



Member Roadrunners Club of America

THE TODDS ROAD

millemarker

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

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THE GREAT CLEANUP!!



Photo by Alan Lessig

Todds Road Stumblers clean up litter on the Saturday Fun Run course. Wendy Frazier, Marti Hall, Pennie Frazier and Babe Ray ride off to work. See story on page 3.

AT THE STARTING LINE

By Kenneth J. Pike

STUMBLERS ANNUAL PICNIC July 23, 1984

The Sixth Annual Todds Road Stumblers Picnic is set for Monday evening, July 23rd. Be sure to mark your calendar now, because this is the only notice that will be sent. All members are invited as are members of their immediate family. If you are single then please bring a very special friend.

As before, we will meet at the pool behind Spindletop Hall. Spindletop is located on Ironworks Pike between Newtown Pike and the Horse Park. The driveway is on the south side of Ironworks near the point where it changes from two lanes to four lanes. Just follow the driveway around to the right and park in the lot behind the pool.

The two mile fun run will begin promptly at 5:30 p.m. There will also be swimming, basketball, tennis and "full-contact" volleyball. All of these pale by comparison to the competitive nature of the main event - the "pot luck" dinner. The club treasury will provide a variety of meats, breads and such for sandwiches along with plates, utensils, napkins, and cold soft drinks. Each member is requested to bring a covered vegetable dish, a salad or a dessert to contribute to the buffet. Call Norma Green or Cathy Fox at 254-3447 to let us know how many will be coming and what you plan to bring. This needs to be coordinated so that we don't end up with a dietary imbalance. We also need to know how many are planning to come so that we can be sure to furnish enough of the basics. All of the past picnics have been great. Last year we had an attendance of 146.

Facilities for changing clothes will be available. "Lights-out" will be at 9:30. Please call by Friday, July 20th to register.

TAKING THE CURE

One of our more regular participants in the Todds Road Saturday morning run is Don Ambroziak. Few members are aware that in addition to being a Stum-

bler he is also a podiatrist. Although he can tell that many of us need help, he prefers to enjoy the run and the camaraderie, and to keep his profession in the background. At my urging Don has written a brief article for this issue on the sensitive subject of stretching and its value to the average athlete. To better deal with the techniques involved we have scheduled two "After-The-Run Clinics" to be presented on July 21 and August 4 at the clubhouse. About 9:30 a.m. (after most of us have finished our run but before we have completely cooled down) we will convene in a quiet spot and Don will explain and demonstrate the basic stretches that he feels all runners should use. He will also go into exercises that are used to relieve some of the more common flexibility problems and will analyze specific conditions of those attending. I think you will find this to be interesting and helpful. Dress is, of course, casual.

500 MILE CLUB

Since our Spring issue we have had two more Stumblers to complete the 500. Stan Briggs finished on March 31 and on April 14 so did Wendy Frazier. Congratulations to both of you.

A WELL DESERVED THANK YOU

Ron Sanders served on the Kentucky Relays Committee this year. Ron's job was to recruit officials for the track events. He requested that the following notice be published.

The Todds Road Stumblers who officiated at the Kentucky Relays in April deserve a huge "thank you."

On Saturday morning Don Weber and I were very concerned that the horrible weather would result in a less than adequate number of officials, but the Stumblers came through and every event had sufficient officials, albeit wet ones.

Those Stumblers who could not work

the Relays into their schedule this year will get another opportunity next Spring.

Again, thanks to those who helped this year.

And thanks to you too Ron. There is a lot of hard work (not to mention the anxiety) involved in lining up those volunteers, and you did a fine job for Todds Road.

NEWS FROM THE MEMBERS

We received a letter from Stumbler Phil Isaacs reporting that he and brother Walt recently completed their first marathons. They ran the Cleveland-Revco on May 20 which he describes as "flat and fast, winding thru scenic suburbs along Lake Erie." Phil and Walt ran a 9 minute pace and had rain the entire distance. They recommend the race very highly to other first timers. Congratulations to both of you.

It's always a pleasure to hear about the accomplishments of our younger members and so our letter from Stumbler Richard Cuniff was very welcome. He reports that his 15 year old son Cob (who is also a Stumbler) just finished a very satisfying track season. Cob placed fourth in the Class A mile at the KHSAA State meet in 4:34 and took third in the two mile in 9:53. Both times are PR's. To get to the State meet Cob won the mile and the two mile in his Sectionals and Regionals! He was selected by the Kentucky Track and Field News to the All-State 3200 meter team. As a freshman at Berea High School Cob is a B-plus student and plays baseball and basketball. In his most recent road race (Wendy's 10K in Frankfort) he won his age group with a 34:28 PR. While training for the next cross country season Cob will probably run the Bluegrass 10K and the Wilderness Road 5K.

We'll be looking for you Cob. Wear that Todds shirt proudly and don't forget to have fun. Thanks for the letter Richard.



THE GREAT CLEANUP

By Kenneth J. Pike

Saturday, May 12 was a beautiful spring day, and was also the inaugural of a new tradition. An estimated 50 hardy Stumblers divided into small groups and spread out over the length of our six mile course to collect the trash and debris that had been deposited in the ditches for many years. This project has been discussed around the clubhouse for quite a long time but it was Karl Boewe who stepped up and suggested it to club Secretary Cathy Fox. Her reply was "You organize it and I'll get the supplies." A short time later a large sign was posted on the bulletin board to announce the date, and things were rolling. On the appointed day a large supply of trash bags was distributed to the volunteers and about 90 minutes later the job was done. When it was over almost everyone had a story to tell because in addition to the expected assortment of bottles and cans there were some very interesting items in those ditches.

Overall we collected 225 bags of trash with an estimated weight of 5,000 pounds. We offer many thanks to Karl Boewe and the others that worked so hard to get this job done.

The last time I ran the course I could see that the Litter Gremlins had been doing their dirty work again, so there will be plenty for us to collect next time. ■



Photo by Alan Lessig

ABOVE - Alex Campbell checking up on the work of Elizabeth Campbell (L) and Diane Curry (R).

RIGHT - Becky Reinhold hard at work.

BELOW - Pyddney Jones and Will (L), and Cathy Fox and Jack (R) doing their share.

BELOW LEFT - Mark Nenow joining in the cleanup.



Photo by Ken Pike



Photo by Alan Lessig



Photo by Ken Pike

GET TO KNOW JOHN FITCH

By Dan Seaver

One of the great things about running is that you can get involved in the sport at any age. You can begin as a young person in school, or you can wait until much later in life to put on your Nike's. It really doesn't make a difference as long as you enjoy running.

Todds Road Stumbler John Fitch started running in 1978 when he was already 60 years old. At that time running was a way to help him lose weight. In the past six years John has not only lost weight, but he has also become a very competitive runner in his age group.

Just take a look at him and you can tell immediately that this Mason County native relies on more than running for his exercise. For nearly 40 years he has lifted weights. In addition to "pumping iron," John has worked with several area boys over the years who shared his interest in weight lifting. He has been instrumental in helping many of Woodford County High School's wrestlers build up their strength as a part of the team's training program. The past success of these wrestlers speaks very highly of their

individual efforts and also of the strength coaching John has given them.

A trip through the den at John and Betty Jean Fitch's Versailles home makes you realize right away that there are some special memories in this family. Like their dad, a former Morehead State University football player, the Fitch children have all made their mark in athletics. The room is full of awards. Joe, now a Lexington detective, was a track and football star in high school and college. Jerry, a sales representative in Dallas, played football in school and was an Olympic weight lifter. Sheila, who teaches special education in Madisonville, excelled in swimming and track. And Jeff, a C.P.A. in Los Angeles, was a state champion wrestler in high school and an NCAA wrestler in college. The four are graduates of Eastern Kentucky University, Western Illinois University, Morehead State University and Indiana University, respectively.

John's awards for running are also on display. One of them brings to mind an anxious time last summer during the

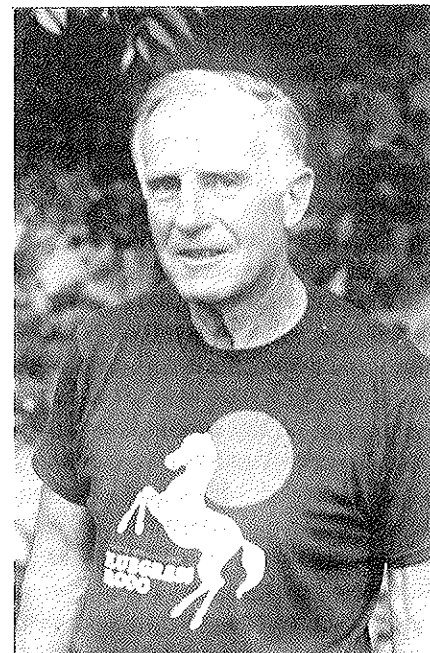


Photo by Dan Seaver

Bluegrass 10,000. As he was nearing the finish line, John was passed by another runner who he mistook for someone in his age group. Thinking that there went his chance for an award, John ran as hard as he could to retake the lead, but to no avail. The other runner finished ahead of him. As he was leaving the chutes, John learned that his place in the 65 and older category was safe. The other runner was just 49. John took the third place award home that day.

John tells us that younger runners like Bob Maclin, Terry McLong, Harry Campbell and the Old Stumbler have offered him a lot of encouragement in running. As the oldest member of the Todds Road Stumblers, he has also taken his share of friendly jabs from these and other runners in the club.

John, who is a deacon of the Versailles Christian Church and a member of the local Lions Club, is an inspiration to others who are interested in fitness and are not inclined to retreat to a comfortable armchair when they retire. Likewise he and Betty Jean have every reason to be proud of their family and the individual accomplishments of each member. ■

CINCINNATI HEART 15K

By Nick Nickell

This year's Cincinnati Heart 15K Mini-Marathon on March 25 was run under ideal conditions. For the first time since I can remember we did not have a strong headwind hitting you on the way back. As a result, many age group records were broken, and other excellent times recorded. With over 4,800 runners in 4 separate heats starting 10 minutes apart, it is tough to tell where you stand at any point in the race, but this procedure does help you get a better start. Since age group awards are not listed separately, I will list those Todds Roaders we know were there, and if they had a personal record, I will list P.R. beside their time.

NAME	TIME	AGE GROUP
Mike Raftery	54:19	30-34
Ken Littrell	58:41	30-34
Gary Bigler	59:19-PR	30-34
Bill Pabst	1:00:33-PR	30-34
Tom O'Brien	1:02:41	30-34
Dave Winters	54:06	35-39
Bill Morgan	56:45	35-39
Bill Harshbarger	57:28	35-39
Nick Nickell	1:00:47-PR	35-39
Stan Briggs	57:13-PR	40-44
David Wachtel	1:03:06	40-44
John Sensenig	59:18	45-49
Ernie Perry	1:00:52	45-49
Dick Hutchison	1:02:52	50-54

STUMBLERS ON THE MOVE

By Suzanne Sanders

In October, **Bob Maclin** will retire from NIDA after 36 years of service. Bob has recently moved to Lakewood Drive from the NIDA facility on Leestown Road, where he and Doris had lived for 34 years.

Camille Weber has a new job at the Herald-Leader which is making use of her skill and talent in their art department.

Stan Briggs was recently promoted to Director of Administration for the Volvoline Division of Ashland Oil. Stan began at Ashland Oil as a senior auditor.

Doug Worful is now a branch manager for Amerisource.

Joe Binford, Professor of History at Transylvania University, is taking a sabbatical. This fall he will study at the Institute of Latin American Affairs in Austin, Texas. After Christmas vacation at home, he and his wife Anne will go to Mexico for six months. Joe will be preparing a course for Transylvania in Latin American History. Anne, who teaches sculpture at Transy, will study Mexican art, paint and sculpt while in Mexico.

John Wisniewski joined us for a Saturday morning run during a brief visit with the **Bill Morgan** family. John is working for a master's degree at Georgia Tech. He and **Candy** will return to Lexington (and IBM) in December.

On May 17, the Herald-Leader featured **John Fox** as the recipient of the Certificate of Merit from the American Red Cross. John was honored for reviving 5 month old Renee Davis by mouth-to-mouth resuscitation. John had learned his life-saving skills from a Red Cross course.

John Carroll has been honored by being asked to serve on the Nieman Fellowship Selection Committee at Harvard University this year. The Nieman Fellowship is for mid-career journalists. It offers the 12 annual recipients one free academic year at Harvard to study any subject in any of Harvard's undergraduate or graduate schools. John was a Nieman Fellow in 1971-72. This spring John reviewed and evaluated the work of 130 applicants.

Doug Campbell, M.D. was married on May 12 to Annette Darlene Black, who is the daughter of Mr. and Mrs.

Charles Hubert Black of Nashville, Tennessee.

It must be another baby boom. **Paula Strack Feighery** gave birth to Christina Nicole on May 17, 1984. Christy weighed 9 lbs. 8 3/4 oz. and was 22" long. **Debbie Taylor**, the typesetter for the Milemarker, recently returned from maternity leave. On January 9 she gave birth to twin boys. Jason weighed 6 lbs. 10 oz. and Justin weighed 5 lbs. 5 oz. **Ping and Sally Chow** had a baby girl. Sara was born on May 27. On May 31 **Art and Jan Hellebusch** had a boy named Stuart.

New members since our Spring issue of the Milemarker are: **Lyle Atend, Pastoria Elisa Back, Larry R. Crane, Leslie Culver, Wally J. Ferrier, Jenny Gerycz, Margaret M. Gooley, Carl J. Gorham, Dennis G. Haack, Mike Kennedy, Don Livingston, Jim Mann, Robert F. Matthias, Richard L. Michael, Katie Miller, Kim D. O'Brien, Ed Richardson, Bill Sanborn, J. Whit Sanning, Tom F. Scally, III, Terry R. Seaborn, Steve E. Shuey, Sundra G. Smith, John Clay Stanby, Gene W. Stefaniak, Gene W. Stefaniak, Jr., Tom R. Stefaniak, Don J. Vazmina, David Wachtel, and Elizabeth Wachtel.**

DERBY MINI-MARATHON

By Nick Nickell

April 28 was the date of the 11th Annual Derby Mini-Marathon in Louisville. With 6500 plus runners, this became the largest race ever in the state of Kentucky. As usual, this is a real happening with not only good competition, but odd costumes and groups running the 13.1 miles. Martin Ginocchio rented a bus for the trip to Louisville and took along some friends this year. Next year, we hope more people will utilize the bus so it will cut down on all of our expenses - right Martin? Again, with so many runners, it is hard to receive age group awards and even harder to look through that many names to find all our Todd Roaders, but listed below are the ones we know who went.

Those with personal records (P.R.'s) are noted below.

NAME	TIME	AGE GROUP
Wendy Frazier	1:35:41	W 15-19
Bob Carden	1:15:06 (P.R.)	M 20-24
Paula Hoskins	1:42:56	W 30-34
Suzanne Sanders	1:39:06	W 35-39
Ann Wheat	1:39:13	W 35-39
Judy Collins	1:49:49	W 35-39
Mike Rafferty	1:16:33	M 30-34
Bob Hart	1:49:33	M 30-34
Chass Voss	2:00:30	M 30-34
Barry Collins	1:18:46	M 35-39
Phil Wheat	1:19:08	M 35-39
J.R. Miracle	1:19:38	M 35-39
Bill Morgan	1:21:26	M 35-39
Phil McConathy	1:26:11 (P.R.)	M 35-39
Nick Nickell	1:26:18 (P.R.)	M 35-39
Lionel Hawse	1:44:29	M 40-44
Larry Holman	2:01:24	M 40-44
Bill Olrich	1:12:52 (1st age group)	M 45-49
Tom Cooper	1:22:23	M 45-49
John Sensenig	1:28:55	M 45-49
Martin Ginocchio	1:39:04	M 50-55
Harry Campbell	2:24:43	M 60-65
Dan Kenady	1:29:59 (P.R.)	M 35-39

GET TO KNOW SUSAN COX

By Dan Seaver

Looking for an example of someone who combines a zest for life with a dedication to physical fitness? Then look no further than Todds Road Stumbler Susan Cox. At age 46, Susan shows unequalled enthusiasm for everything she does, whether it's teaching aerobics, competing in a triathlon, or just talking about the advantages of staying fit.

Fitness has always been an important part of Susan's life. A native of Paducah, she began swimming when she was three years old. Along with swimming, tennis and golf were favorite activities during school days. This interest in sports followed Susan to the University of Kentucky where she majored in physical education. At U.K. she was also a cheerleader and captain of the team in 1959. After college Susan married Bert Cox who became President of Midway College in 1965. During the next 12 years at Midway, she first served as a college counselor before later deciding to devote her time to teaching fitness and swimming.

Today Susan is still teaching swimming, tennis and aerobics to women of all ages in Lexington. She has won quite a following for herself among local fitness enthusiasts. Likewise, Susan's accomplishments as an outstanding swimmer and triathlete in her age division have brought her to the attention of sports fans throughout Central Kentucky. She is an All-American-ranked swimmer in several events and a past triathlon winner.

Susan will tell you that her publicity is flattering, but it also creates extra pressure before an event. She says especially with a triathlon, if you excel as a swimmer, people expect you to do well in the biking and running competition as well. However triathletes don't always perform at the same level in each event. That may account for the growing number of runners, swimmers and cyclists who are seeking the variety of activity offered in this three-event sport.

Some of her contemporaries may wonder why a woman in her 40's enters triathlons. No doubt part of her reason is



Photo by Dan Seaver

that you do compete in three sports rather than just one, thus challenging you to be more versatile in your training and performance. But she will also tell you that from a fitness point of view, triathlon events offer a better balance of muscle strength than is commonly found in many sports.

Susan's first triathlon was the 1982 Bluegrass Triathlon held at Spindletop. We understand that only two weeks before the events, she was talked into entering by John Sensenig, a co-founder of the local triathlon club. At that time Susan didn't even own a 10-speed bike. After borrowing one, she ran into problems with the bike chain and in changing gears. As a result she stayed in the same gear throughout the biking event. Even with a small field of participants, Susan was pleased to win the overall women's division.

With all of her success, she still likes to emphasize that while winning in any sport is nice, getting out and participating is far more important. In her classes, she encourages women to get involved in fitness and fun. Susan is a good role model for what she teaches. Here is someone who uses many avenues in staying fit. At the same time she thoroughly enjoys watching people excel as they strive to increase their level of fitness.

In August Susan will be competing in the U.S. Nationals swimming meet in Raleigh, N.C. She will also be entering other swimming competitions and triathlons during 1984. We wish you well.

Susan and Bert Cox are the parents of three children, Tommy, 19, Catron, 12, and Clifton, 11. ■

DIET PEPSI CHALLENGE

By Nick Nickell

April 7 was the date of the second annual Diet Pepsi Challenge Run held in Athens, Kentucky. This run was to raise funds for Cystic Fibrosis, and Todds Road Stumblers were well represented in the 400 plus runners that showed up that day. We were especially well represented by the women with Cathy Fox's winning time of 39:27 and Arlene Recitor's third place time of 41:45. In addition, Wendy Frazier won her age group, 15 and under, with a time of 44:01, while Brenda Curd won the 16-19 group with a time of 44:18. Beth Argabrite's 56:36 and Joy Carden's 1:03:51 took both first and second in the women's 50-59 age group. Good work ladies!

As to the men, Butch Frazier's 49:58 placed him third in the 16-19 men's group and Mike Rafferty's 34:51 got him a second in the 30-39 age group. Bill Olrich's 34:30 and Stan Brigg's 38:48 got first and second in the men's 40-49 bracket, while Martin Ginocchio's 42:54 got him a second in the 50-59 group. Terry McLorg won the 60-69 men's title with a 47:12.

The Todds Road Stumblers took first in the 10K Club Competition while Bio-Scabs and IBM won the 5K Corporate Team Competition. The only P.R. I know of was my own 39:32. Please folks, let us know your P.R.'s so we can recognize you too! ■

GET TO KNOW BREEZY AND DIANE CURRY

By Becky Reinhold

You have probably seen Diane Curry and her constant companion, Breezy, running down Richmond Road at one time or another. Diane and Breezy take to the roads every afternoon for a 12- to 17-mile run.

Diane isn't an ordinary runner. Although she started running for health reasons, as many of us did, she has never taken off for more than 10 weeks in the past 15 years. (That was because of an injury!) She has progressed from running 3-mile races to her now favorite 50-mile Ultramarathon.

Diane says, "I like to conquer myself. There is a fascinating relationship between the physical and mental being, and in spite of the fatigue it's an interesting experience." Last year in Chicago, Diane won her age group for a 62.5 mile race in 11 hours and 40 minutes.

Diane, 38 years old, graduated from the University of Kentucky with a degree in Elementary Education. Her first job at Christ the King lasted 5½ years. Then she moved to Sayre for seven years. At Sayre, she taught physical education and health, and coached girls soccer, basketball, field hockey, as well as being the cheerleading sponsor.

As teaching and coaching began to demand all of her time, she realized that to train for an Ultramarathon she would have to take a leave of absence from a profession she loved. She "retired" two years ago so she could devote full-time to training.

Diane's favorite running partner, Breezy, came into her life quite by accident. On a trip through Lansdowne, Diane spotted Breezy on the side of the road with a broken leg. She found the owner, took Breezy to the vet, and since the owner was going to be out of town, Diane agreed to nurse Breezy back to health. She became so attached to the dog she talked the owner into selling her for \$50. To this day Diane believes that is the best \$50 she has ever spent!

Breezy has the distinction of being the only dog member of the Todds Road 500-mile club, certainly the only dog to have two "fittings" in a local shop for a Todds Road T-Shirt, and one of few dogs that, when lost, has a helicopter dis-



Photo by Reese Reinhold

patched to look for her! Diane's less fond memories of Breezy include her running citations (given by the dog pound because Breezy was not on a leash), so far totaling about \$200!

Diane lives in the oldest house in Lexington, the Adam Rankin House, with four dogs, Breezy, Gallon, Monaco, and Shenanigans, and a cat, Adam. Her outside interests include writing children's stories, weightlifting (which strengthens her upper body for distance running), travel, crafts, tennis, golf, and volunteer work for Hospice, Planned Parenthood, and the Junior League.

Diane is a firm believer that running is beneficial both physically and mentally, and though she agrees that she is "addicted," she feels it is a very positive addiction.

Her goal this year is to train for and run a 100-mile race. She suggests that anyone interested in running an Ultramarathon train themselves mentally as well as physically, as the mind must be as well disciplined as the body to endure the highs and lows of a 50-mile race. We wish Diane the best of luck and no injuries so she might reach her goal for 1984. ■

WHO ARE THOSE GUYS?

By John Fox

While standing around at the clubhouse on Saturday mornings or after a race, are you ever struck by the apparent diversity of the runners affiliated with the Todds Road Stumblers? The question which results from these musings is clear: what interesting facts would a study of the club's membership yield?

Spurred on by this, I decided to try to formulate an overview based on the information recorded on the club membership forms.

Of the 925 names on our mailing list 695 live in Lexington, 164 live elsewhere in Kentucky, and 66 reside in other states. Further, of the 925, a total of 650 have completed and turned in the member information form. Of the approximately 650 members currently listed some 429 or 66 percent are male, while 214 or 34 percent are female. The oldest club member is 70 years young, while the youngest is 9. From the available, albeit imprecise and/or incomplete, data, the median age of female runners is 28, while that of their male counterparts is 35.

People from seemingly every-walk of life swell the ranks of the club. As one might expect, there are many members working in the health care fields. Likewise, the worlds of business and industry, as well as the legal profession are well represented. It appears that the single largest group is comprised of students and educators. These facts in themselves are none too surprising.

There are, however, many Stumblers whose non-running lives are noteworthy. For instance, among our numbers are found a blacksmith and a dairy farmer. For those in need of guidance, the club boasts the membership of several clergymen. Likewise, an endangered species, the housewife, runs at Todds Road. Pilots, postmen, policemen, principals and even prison wardens also participate!

As can be understood from this very unscientific appraisal of the club membership, Todds Road Stumblers come in all shapes, sizes and speeds from various professions and persuasions. If one wishes, then, to strike up a conversation with an interesting person, one need only introduce him/herself to a fellow club member any Saturday. ■

SUMMER RUNNING SAFETY

By Kenneth J. Pike

At last! Good old summer time is here. The roads will be more crowded as the fair weather runners resume training and the year around runners begin increasing their mileage to get ready for the 10K season and the Fall marathons. At the same time there is an increase of auto traffic on the streets and so the potential for an accident rises. Most of the runners that have discussed safety with me can tell a story of a recent near miss, but none were aware of any injury-causing incidents. Well it's time to wake up friends because the behavior of a few aggressive runners is now bringing reaction from some equally aggressive drivers! Officer Bob Larimore of the Hit and Run office of the Lexington-Fayette Urban Police Department reports that in the month of May there were three complaints in which the runner was moving along the right edge of the road and as a car approached from behind the passenger door was opened so as to intentionally strike the runner.

Here are a few safety suggestions to help defuse the situation.

- *The U.K. track is open to the public. Many of these problems can be eliminated by going there for your workouts.*

- *Use sidewalks whenever possible. When doing so, remember to watch out for children on bikes, cars leaving and entering driveways, and faults in the walkway. You must also be alert for cars at crossings and must remain aware that when you run the sidewalks you are violating the territory of countless family dogs that "wouldn't harm a flea."*

If you must run in the roadway (because of inadequate sidewalks or because you are too stubborn to do otherwise) then consider the following:

- *It is possible for both runners and autos to share the roads if the runners will remember that the streets are actually built for the cars. We must avoid disrupting the orderly flow of traffic by not making risky crossings or by not crowding the cars out of their lane. Be willing to yield. Stay in single file.*

- *In general it is best to run on the left facing the oncoming traffic.*

- *Schedule your run to avoid the peak traffic hours.*

- *Be especially alert at intersections.*

- *Wear brightly colored clothing so that you stand out against the background.*

- *Save your high intensity workouts for the track. Running all out takes total concentration leaving you unaware of your surroundings.*

- *Keep your eyes open for vehicles with wide side mirrors. They are right at elbow height and protrude far beyond the vehicles body line. Being painted black they are hard to see.*

And if we haven't laid enough heavy stuff on, here are more points to ponder:

- *Be careful to avoid dehydration. Plan your route to include water stops at a friend's home or a gas station.*

- *If you run at night to avoid the heat then be sure to wear reflective clothing.*

- *Dogs seem to be more irritable in hot*

weather. Give them a wide berth.

- *Leave the stereo headphones at home. They block out too much sound. Sometimes your hearing is your first warning of a dangerous situation.*

- *Watch yourself for symptoms of "tunnel vision," which is a fatigue-related condition that decreases awareness of your surroundings.*

- *Be mindful of the symptoms of heat stress which can leave you weak for a few days or, at the extreme, can be fatal.*

In closing I asked Officer Larimore, who is also a runner, if there were any other safety precautions that came to mind, and he said he thought it would help him if he wore a large sign that said "Slow Moving Vehicle." That got me thinking about the shape I've been in lately and so I'm having one made for me that says "WIDE LOAD." ■

CAPITOL EXPO 10K

By Nick Nickell

This year's Capitol Expo 10K held on June 2 brought together some of the finest talent in the state. This race is fast closing on Wendy's Bowling Green as the top race in the state. While the total number of runners at just under 1000 is not large, the quality of the field was shown when 107 runners finished in under 39:00. The only problem this year was the backup in the finish chute for those runners finishing over 45:00. However, the clinic the night before and the meal and party afterwards made for a fun weekend. Listed below are those Todds Roaders with P.R.'s, or who won age group awards.

NAME	TIME	PLACE	AGE GROUP
Todd Murphy	34:10	4th	20-24
Don Cowan	34:05	1st	25-29
Mike Raftery	34:41	5th	30-34
Dave Winters	35:15	2nd	35-39
Phil Wheat	35:29	3rd	35-39
Barry Collins	35:37	4th	35-39
J.R. Miracle	35:45	5th	35-39
Bill Morgan	37:46	8th	35-39
Nick Nickell	39:22(P.R.)	-	35-39
John Pendleton	36:21	4th	40-44
Stan Briggs	37:32(P.R.)	5th	40-44
Bill Olrich	33:32	1st	45-49
Tom Cooper	37:34	2nd	45-49
Dick Hutchison	40:32	3rd	50-59
Wayne Collier	42:16	4th	50-59
Bob Maclin	43:59	2nd	60 plus
Wendy Frazier	40:25	3rd overall	
Brenda Curd	42:08	1st	16-19
Kelly Brucker	45:24	3rd	30-34
Susan Cox	50:22	3rd	45-49

GET TO KNOW BABE RAY

By Becky Reinhold

The first time Babe Ray came to Lexington, he came to run. He tells us he has been running ever since. Babe remembers coming to the state high school track meet in 1942 when he ran the 4x440 relay for Manual High School in Louisville, Kentucky.

In 1945 he came back to Lexington to attend the University of Kentucky on a football scholarship. He played football here for one year before joining the Navy. After the Navy, Babe came back to U.K. for one more year of study and football, before transferring to the University of Louisville to finish up his degree.

Babe met and married Ann in 1951, and Kenny, their only son, was born the next year. He also started working in the insurance business that year. In 1953, Babe and family moved back to Lexington and today Babe is still enjoying the insurance business. He and Kenny have formed their own company, the Ray Company, specializing in life and disability insurance, but also dealing in mutual funds and financial planning.

Babe and Ann are now proud grandparents. Kenny and his wife, Linda, have two beautiful children, Andrew, age 4, and Maggie, age 1. You have probably seen Babe and Andrew out at Todds Road together. He's getting him started running early!

Babe attributes his running ability to his "coach," Bill Matlack. He encouraged Babe to come to Todds Road when the group was first formed. Babe has kept running because of the friends he's made, but he says it's especially because of the girls that run! You can almost count on Babe bringing up the rear of the Saturday morning runs, surrounded by two or three girls, and usually wearing a crazy looking hat. Babe has a hat for every type of weather and any occasion!

Babe's hobbies include tennis, old cars, hat collecting, and the Big Brothers/Big Sisters of America program. He is a past president of Big Brothers and has had five little brothers since 1960.

The Stumblers are pleased to call Babe one of their own, old hats and all. He always has a smile and a kind word



Photo by Reese Reinhold

for everyone. We hope he'll be out there running with us at Todds Road for years to come! ■

WHY MUST WE STRETCH?

By Dr. Don Ambroziak, D.P.M.

Anyone who reads the current literature on running and jogging notices that the area of stretching exercises is a controversial one. In this article I would like to give my personal viewpoint on stretching and some of the physiological principles involved.

The principles of physics and biomechanics have shown that a muscle and its corresponding tendon will perform at maximum efficiency and strength with about the same amount of effort if it is functioning at 100% of its physiological length. Unfortunately for us typical runners, our everyday activities, including our work environment, exerts our muscle structure to only about 60% of its maximum length which results in resting length contracture and tightness. In contrast, the world class athlete is endowed with a unique physiology which allows him to

extend his muscles to their maximum length during daily workouts, thus avoiding a buildup of muscle tightness and minimizing the amount of stretching needed.

A muscle functioning at less than its optimal length, especially during the effort of long distance running, is obviously more prone to excessive strain and injury than a lengthened one. This principle started being applied about ten years ago in college and professional football. Most activities in football happen in short bursts with very little extension of the joints. Consequently muscle contractions with resulting strains and pulls were very common. However with the advent of a supplemental stretching program, injuries of this type were reduced about 50%.

This is very similar to the situation we face in our daily job activities which limit

muscle extension. We end up with shortened muscles, and then without proper warmup exercises we go out and run several miles. This sudden increase in activity can easily tear a taut muscle or strain a tendon. It is for this reason that I recommend stretching before and after running. The stretching before the run will limber up tight muscles. The stretching after running, when the fibers are more flexible and oxygenated, will cause the contracted muscles to be extended closer to their maximum length.

The average Stumbler must supplement his regular training runs with a good stretching program. This will help to overcome the tightness which is caused by his work activities and compounded by his running, and thereby avoid injuries. ■

PRESIDENT'S CORNER

By Jerry Stone

4:02

A fast mile? No, my first marathon time in hours and minutes, Athens, Ohio, 1969. 1984 - four hours, Kentucky Horse Park, November 3. A marathon effort - six races to determine the State High School Cross-Country Championships. We need at least 75 volunteers. Can you commit that date? From noon until 4:00? Call me at 232-6202 or Cathy Fox at 254-3447 ASAP. By the way, the kids do all the running (we do the chasing). Since an essential function of our club is educational, we welcome the opportunity to demonstrate our collective interest in the sport, reinvesting our standards where most can experience the promotion of competition. Over two hundred schools sent teams or individuals to the state meet last year - nearly six hundred were eligible for regionals held the week before.

Having just turned forty, I now want my time to count a little more than in the past. This new age group is an opportunity, if I could only train again. Trying not to have wasted time, new demands were accepted in home remodeling, soccer coaching, art(!), family - not to mention my job career. Running through plantar-fasciitis, pneumothorax - other hard luck minor injuries at inappropriate time; at last for the first time in four years, no problems anywhere! I can honestly relate to this excerpt from *The Unjust Grave*, by Cyril Connolly, "Approaching forty, I had a singular dream in which I almost grasped the meaning and understood the nature of what it is that wastes in wasted time." ■



BANK OF LEXINGTON/ WVLK 2 MILE AND 10K

By Nick Nickell

Saturday, June 9, was the date of the second annual Bank of Lexington/WVLK 2 mile fun run and 10K run. Again this year the weather was extremely warm, but they did move the starting time up to 9:15 from 10:15 last year. This year's race drew over 500 runners, and overall was a well run race. Hopefully next year they will break out the age groups into 5 year increments as the race continues to grow. Several Todds Roaders did quite well in age groups and they are listed below:

NAME	TIME	PLACE	AGE GROUP
Rob Redenbaugh	34:20	3rd Overall	M 20-29
John Pendleton	37:29	1st	M 40-49
Dick Hutchison	41:58	1st	M 50-59
Bob Maclin	45:04	1st	M 60 plus
Harry Campbell	1:02:46	3rd	M 60 plus
Arlene Rector	42:04	2nd Overall	W 20-29
Chere Leonard	50:03	2nd	W 30-39
Christy Robinson	53:34	3rd	W 40-49
Phyllis Jenness	1:14:54	1st	W 60 plus ■

RUN FOR THE CLOVER

By Stan Briggs

This 5K race was the first of the year for many of the Stumblers who participated. Held in downtown Lexington on a cool morning in mid-March, this race was run by 822 competitors. Bob Carden was third overall with a time of 16:12, while Cathy Fox finished first among women in 18:23.

Shown below are all the Todds Road award winners with their times and age-group places.

NAME	TIME	PLACE	AGE GROUP
Jim Grisso	16:45	3rd	M 25-29
Ben Hicks	17:38	2nd	M 30-34
Ralph Mann	18:54	5th	M 30-34
Steve Courtenay	18:41	4th	M 35-39
Nick Nickell	18:59	5th	M 35-39
John Pendleton	17:20	2nd	M 40-44
Stan Briggs	17:41	3rd	M 40-44
Bob Shier	18:10	4th	M 40-44
Thomas Watkins	21:46	2nd	M 45-49
Martin Ginocchio	20:14	1st	M 50-54
Jim McCall	22:16	2nd	M 50-54
Wayne Collier	18:59	1st	M 55-59
Bob Maclin	20:49	1st	M 60-64
Kathy Lowe	19:48	2nd	F 19-24
Jackie Mann	23:45	3rd	F 30-34
Diane Stahman	21:23	1st	F 35-39
Suzanne Sanders	22:30	2nd	F 35-39
Sharon Hester	23:54	3rd	F 35-39
Joyce Smiley	24:06	1st	F 40-44
Joy Carden	30:04	1st	F 50-54
Beth Argabrite	28:43	1st	F 55-59 ■

THE LAKEWOOD RUN

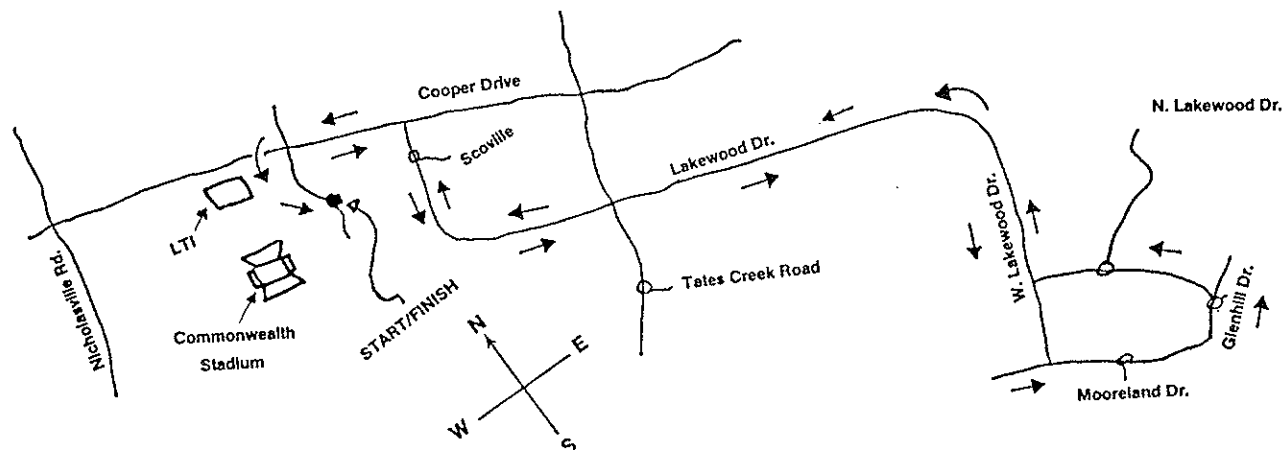
By Cathy Fox

This 5-mile, out and back course, which winds through quiet, residential neighborhoods, is locally referred to as "The Lakewood Run." It is popular because it is relatively flat and shaded ... perfect for year-round running.

The runner begins at Lexington Technical Institute on Cooper Drive, where there is ample area parking. Proceeding down Stadium Road, take a right turn onto Cooper Drive. After passing the Kentucky Educational Television (KET) building, take the first right onto Scoville Road.

Run to the end of Scoville and then take a left onto Montclair Road. Continue over two short rolling hills on Montclair, then cross Tates Creek Road (with care). At this point Montclair becomes Lakewood Drive and you are approximately 1 mile into the course (and approximately at the 4-mile mark on the return trip). Continue along Lakewood, which for the next mile, will roll gently. Cross Chinoe Road (with care) continuing on Lakewood. Approximately ¼ mile past Chinoe Road, bear right — still on Lakewood. After a short downhill,

you are approximately 2 miles into the run. Follow Lakewood until it dead ends on Mooreland Drive. At this point, turn left. Continue on Mooreland about ¼ mile then bear left onto Glenhill Drive. Bear left again to North Lakewood Drive where you encounter a sharp downhill and an equally sharp, but short uphill. At the crest of the hill you return to Lakewood Drive, then turn right and retrace your steps to the starting point at Lexington Technical Institute. ■



RACE SCHEDULE

JULY

21 - **Summer Twilight 5 Mile** Louisville. Contact: Ken Combs Running Store, 4137 Shelbyville Road, Louisville, Ky. 40207. (502-895-3410)

23 - **Todds Road Stumblers Picnic and Fun Run** Spindletop. Contact: Cathy Fox, 254-3447

AUGUST

18 - **Summer Sunrise 4 Mile** Louisville. Contact: Ken Combs Running Store (above).

26 - **Pioneer 10K** Harrodsburg. Contact: David Gray, 130 N. College St., Harrodsburg, Ky. (606) 734-9622.

The following events in August have not confirmed their dates with me:

Stamping Ground Festival 6 Mile, Stamping Ground. Contact: Dick Rawdon, W. Main Street, Georgetown, Ky. 40324.

Mini-Triathlon, Louisville. Contact: Jim Ferrera, E.P. "Tom" Sawyer State Park, Louisville, Ky. 40222 (502) 426-8950.

Audubon Park 5K Louisville. Contact: Cherokee RRC, P.O. Box 34532, Louisville, Ky. 40232.

Wilderness Road 5K, London, Ky. RRCA State Championships. Contact: Frank Cornett, London, Ky.

Fancy Farm 10K. Contact: Chairman, Fun Run, Fancy Farm, Ky. 42039.

Midnight Chase 1.5 Mile and 7.5K, Louisville. Contact: Metro Parks, P.O. Box 37280, Louisville, Ky. 40233.

SEPTEMBER

4 - **Charleston Distance Classic 15 Miles**, Charleston. Contact: See Running Stores.

5 - **Daniel Boone Pioneer Run 10K**, Winchester. Contact: Winchester-Clark Co. Tourist Commission, 800 By-Pass Road, Winchester, Ky. 40391.

11 - **Run for the Roses 10K**, Louisville. Contact: Metro Parks (above).

11 - **Steamboat Days 10K**, Jeffersonville. Contact: Race, P.O. Box 338, Jeffersonville, In. 47130.

19 - **Constitution 5 and 10K**, Danville. Contact: Dr. Mack Jackson, 412 4th Street, Danville, Ky. 40422.

? - **K-Men's 10,000 Meters**, Lexington. Contact: K-Men's Association, 606-269-7001. ■

Todd's Road Stumblers, Inc.



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

_____ Kentucky Relays (April)

_____ MILEMARKER Newsletter

_____ High School Crosscountry Championships
(November)

_____ Clubhouse duty (Saturdays)