33. Cam Hubbard was third in 31:30. Hopey Newkirk was the overall female winner in 37:07.

This is a race which with its new course is a good challenge but much better than the old course. Place it on your 1988 calendar.

Known Stumblers who won awards are as follows:

NAME	PLACE	AGE GROUP
Richard Hopkins	1st	25-29
Jim Sackett	1st	35-39
Phil Wheat	1st	40-44
Robert Green	2nd	40-44
David Wachtel	3rd	40-44
Don Hardwick	2nd	45-49
William Meeker	2nd	50-54
Tom Radden	1st	55-59
Harry Campbell	1st	65 & over
Lythia Metzmeier	2nd	25-29
Nancy Bonhaus	1st	30-34
Celia Wheeler	1st	35-39 ■

SALEM CHURCH 10K

Phil McConathy

On Saturday, September 26, 1987, 73 runners started this race. The race was over the Todds Road Stumblers 6 mile course with a slight modification of 2/10 of a mile. The weather was excellent with clear skies and low 60 degree conditions. The overall winner was Bill Olrick, Jr., in a time of 33:35. Second place was taken by Jim Grisso in 34:34. Third place overall was Kevin Gorman in 35:56 35:56. The other Stumblers who were age group award winners are:

NAME	TIME	PLACE & AGE GROUP
Larry Whaler	36:03	1st 25-29
Bob Hagerty	37:19	
David Gulley	37:54	1st 20-24
Mike Kennedy	39:15	4th 30-34
Bill Keig	39:38	1st 35-39
Charles Wu	39:41	
Mike Berry	41:35	
Doug Billips	43:25	
George Luxbacher	43:49	
Monica Harris	44:33	2nd 25-29
Ben Woodward	45:57	
William Meeker	46:40	
Jennifer Pettit	47:08	1st 15-19
Chere Leonard	47:44	1st 35-39
Julie Joy	47:45	
Robert Dinsmore	48:09	
Tom Radden	48:32	1st 55-59
Don Ambroziak	48:57	
Pierre Robinette	50:03	1st 10 & Under
Ramona Wolums	50:38	1st 45-49
Kay Tuttle	51:13	
Jim Gardner	51:58	
Joane Whitesell	?	1st 25-29
Stanene Hickey	?	1st 30-34 ■

GET TO KNOW DAVE WACHTEL

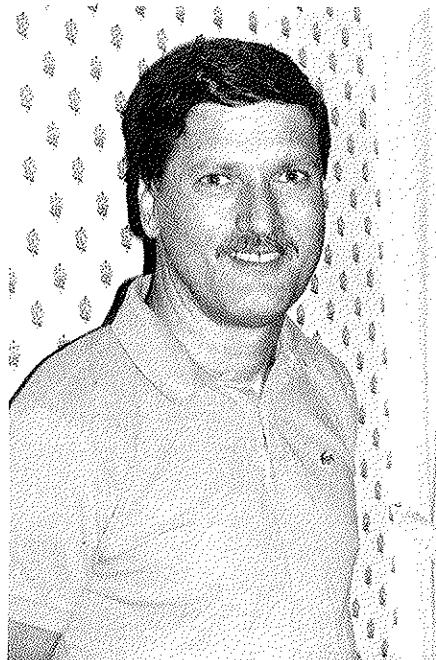
Becky Reinhold

An ex-narcotics officer, Chinese translator, sociology professor and teacher of criminal justice -- David Wachtel has just about done it all. Since moving to Lexington in May of 1984 his life has been comparatively calm.

Dave, 44, lived in Buffalo, New York, until he was 18. He then joined the Air force where he spent his fourth year of enlistment as a Chinese translator in Taiwan. After returning to civilian status he received his Bachelors Degree in political science from the University of Buffalo. Following graduation, he worked in the Erie County sheriff's department as a narcotics officer for four years. In 1975, he decided to return to the University of Buffalo where he received his Masters degree in social sciences, while continuing to work full time.

Dave was offered a position as Director of the Police Training Academy and teaching a criminal justice course at Western New Mexico University. He realized that to pursue his teaching goals he would require a PhD in his field so he began working towards his doctorate at the University of Buffalo during his summers, while spending the winter working and living on the Navaho Indian Reservation. His dissertation discussed the use of arrest powers by the Navaho Indian police.

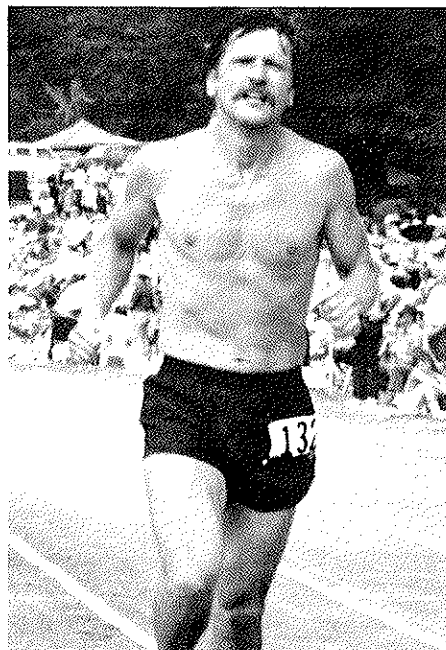
In March of 1983 Dave met his future wife, Libby, at a convention in San Antonio. Soon afterward he received a teaching position in Oklahoma. Libby took a year's leave of absence from her position at Eastern Kentucky University and moved to Oklahoma where they married in November of 1983. May, 1984 brought Libby back to her job at Eastern and Dave to Lexington without the slightest notion of what he would be doing. His first year he taught sociology at the University of Kentucky, then was Director of the Police



For Sanders

Training Academy at Eastern Kentucky University for four months. In October, 1985, he was named Director of Special Investigations for the Cabinet of Human Resources where he is responsible for conducting investigations regarding welfare fraud and managing major internal investigations.

Dave's running career began in July of 1977 in New Mexico when he applied for a position with the FBI. He weighed 235 pounds and was required to be able to run a mile in 8



1/2 minutes. He started out on the high school track, running one lap. By October, 1977, he was running 10 miles. His first race was the Tucson Marathon in January, 1978, which he completed in 4:21. Since that time Dave has completed 21 marathons in six different states and has run in 25 states. His fastest marathon to date is 3:00:36 but he plans to break that elusive 3 hour mark before 1987 is over! Dave enjoys and does well in 10K races but much prefers the longer distance runs. He is currently logging 50-55 miles per week in preparation for the marathon in Birmingham this fall. He has considered attempting an ultramarathon and would be a natural with his hard-headed determination.

Besides his work and running Dave has two other loves, his family and the Temple Adath Israel. His wife Libby is a great supporter of his running and runs 26-30 miles/week herself. Their family includes Dave's good-looking 17-year-old son, Aaron, who is a senior at Henry Clay, and Tamara, 15, who attends school in Birmingham. A softer side of Dave shows when discussing their cat, "Miss Fancy," who evidently runs the Wachtel household! A self-proclaimed unmechanical wizard, Dave actually figured out how to install a cat door so Miss Fancy could come and go as she pleased. I bet the kids wish they had it so good!

Dave is also very involved with the Adath Israel Temple, where he is a member of the Board of Trustees, active with the youth group and on the membership committee.

Dave says he can't imagine his life without running as it is an integral part of his day. He hopes that neither injury or illness will ever cause him to have to give it up. When it is time for Dave to leave this world he hopes he will be at least 85 years old, racing up a hill with Ellen Hagerman behind him and have a heart attack and be gone with her still trying to catch him...! ■

THE SALEM CHURCH

Dan Wells

I have run many miles and spent many hours in the Pine Grove area. This area has become special to me, and I have become more familiar with the landscape, roads and buildings than almost any other place. One of the most familiar landmarks is the Salem Church at Pine Grove. This church was always a welcome sight for me since it is at the end of the nine mile course. When I first started running at Todds Road, I was surprised that the church was a Presbyterian church, since Presbyterian churches in rural areas are somewhat unusual. When I became a co-editor of the Milemarker I "inherited" some information about the church and discovered that it has a long history.

The Presbyterian church in Kentucky dates back to the area's earliest days, even before Kentucky became a state. In 1786 the Transylvania Presbytery was founded in Danville, and is one of the oldest in the country. The Salem Church was in the Transylvania Presbytery when founded and is currently in that Presbytery, although for most of its history it has been in other Presbyteries.

The most important figure in the history of the Salem Church is Jacob Fishback. Fishback was born in Virginia in 1749, and moved to Kentucky in 1783. In 1787 he moved to an area 12 miles east of Lexington that was then Fayette County, but is now in Clark County. Two hundred years later his descendants still live on this land, which is on the south side of Combs Ferry Road, between the 4 1/2 and 5 mile mark on the six mile course. The longest hill on the six mile course is located here, and is known to most Stumblers as Fishback Hill.

Soon after moving to the area Jacob Fishback and others in the area formed the Salem Presbyterian Church. The first church was a log building located in an area along Basin Springs Road. In 1825 a brick building was built to replace the log structure. The only remaining signs of this location are the gravestones in the



Dan Wells

churchyard. In 1870 the church was moved to its present location in Pine Grove on Combs Ferry Pike. The lot was donated by Jacob Hughes, who was one of the largest landowners in the state of Kentucky.

The present church building was

erected in 1870, and the educational building was added in 1955. The church has remained active, and presently has approximately 50 members. The church is celebrating its bicentennial this year, making it one of the oldest churches in Kentucky. ■



Dan Wells

MORTON'S NEUROMA

Donald L. Ambroziak, D.P.M.

Morton's neuroma is the medical term used to describe a pinched nerve in the forefoot. This deformity has a characteristic pain (type) consisting of brief (2-3 minutes) episodes of intense pain to two toes of one foot. The pain description is characteristic of nerve impingement ie: numbness, burning, tingling, pins and needles. This pain almost always occurs during periods of activity and when wearing shoes. Often times removing the shoes and massaging the toes is enough to re-

lieve the painful episode.

The cause of the pain is due to abnormal pressure on one of the digital nerve branches by the adjacent metatarsal bones. It is most common in people with a splay foot - one where the forefoot spreads out excessively upon weight-bearing.

Home treatment should consist of reduced activity and shoes with extra width in the forefoot.

Medical treatment should be pursued when the painful episodes occur

more than once a week. If caught in the early stages, conservative therapy can be successful. This would involve cortisone shots to reduce the inflammation of the nerve and orthotics to control the splaying of the metatarsals.

If the nerve has undergone permanent damage, surgical excision of the damaged area is necessary. ■

(This is the second of a series of three articles on foot problems by Dr. Ambroziak)

COMMON RUNNING INJURIES

John R. Allen, M.D.

FOOT AND ANKLE

Plantar Fasciitis is an overuse syndrome that produces pain in the heel or sole of the foot. Treatment can be difficult but shoe modifications with an addition of cushioning or orthotics and stretching exercises may be helpful.

Metatarsalgia is pain across the ball of the foot usually caused from running on hard surfaces and often relieved by decreased mileage, running on softer surfaces, and/or adding shoe cushioning.

Stress fractures may develop in the small bones of the foot or heel with increasing in training. Rest and occasionally protection by casting will allow these "overuse" fractures to heal. Training should be resumed gradually to avoid recurrences.

LEG

Achilles Tendinitis produces pain and swelling in the back portion of the lower leg to the heel. Running hills and wearing shoes with rigid soles are the main causes of Achilles tendinitis. Stretching, rest, anti-inflammatory medication, and heel wedges may relieve symptoms. The tendon must be completely asymptomatic before running is resumed or a minor injury may convert to a major injury such as a complete rupture of the tendon.

Shin splints or anterior compartment syndromes produce pain in the front of the shin and develop with poor form, excessive speed, or train-

ing on hills. Treatment consists of correction of training technique, avoidance of hills, rest and stretching.

Stress fractures produce sharp, localized pain in the tibia or fibula (leg bones) and develop from increased training. Complete rest and gradual return to running once symptoms abate are appropriate treatments.

KNEE

Patellofemoral pain (chondromalacia) is pain under and around the kneecap initiated and exacerbated by malalignment problems or running on hills. This is perhaps the most common and frustrating of all running maladies. Treatment consists of correction of mechanical problems, altered training and appropriate strengthening to relieve stresses under the patella.

Tendinitis is pain and inflammation in a tendon such as the popliteus, iliotibial band, pes anserine, hamstring or patellar. This problem is almost always related to overtraining and treatable by rest, anti-inflammatory medication, and stretching; however, these conditions can become chronic and significantly restrict running.

Internal derangements are significant mechanical alterations within the knee joint producing pain, swelling, locking and giving way of the knee. Torn cartilages, loose bodies or other derangements usually require medi-

cal attention for correction.

THIGH AND PELVIS

Bursitis is inflammation with pain over the bony prominences around the pelvis and hip. Once again these are overuse problems exacerbated by malalignment of the knee and feet. Treatment should involve rest, ice, decreased mileage and anti-inflammatory medications.

Hamstring strains and Tendinitis produce pain and tenderness in the back of the thigh. Training conditions, such as hills and weather, as well as excessive speed work may lead to such problems. Rest, stretching and altered training will help to relieve the symptoms.

BACK

Lumbosacral strain produces pain and spasm in the lower back. Caused often by excessive training or unfavorable conditions these symptoms can be relieved by rest, heat or ice, massage, stretching and strengthening.

Sciatica is sharp, burning pain that extends from the buttock down the back of the leg. It is a serious condition that may indicate a ruptured disc and should be medically evaluated and treated. ■

(This summary of common running injuries was compiled by Dr. Allen from an information brochure by the American Orthopedics Society for Sports Medicine)

STUMBLERS ON THE MOVE

Judy Collins

Debbie and Tim Howard had a son on August 21. Christopher Michael weighed 7 lbs., 7 ozs.

Chet and Kim Blackey had a daughter on September 5. Her name is Elizabeth Mayhugh.

Ken and Marilyn Pike recently visited their daughter, Becky, who attends UK.

Ron, Susan and Austin Lovan visited Todds Road on September 5. Austin earned his Todds Road stroller shirt.

Dick and Christie Robinson will open six area Season's Greeting stores for the Christmas season.

Dwight Price was recently promoted to area Superintendent of Fayette County School System.

Wayne Collier ran in the National Masters Meet in Eugene, Oregon on August 15 and 16. He placed 3rd in the 400 meter run, with a time of 63:2., and 2nd in the 800 meter run with a time of 2:22.5.

When **Beth Argabrite** won the 60+ age group for the Dayton Mini-marathon, there was a cash prize, but as **Bill Stofer** pointed out, she will have to put it into a trust fund or be ineligible for the Olympics. Speaking of Bill -- ask him in what category he ran off with first prize. It had something to do with kilograms instead of kilometers.

Recently, **Joe Binford** returned from three months in Brazil where he was involved in a Latin American studies program. Rumor has it he now runs with castenets.

Welcome to the following new Stumblers who have joined us: **Jeff L. Ray, Richard Mortara, Helen Peppigft, Donald Kacmargcik, Robert Rowland, Judy McGee, M. Elizabeth Kay, Larry B. Owens, K.T. Haynes, Marian L. Gibson, Barbara F. Anderson, Jessie M. Matthews, Marty A. Wenstrup, Charles E. Martin, Janet M. Hensinger, Nicki R. Matthews, Shari Mahon, Pamela D. Furlong, Kevin Duzan, Don Brooks.** ■

DAYTON RIVER ROAD CLASSIC

Phil McConathy

On Sunday, September 21, 1987, in 50 degree weather, over 1800 runners started this well organized half marathon. This race is excellent to use when working on a fall marathon. The known Stumblers who participated are as follows:

NAME	TIME
Larry Wheeler	1:19:36
Don Hardwick	1:23:30
David Wachtel	1:24:15
Phil McConathy	1:28:56
Bill Stofer	1:34:41
- 3rd Overall heavy-weight division	
Earl Freeman	1:37:00
Beth Argabright	1:57:00 - 1st 60-64

The following Stumblers also completed the race but their times were unknown: Steve Coffman, Tom Glover, Mike Higgins, Terry Young. ■

MIDWAY HARVEST RUN 5K

Phil McConathy

On Saturday, September 19, 1987, in Midway, Ky., this very well run race was held with over 200 runners on hand. The weather was favorable and many runners had very good times. The overall winner was Tony Szwilski in a time of 16:19. John Dickinson was second in 16:34, and Phil Wheat was third in 16:47. Other known Stumblers who won awards are as follows:

NAME	TIME	PLACE	AGE GROUP
Charles Yeomana	17:29	1st	25-29
J.R. Miracle	17:58	1st	35-39
Daniel Richardson	19:23	1st	45-49
Charles Rutherford	22:35	1st	55-59
Elaine Schumacher	23:28	2nd	20-24
Nancy Rutherford	29:15	1st	55-59

ANDERSON COUNTY 5K

Bill Stofer

The seventh annual Anderson County 5K was held on July 11 at 8:30 with some 200 plus runners competing. This race was sponsored by McDonalds of Lawrenceburg and Pro Athletic in Turfland Mall. A thunderstorm appeared just as the race started and brought with it heavy rains and high winds, which kept the spectators away and produced slower times. The first man to finish was Michael Snyder in 15:06 and the first female earned a 19:16. This had to be the wettest race so far this year. The known Stumblers who finished through 4th place are listed below.

NAME	PLACE & AGE GROUP	TIME
Jan Collins	1st W 30-34	21:54
Sue Winters	3rd W 35-39	25:01
Mark Thomas	1st M 16-19	17:03
Dennis Haddad	1st M 25-29	16:27
Larry Wheeler	4th M 25-29	17:27
George Braman	4th M 30-34	17:25
Dave Winters	1st M 35-39	16:45
J.R. Miracle	2nd M 35-39	18:42
Robert Green	2nd M 40-44	18:33
Dave Wachtel	4th M 40-44	19:15
Danny Place	1st M 45-49	18:22
John Sensenig	1st M 50 +	19:33

GET TO KNOW DWIGHT PRICE

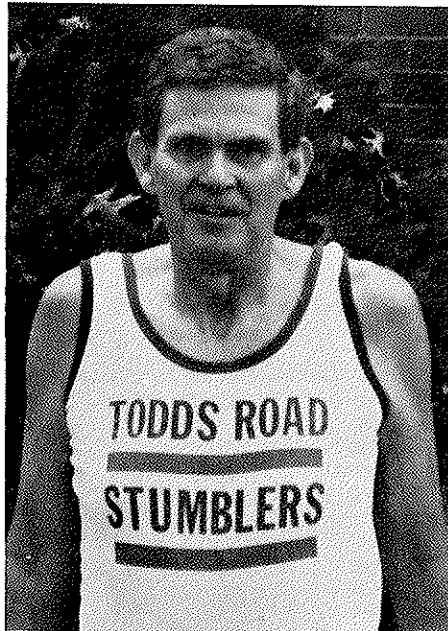
Dan Seaver

For over twenty-three years he was a familiar face to thousands of students at Lexington's Lafayette High School. To many he was Lafayette. I'm referring of course to former principal Dwight Price. This tall, reserved and unpretentious fellow is who many of Lafayette's graduates think of when they recall their days in high school. Certainly no one enjoys a finer reputation among students, parents, teachers and alumni than Dwight.

He began his career at Lafayette in 1963 as a high school guidance counselor and three years later became associate principal. After five years in that job, Dwight was appointed principal, a position he held for another 15 years. This year he was promoted to area assistant superintendent for the Fayette County Public Schools Central Office.

Over the years Dwight has seen many students go through graduation. Today he looks back with fond memories of students and faculty and of the success they've experienced both individually and cooperatively. These same memories come to mind each time Lafayette alumni gather for a reunion to relive happy times in the past.

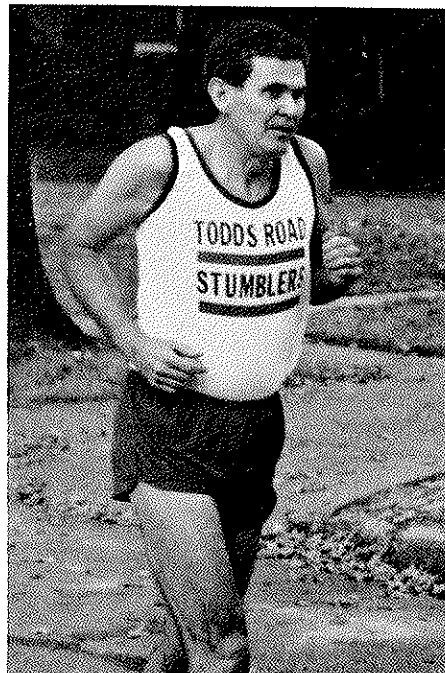
Dwight's decision to go into education was prompted by several factors. First, his father was a professor at the University of Kentucky College of Agriculture. Dwight attended University High School and upon graduation enrolled at UK. Following a stint in the U.S. Army, he returned to the university to earn his master's degree. Also he says that athletics played a part in his career decision. At one time he envisioned a future in coaching. This came about through the influence of UK's Don Seaton, head of the physical education department and track coach. Dwight's interest in coaching faded with time, but not his desire to become involved in education. And so



Dan Seaver

an outstanding career began at Lafayette High School.

As a student at University High, he went out for basketball and track, two sports in which he exhibited a lot of natural talent. In state track meets he placed first in the mile on two occasions and again in the half mile on one other. His best time in the mile was 4:37 which was just two seconds off the state record. In his junior year, he won the mile event at the National Junior Olympics. His success in high



Dan Seaver

school led to a combined track and basketball scholarship at UK. During his college days, Dwight's accomplishments continued. As a sophomore he finished fourth in the mile in Southeastern Conference competition and second as a junior. A bout with hepatitis in his senior year kept him from repeating this achievement.

Like so many other former track and cross country runners at that time, Dwight hung up his running shoes after graduation. It wasn't until several years later than he started back. Since this was well before the advent of the running craze, Dwight says, "I felt a little like a freak jogging around the neighborhood in my shorts." But he stuck with it even after an injury sidelined him for quite a while. And his propensity for running more than compensated for the lay off. Dwight's success as a runner is evidenced by his PRs which include 38:29 for the 10K and 1:28 for the half marathon. Not bad for someone who is fifty-six years old and plans to run until he drops!

Dwight and his wife Peggy are the parents of three grown children, Karen, a fifth grade teacher at Glendover Elementary School, Dwight, Jr., a trader on the Chicago Mercantile Exchange, and Brent, a business major at Eastern Kentucky University. Dwight and Peggy live on Cherokee Park in the same house where he grew up. As fate would have it, the house came up for sale not many years ago and Dwight jumped at the opportunity to buy the Price Family home. Tradition and an appreciation for the past are important to Dwight just as they were throughout his years at Lafayette.

Get to know this Todds Road Stumbler. You'll quickly discover why he's so well-respected and liked by everyone who has known him both as an educator and a genuinely nice person. Good luck in the future, Dwight! ■

MIDSUMMER NIGHT'S RUN

Bill Stofer

The third annual Midsummer Night's Run sponsored by Central Baptist Hospital was held on a very hot and humid evening August 8. The downtown area around Vine and Main Streets were full of some 5,500 runners-walkers and probably that many more spectators. Lynn Wiseman the PR director for the hospital said he felt this was the largest fitness event in the state. Ex-Olympian Jim Ryn gave a runners clinic that afternoon and then ran a 16:15 in the race. Ron Austin jumped rope backwards to raise some \$1,600 for Central Neonatal Intensive Care Unit.

First to finish were a pair of UK runners, Richard Ede in at 14:26 and Kristy Orre in at 16:45. If her name sounds familiar she won the Bluegrass this year. The finish and chutes were run by Superrace systems and they did a very good job when compared to last year's problems. When 3,500 runners are finishing a 5K, keeping times straight is almost logistically impossible.

The known Stumblers and their finish through 6th place are listed below.

NAME	PLACE & AGE GROUP	TIME
Dave Schaufuss	4th Overall	14:47
Dennis Haddad	3rd 25-29	15:51
Richard Hopkins	6th 25-29	16:31
Mike Raftery	6th 35-39	16:58
Dan Dusch	3rd 40-44	16:22
Phil Wheat	4th 40-44	16:42
Martin Ginorchio	3rd 55-59	22:54
Wendy Frazier	3rd Overall	17:23
Becky Reinhold	1st 30-34	20:52
Mary Hagihara	1st 40-44	21:23
Susan Cox	1st 45-49	23:39
Phyllis Jenness	2nd 60 +	37:46

REPUBLIC BANK 10K

Phil McConathy

The second annual Labor Day 10K was held again with a good turnout on hand. The overall winner was Tim Back in a time of 32:09. The overall female winner was Hopye Newkirk in 37:36. This was a very good race with many good times achieved. Other Stumblers who won awards are as follows:

NAME	TIMEPLACE	AGE GROUP
Mike Raftery	34:551st	35-39
Don Livingston	35:061st	25-29
George Braman	35:263rd	30-34
Steve Coffman	37:034th	35-39
Leonard Nelson	38:025th	35-39
Bob Kennedy	38:122nd	40-44
Robert Green	38:133rd	40-44
Ellen Hagerman	38:152nd	Overall female
Don Hardwick	38:591st	45-49
Jim Jones	40:341st	50-54
Susan Cox	44:391st	45-49
Donald Diedrich	46:542nd	55-59
Mary Nagle	47:212nd	40-44
Janna Muccio	50:401st	14 & under
Julie Sullivan	51:351st	20-24
Terance McLorg	52:151st	65 & over
Sharon Blount	57:262nd	45-49
Phyllis Jenness	1:17:361st	65 & over

GET TO KNOW DON HARDWICK

Barb Cook

When I drove up to Don Hardwick's apartment for our scheduled interview, I saw him pacing up and down in front of his building. I'd never met Don before and it looked serious. He was tall and thin (you know the type) dressed in shorts, a Bluegrass 10,000 shirt and running shoes. When we walked into his sparsely furnished living room, the television was on to...oh no! a program about the Bud-Lite triathlon. Scanning the room I spotted a Fuji bicycle and numerous running trophies. I figured I'd happened on some fanatic who had scheduled a half-hour in between his two daily runs.

Not to worry though, Don turned out to be wonderfully refreshing on a hot summer night. He claimed that he didn't want to do the interview and insisted that he was boring. Every time he paused and I asked another question, Don came up with something new. I left feeling that I'd only scratched the surface of this interesting Stumbler.

Don is an avid runner, so I'll get that out of the way first! He's been running since the late 70's. He joined Todds Road in 1980. He used to run at UK's Coldstream Farm after work with Earl Freeman, a fellow IBM employee, and Earl dragged him out to Todds Road. He was telling me stories about his 20 mile runs on Saturday mornings and nonchalantly discussing a race in Cynthiana this year where he ran a PR of 37:12. Don races about every other weekend. He travels with Stan Briggs, Nick Nickell and Phil O'Donnelley. (Now, that's what I call a "fast crowd.") He wins his age group 2 or 3 times a year. He logs 6 or 7 miles daily, puts in long weekend runs and does speedwork on Wednesdays. Don has completed 4 marathons including a 3:13 time in Boston in 1984. He swore that would be his last marathon then in the next breath told me he plans to run another this fall to qualify for Boston in 1988. Other than marathons, Don tries to peak for the Bluegrass 10,000. He also cycles -- sometimes out to Todds Road before running.

As for "work" Don claims he didn't have to do that for long (he's a
(continued on page 11)

RACE SCHEDULE

OCTOBER

- 2 - Perryville 5K, Danville, Ky. John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502
- 3 - Sorghum Festival 10K, Springfield, Ky. Springfield Sun Newspaper, Springfield, Ky. 40069, 606-692-2661
- 7 - Audubon Park Classic 5K, Louisville, Ky. Cherokee Road Runners, Box 34532, Louisville, Ky. 40232
- 9 - Run to Burnside 10K, Burnside, Ky. John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502
- 10 - Citizen's Challenge, Seneca Park, Louisville, Ky. Metro Parks, Louisville, Ky.
- 17 - U of L Homecoming 10K, Louisville, Ky. Metro Parks, Louisville, Ky.
- 18 - Green River Lake 10K, Campbellsville, Ky. Central Ky. News-Journal, Campbellsville, Ky. 42718
502-465-2500
- 24 - Bluegrass Mini Marathon, Lexington, Ky. Parks & Recreation Dept., 545 N. Upper St., Lex., Ky. 40507
- 31 - Wendy's 10K Classic, Bowling Green, Ky. Running Stores, David Mason, Box 1316, Bowling Green, Ky. 42101
- 31 - K-Men's 10K, UK Campus, Lexington, Ky. John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502

NOVEMBER

- 1 - New York Marathon, New York City, NY.
- 8 - Columbus Marathon, Columbus, Oh.
- 8 - Louisville Marathon, Louisville, Ky. Box 36452, Louisville, Ky. 40233
- 21 - Vulcan 10K, Birmingham, Al. Box 2563, Birmingham, Al. 35202, 205-325-1925
- 22 - Vulcan Marathon, Birmingham, Al. Box 2563, Birmingham, Al. 35202, 205-325-1925
- 26 - Turkey Day Run, Lexington, Ky. John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502
- 27 - Run For Hunger, Lexington, Ky. John's Running Shop, 321 S. Ashland Ave., Lex., Ky. 40502

DECEMBER

- Rocket City Marathon, Huntsville, Al. Huntsville Track Club, 8811 Edgehill Dr., Huntsville, Al. 35802
- 31 - Todds Road Stumblers New Year's Eve Run, 11:30 p.m., Clubhouse, Lexington, Ky.

JANUARY

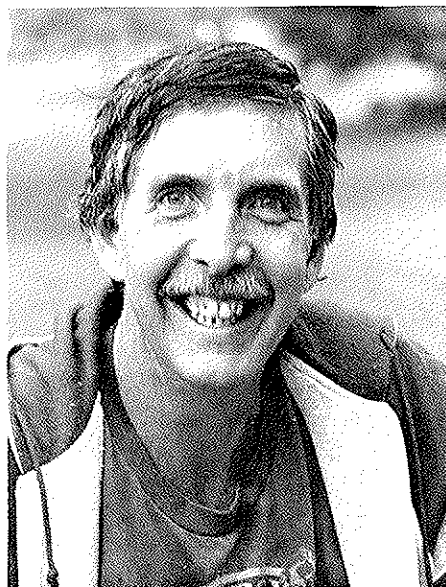
- 1 - Hangover Classic 10 Miles, Louisville, Ky. Cherokee Road Runners, Box 34532, Louisville, Ky. 40232 ■

GET TO KNOW DON HARDWICK

(Continued from page 10)

manager you see). He graduated from UK with a degree in business then joined the army. He said he was sorry, but there was no way out after joining. After taking aptitude tests, he and another man went to Monterey for intensive language study -- Russian language. He was then sent to a city in Japan so hard to spell that he simply says "It was as far away from Tokyo as you can get." He worked there for a year in security on the Russian border as a linguist. When he got back to Lexington, IBM was fairly new and Don started assembling typewriters. He now works as a production control manager responsible for getting parts (to put them there typing machines together). He says IBM is a super place to work if you have to work. He's been in many different departments and acts like he doesn't do anything important, but I don't believe him.

Don has four children and is proud to claim one grandchild. Tanya and Tony are the oldest children. Donna just graduated from UK with a commu-



T.C. Martin

nications degree and Cindy just graduated from high school. She plans to study at Morehead this fall. They all live in Mt. Sterling. Don just moved to Lexington last year after a "partnership split." He loves living by himself and loves "not having to mow the lawn or anything like that." He has a

small apartment and a maid who comes in to do "the serious cleaning." I doubt if there is much to do. Don claims he didn't know how to turn on the stove when he moved in and now only cooks if he's real hungry. He had a typical bachelor's fridge with condiments, beer and diet pepsi. He only has two plates, so he can't use his dishwasher. (He doesn't have the nerve to turn it on anyway.) He swears that he eats in the shower so he won't have to clean anything up.

Does Don have time for anything else? He takes computer courses once in a while. He is active in Amnesty International, an organization that works for the release of political prisoners. He took bridge lessons last year and hopes to continue. Frankly, I don't see how anyone who is good friends with the likes of Nick Nickell and training for Boston can have any extra energy! Don loves his new life in Lexington, loves his kids, his job and his running. Get to know Don and see if some of his enthusiasm rubs off on you -- he's an inspiration! ■

Todd's Road Stumblers, Inc.

milemarker

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1987 HOMECOMING

Saturday Morning, Nov. 14
Todd's Road Clubhouse

REMINDER

VOLUNTEERS ARE
NEEDED FOR THE 1987
STATE HIGH SCHOOL
CROSS COUNTRY
CHAMPIONSHIPS
KENTUCKY HORSE PARK
SATURDAY, NOV. 7