



Member Roadrunners Club of America

THE TODDS ROAD

millemarker

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

Number 6

Fall 1984

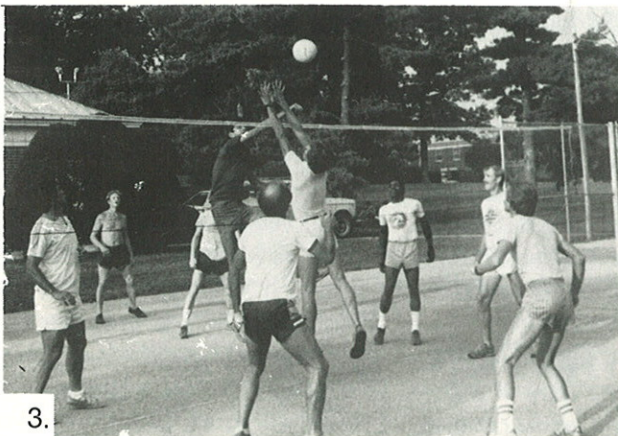
STUMBLERS ANNUAL PICNIC



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Photos by Ken Pike

1. Dan Myneer, Dick Robinson and John Unger lead off in the fun run. 2. Dick Robinson, Don Shelton, Bill Littral, Susan Cox and Judy Collins in the fun run. 3. Volleyball action. 4. Soccer action with Jack Fox, Will Jones (with ball) and Bobby Unger at right. See article and photos on page 6.

AT THE STARTING LINE

by Kenneth J. Pike

MEMBER CONTRIBUTIONS

I am personally grateful to the members of our Editorial Committee for what they do to get each issue written, and I am constantly reminded that our readers appreciate and enjoy their work also. I feel that we are doubly fortunate to have so many club members who are willing to spend their precious spare time to write articles on subjects of local interest. In this issue Bill Stofer has contributed a recap of the clinics given by Don Ambroziak, complete with photos by Scott Norman. We also have another article in the excellent series on the medical aspects of running by Bob Shier, and John Sensenig has contributed a piece on the economics of race management as it affects the local running scene. I know all of you Stumbler members will enjoy these articles. Please thank the authors personally when you see them.

We also welcome two members who have been named to the Editorial Committee since our last issue. Don Cetrulo will be writing the President's Corner and Bob Maclin will handle the schedule of upcoming races.

UPCOMING EVENTS

With the rush of family activities, races, sports events, vacations and work it is sometimes difficult to find a place on the calendar for our club functions, especially if you don't get much advance notice. With this issue we are going to begin listing the dates of all Todds Road events for the next 12 months so that you can mark your calendar right away.

November 3, 1984 -- KHSAA State Cross-Country Championships.

December 31, 1984 -- New Years Eve Run.

April 19-20, 1985 -- Kentucky Relays.

May 11, 1985 -- Todds Road Trash Cleanup.

July 15, 1985 -- Seventh Annual Picnic.

BOSTON MARATHON

In the excitement of assembling our Summer issue we failed to give credit to those Stumblers known to have run the

1984 Boston Marathon. With apologies for our tardiness, here they are:

Don Coffman - 2:27:33 (129 overall)

John Pendleton - 2:46:17

Doug Worful - 3:03:00

Larry Hills - 3:12:08

Don Hardwick - 3:15:08

Dick Hutchison - 3:20:10

Earl Freeman - 3:29:10

As a reward for their exploits Hill, Hardwick and Freeman (all IBM employees) were subjects of an excellent two page feature in the 'Lexingtonian' of August, 1984, which included color photos with the article and a very arty cover picture. If you can, get a copy and try to guess who is whom on the cover.

LETTERS TO MILEMARKER

We received a very warm note from Cheryl Mosher Seats who is now living in Winston-Salem, NC. Since leaving Lexington she has gotten married and has earned a Masters Degree. Thanks for remembering us Cheryl.

From another transplanted Stumbler, Drew Litzenberger, we received an invitation (or was it a dare) to come and tackle the Shut-In Ridge Trail Run, which is to be held on November 3 near Asheville, NC. Drew describes it as 'seventeen miles of survival' and 'the only course where peanutbutter sandwiches and bear repellent are offered at the water stations.' He offers sleeping space for about 20 folks and an unforgettable experience. The entry fee is \$8.00 and the field is limited to 125. If interested you can contact Drew at (704) 253-8394 for more information.

CLUBHOUSE DUTY

The clubhouse is open for business every Saturday and on certain holidays. Coffee and doughnuts, hot chocolate and cold water are available. Sometimes there is a champagne baptism when a member finishes the 500 miles and there is always plenty of conversation.

One thing we do run short on is volunteers for Clubhouse Duty. If everyone did it once your turn would come up every eight years. It is very simple and open to everyone. Detailed instructions are posted on the bulletin board.

Here's what you do:

(1) Pick a Saturday that you can serve and sign up on the calendars in the clubhouse.

(2) On the Saturday prior to your duty day you must find the person serving that day and get the key from him/her. This is also a way to make a new friend.

(3) After 6 a.m. on your duty day you go to the Dixie Cream store at Woodland and Euclid and pick up the Todds Road doughnut order. The order is already placed and paid for. It's a good idea to phone ahead of time to be sure the order is ready.

(4) On your duty day you unlock the clubhouse about 7 a.m.; turn on the heat if needed; put the doughnuts on the table; start the coffee; set out the sugar, creamer, cups, etc.; put out the 'no parking' signs and then go for your run.

(5) Afterwards, when everyone has cleared out you put away the unused creamer, sugar, cups, etc.; unplug the coffee urn; bring in the signs; turn down the heat; turn out the lights; shoo out the Todd Road dogs; give the key to the next person having duty and lock the door.

(6) If there are doughnuts left over we usually give them to the grocery store. You are not required to clean up anything. This is done during the following week by the Todds Road Leprechauns.

See how simple it is? If you have questions call Cathy Fox at 268-2701.

You'll be glad you did it!

500 MILE CLUB

Since our Summer issue four more Stumblers have completed the requirements for the 500 Mile Club. They are:

Clyde Parsons - July 7

Becky Reinhold - July 21

Pennie Frazier - July 28

John Thompson - August 25

Congratulations to all.

With the names listed elsewhere in this issue we have added over 115 new Stumblers to the membership so far this year. We need to get some new boards up so that they can begin recording their miles too. ■

GET TO KNOW RON AND SUZANNE SANDERS

by Dan Seaver



Photo by Dan Seaver

At the office he spends his day talking about energy production, utilization and conservation. However at home Todds Road Stumblers Ron and Suzanne Sanders find enjoyment doing fun things which involve expending rather than conserving energy. The Sanders are very active people who get the most out of life in all they do.

Ron is Commissioner of Energy Production in the Kentucky Department of Energy, an agency of State Government with offices on picturesque Iron Works Pike. After earning his Ph.D. at the University of Kentucky in the late 1960's, he held teaching positions in business and related areas at Southern Illinois University and Centre College. In 1976 he became Commissioner of Energy Research and Development in the Kentucky Center for Energy Research. There was a growing interest in the synthetic fuels industry at that time and Ron decided to set up his own consulting firm. However as interest in this field began to decline, he returned to State Government to assume his present position.

Today his work is centered around the non-synthetic fuel areas. He is responsible for energy conservation programs, alternate energy programs like solar and wind, and the short-term coal activity to assist the state's coal industry. Ron's job may find him planning for Energy Awareness Week on one day and then the next day meeting with a Chinese delegation in this country to purchase equipment for the handling and transportation of coal.

Also in past years his office has sponsored the Energy 10,000, a race which has attracted many area runners to the Energy Center.

These days Suzanne sets a fast pace in her activities as well. She earned her bachelor's degree in business administration at UK in the 1960's. After her marriage to Ron and subsequent move to Southern Illinois University, she completed her master's degree in Education/College Student Personnel. Then 15 years ago their daughter Heather was born and Suzanne took on the duties of both housewife and mother. At present she finds that in addition to these activities, running, chauffeuring a busy teenager from place to place, needlework, creative cooking, and managing family farms in Bracken County keep her on the go constantly.

Riding is something that all three members of the Sanders family have been associated with over the years. Heather, a sophomore at Bryan Station High School, is largely responsible for the family's interest in this sport. She has been riding for a long time and has her own horse, a granddaughter to Nashua. Suzanne started riding just to keep up

with Heather. Then Heather began participating in the Pony Club where Suzanne later served as a board member. Nowadays you'll find Heather into dressage, cross country and stadium jumping. Each year the Sanders get excited when the Rolex Three Day Event comes to Lexington. Besides serving as hosts in their home to the Executive Director of the U.S. Combined Training Association, the Sanders volunteer their services at the Horsepark for the Three Day Event. Usually Ron is a fence judge for cross country, Suzanne helps with the dressage and stadium jumping, and Heather's also called on to work the events. Heather's interest in riding includes plans to compete in the Rolex one day.

While Ron started running in 1972, three years before Suzanne, he says that she is really the more goal-oriented and dedicated runner of the two. Her goal this fall is to perform well in the Metro Marathon in Louisville during November. She plans to use this race to qualify for the Boston Marathon. With a personal best time of 3:32:30 and needing a 3:30 or better to qualify, Suzanne is well within reach of her goal. Ron is also a fine runner who really appreciates the health and fitness benefits of running. He has worked closely with the UK track program and is remembered by many of his Todds Road friends for inviting them to serve as judges this past spring during the cold and rainy Kentucky Relays.

One of the advantages of Ron's job has been the opportunity to travel out-of-state occasionally. Whenever possible Suzanne likes to go along with him. Whether they are visiting New York, Washington D.C., Boston or Atlanta, or perhaps vacationing in London or the Grand Canyon, the Sanders can't resist putting on their Nikes to go for a run and to take in new sights. ■

ROTARY CLUB 5K

by Nick Nickell

Saturday, September 8 was the date for the Berea 5K. 175 runners participated with the winning time being a good 14:59. Two Todds Road Stumblers were age group winners. Tony Szwilski won the 35-39 age group while Dick Hutchinson set a P.R. of 18:40 in winning the 50-54 age group. Not too shabby for an old New Yorker Hutch. ■

GET TO KNOW LIZ CORNISH

by Becky Reinhold



Photo by Reese Reinhold

Liz Cornish became interested in running through her experience with Outward Bound. Outward Bound is a program which develops courses designed to promote self-confidence, leadership, and team-building in high risk wilderness situations. Liz has been a wilderness instructor off and on for the past eight years. She started running to build endurance so she could run for help if any of her students got hurt on an expedition.

Liz, 30 years old, was born and raised in Lexington. She was a cheerleader at the University of Kentucky while maintaining grades good enough to graduate with distinction from the honors program in 1975. After graduating she left for North Carolina where she instructed various courses for Outward Bound, including kayaking, rafting, canoeing, mountaineering, caving, lead and top rope climbing, cycling, and emergency rescue. In the last eight years she has led groups in Colorado, Canadian Rockies, Canyonlands, Boundary Waters, Quetico, Everglades, Adirondacks, Appalachians, Ozarks, and Mexico. In 1980, she became the director of public relations for the North Carolina Outward Bound program.

Last year, Liz decided it was time to prepare for a 'real job' and went back to get her Masters in Business Administration at the University of North Carolina at Chapel Hill. She hopes to graduate in May of 1985.

In between her exciting trips and school, Liz stops at home and never fails to visit us at Todds Road. She loves the friends she has made there and always enjoys meeting new people. Along with

her other activities, Liz is also an accomplished runner. Her fastest 10K was in a time of 43:30, and in November, 1982 she completed her first marathon in Louisville. She recently won the Outward Bound Mountain Marathon, a grueling test of endurance.

In her spare time, Liz enjoys reading, triathlons, swimming, biking and water skiing. A friend tells us a story of taking Liz water skiing. It seems Liz was rather vague about her skiing abilities and questioned if she could even get up on skis. Her friends were full of detailed instructions on the right way to get up, what to do and what not to do. Not only

did Liz pop right up out of the water, she started doing tricks. Intense questioning revealed that she formerly was a member of the Cypress Gardens Ski Exhibition Team!

What will Liz do after graduating next May? She is considering becoming involved in international expeditions. She got a taste of what it might be like this summer by working in Placerville, California leading river trips. She has expressed some interest in leading an African expedition next summer! Whatever she decides, the Stumblers wish Liz the best of luck in finishing school next year and on her future wilderness adventures. ■

BOARD OF DIRECTORS REORGANIZES

by Ken Pike

At the July, 1984 meeting the Todds Road Stumblers Board of Directors reorganized its structure and membership as follows:

- President - Don Cetrulo
- Vice President - Dan Dusch
- Secretary - Cathy Fox
- Treasurer - Ken Pike
- Member - Jerry Stone
- Member - Bill Matlack

Serving as President requires a sizeable investment of time. Jerry Stone did a super job in that appointment for several years, but the combination of increased responsibilities at IBM, involvement with a local youth soccer program, and a growing family cut into the time needed to do things to his satisfaction. Add to that the demands of a rapidly developing photography career and you have a man always

on the go. So that we don't lose access to his years of experience, Jerry has agreed to stay on as a Board member and to continue as Race Director of the KHSAA Cross-Country Championships.

Two others have retired from the Board. Former Board member Don Coffman has become an increasingly busy person. In addition to his career in State government he is a partner in the flourishing CLS Sports of Frankfort, is a key member of the Bluegrass Striders, and as a nationally ranked Masters runner has a very full racing schedule. The other retiring member, Jim Bell, recently was transferred to Baltimore by his employer.

We were indeed fortunate to have the leadership of these fine people along with continuing members Cathy Fox, Dan Dusch and Bill Matlack. ■

WILDERNESS ROAD 5K

by Nick Nickell

London, Kentucky was the site of the fifth annual Wilderness Road 5K race held on August 18th. As usual for that time of year, the weather was warm with high humidity, but with slightly overcast skies which even allowed a sprinkle near the end of the race. The course is basically flat with a gradual downhill followed by a gradual uphill. The few brave Todds Roaders who ventured down for the race all did quite well as listed below:

NAME	AGE GROUP AND PLACE	TIME
Don Coffman	First Master	15:53.1
Bill Smith	Third Overall	16:13.1
Cob Cunniff	Fourth Overall	16:24.1
Sam Cockerham	30-34 1st	16:32.1
Phyllis Snyder	Fifth Women	20:50.1
Claudette Wispe	30-34 1st	20:57.4 ■

PRESIDENT'S CORNER

I love baseball. The pace of the game has always seemed to me perfectly suited to leisurely summer afternoons. It's great to lounge in the stands or, in a pinch, on the sofa and loaf away the hottest days spectating. Spectating can be great but it's not what our sport of running is all about. Unlike most sports, which thrive on the spin of the turnstiles, running is almost entirely supported by participants. Runners don't want to see Boston, they want to run Boston. They don't want to watch Alberto, they want to be in the race with Alberto.

Participation however goes beyond running an event. Everyone who has ever been handed a cup of water at the four mile mark of a race or received a helping hand through the chute knows the impor-

ance of the volunteers who make most events possible. Who else but runners themselves, dedicated to the vitality of their sport, are the most important volunteers.

Each year Todd's Road Stumblers support the Kentucky High School Athletic Association Cross Country Championships which this year will be held at the Horse Park on November 3. The help of every member of the Club is needed and will be appreciated by the Club, KHSAA and most importantly by the kids participating. So if you haven't been asked or have previously not indicated an interest give me a call and I'll get you in the thick of things.

Speaking of participation, the Kentucky Track Program has not only made

by Don Cetrulo

the track available to the running public but has also sponsored a summer series of track meets which will continue through October. It is a great opportunity for all runners, sprinters and distance runners alike, to get a feel for the track. The meets have been extremely well run in a very congenial and relaxed atmosphere. They are great fun and I encourage each member of the Club to participate.

I hope the program can be continued next year and that it will encourage greater interest in track among Club members and most importantly the continued strong support of our Club for Kentucky's main track event, the Kentucky Relays, which next year will be held April 19 and 20.

Many thanks on a job well done to Don Weber and his entire crew. ■

GET TO KNOW PING CHOW

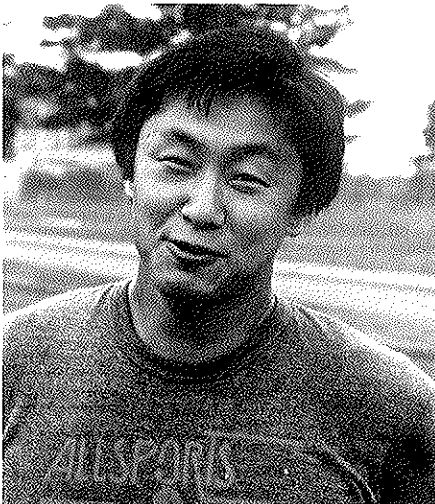


Photo by Reese Reinhold

He introduces himself as Ping Chow - 'Ping as in Pong, Chow as in Dog!' If it sounds like Ping loves to joke with people, it's true. Ping moved to Bethesda, Maryland from Taipei, Taiwan in 1967. He knew no English, but moved to the United States for the educational opportunities. His uncle lived in Maryland, and Ping stayed with him for only his high school education. He then went on to Cumberland College where he graduated with a degree in mathematics, and finally he finished up graduate school with a degree in computer science at the University of Kentucky.

Ping loved Lexington, and after he finished school he decided to make it his home. He began working for IBM, when he graduated, as a sales representative. One year later, he married Sally, a girl he had met playing tennis. When an opportunity for a new position as an information system analyst was made available he took the new position because he enjoys his work which involves being the 'architect' of an entire business process, and he enjoys meeting more Lexingtonians. He helps introduce new technology to the program developers in the customer service division.

Ping began running to help him recover from a car accident in which he suffered a concussion. He had also heard that running would help his tennis game. Friends tell us that Ping is a 'strong' tennis player and that he has the trophies to prove it! When asked about his tennis abilities, Ping acts as if he's only a novice player. But he tells us of his biggest thrill in playing tennis - he once qualified for a pro-tournament sponsored by the Washington Evening Star. He played in a first round doubles match against Ilie Nastase and Jimmy Connors. Ping claims this was before they became famous, but is certain that just the opportunity to play against him was the turning point in their

by Becky Reinhold

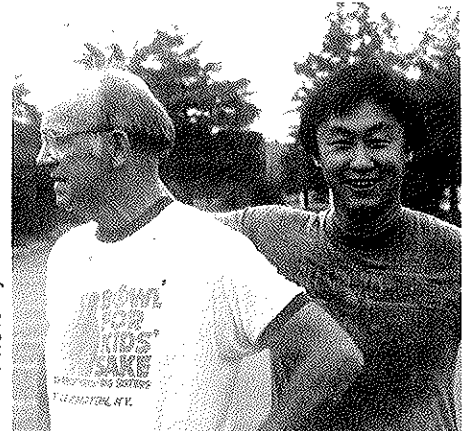


Photo by Reese Reinhold

careers!

Ping joins us at Todd's Road when he's not playing in a tennis tournament. He recently ran in his first 10K Race, the Bluegrass 10,000 in a time which pleased him, 58:00. He says that 6.2 miles is his limit, but that he just may consider a mini-marathon next year.

Ping's hobbies include basketball, weight-lifting, and he spends much of his spare time with his family. He loves to play with his three beautiful daughters, Amy, age 7, Emily, age 5, and the new addition, Sarah, age 4 months. The family often spends vacations visiting Ping's home in Taiwan, where both his parents still live. ■

STUMBLERS ANNUAL PICNIC

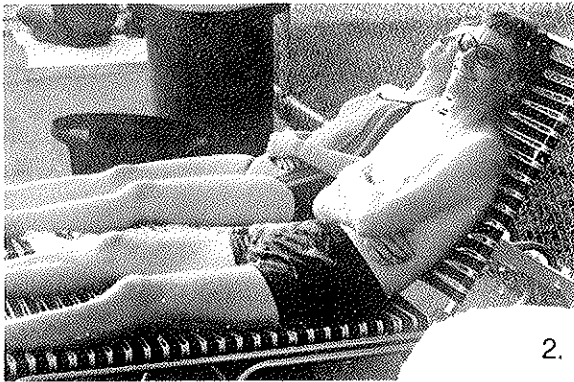
As announced, the Sixth Annual Todds Road Stumblers Picnic was held at Spindletop on July 23, 1984. The attendance was estimated at 125, which is down a bit from last year. The weather, the food, the fun and the friendship that we shared was incomparable. The competition on the volleyball court was fierce.

The only thing that could have made it any better would have been larger attendance. To be sure that everyone has plenty of advance notice for the next picnic the date has already been set for July 15, 1985, so mark your calendar now and plan to be there. ■

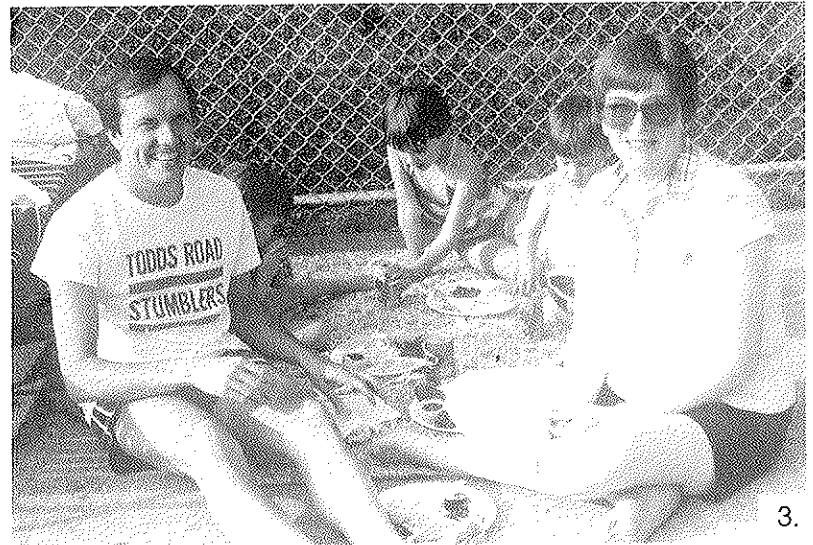
1. Nancy Mason hunting the best chips. Kim Dusch watches in surprise.
2. Tom Moran and Becky Ewalt catch some rays.
3. Dan and Cindy Seaver with children Jim, Nancy and Rob.
4. It's been a long day for Don Cetrulo but Chris Cetrulo, Kim Dusch and Janna Unger are all smiles. Marcia Moser and Ann Wheat converse in the background.
5. Marcia Moser and Terry McLorg finish the fun run.
6. George Mason, at left, and Jim Blackwell and Nick Nickell at right watch net action between Ron Chestnut (L) and Dan Dusch (R).
7. Cindy Crapper drives on Judy Thomas.



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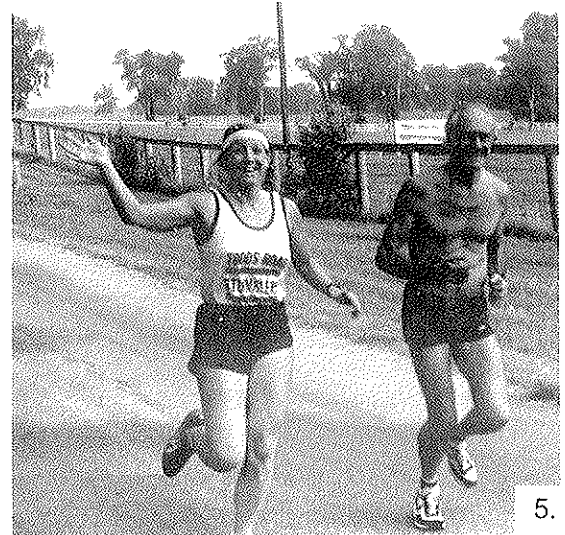
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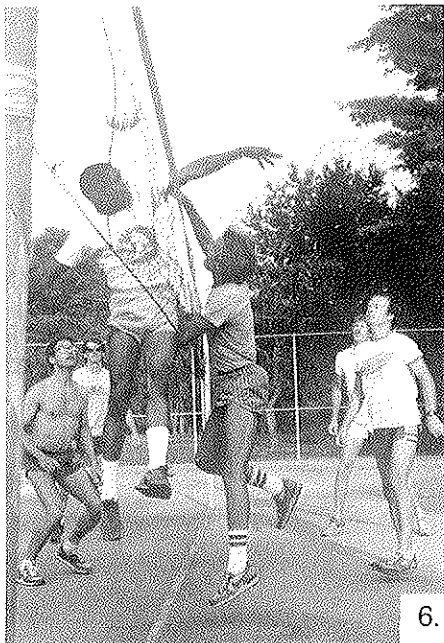
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Photos by Ken Pike

JOHN FITCH - THE REST OF THE STORY

by Ken Pike

by Ken Pike



Our Summer issue contained a personal profile of John Fitch. Just about the time we had finished composition and were ready to begin printing that issue we learned that John was facing a potentially dangerous circulatory problem which would require arterial surgery. A few days after the operation was scheduled I phoned his home to find out how it went and to get his room number so I could visit him in the hospital. I was surprised at first to find John at home, but then assuming that the surgery had been rescheduled I asked how he was feeling. He casually replied that the operation was done on Saturday, he did a short run on Monday, mowed the lawn on Tuesday and was planning to run the Todds Road six mile course on Saturday to test his fitness for the Bluegrass 10K, which was being run the following Wednesday. He went on to say that his physician had given him a detailed explanation of his problem and told him that had he not been active and fit that he probably would have died some time ago.

I am not usually lacking something to say, but this is one time that I sat listening in stunned silence. After a long pause I recovered enough of my senses to thank him for sharing this great news with me and said I would see him Saturday.

The next Saturday, one week after surgery, he ran the six and decided he was ready for the 10k. On the day after the race his story was told in the Herald-Leader. Since then John has been showing up frequently at road races to collect hardware in his age group.

It is a great pleasure to write such a post-script to John's interview. We must thank him for reaffirming our belief that the clean and active life is still the best life. ■

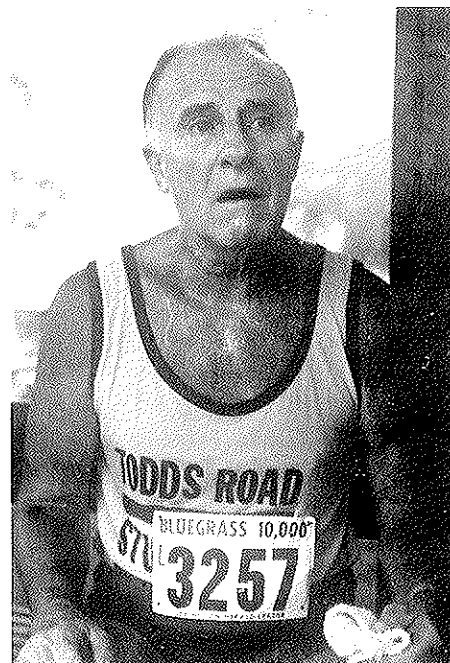


Photo by Christy Porter

ROTARY "RUN FOR LIFE"

by Nick Nickell

The Cynthiana "Run for Life" sponsored by the Cynthiana Rotary Club was held on July 21. The course and traffic control were very good, and results were posted and awards presented within one hour of race completion. This can be an awfully warm time of year, but the early start time helped beat the heat. Many Todds Roaders were among the 200 plus runners, and those known age group winners are listed below:

10K - NAME	AGE GROUP AND PLACE	TIME
Mike Raftery	M30-34 - 1st	34:06
J.R. Miracle	M35-39 - 1st	35:14
Dick Hutchison	M50-54 - 1st	38:38
Amy Buxton	F19-24 - 1st	49:25
Mary Hagihara	F35-39 - 1st	45:13
Beverly Kinkead	F40-44 - 1st	54:41
Beth Argabrite	F55-59 - 1st	53:08

5K - NAME	AGE GROUP AND PLACE	TIME
Mark Thomas	M16-18 - 1st	16:47
Phil Wheat	M35-39 - 1st	15:56
Jerry Stone	M40-44 - 1st	17:13
Bob Maclin	M60-64 - 1st	20:11
Marcia Moser	F30-34 - 1st	22:32

ABOVE - John during post-race interview

BELOW - John and 55-59 winner Beth Argabrite.



Photo by Christy Porter

STUMBLERS ON THE MOVE

by Suzanne Saunders

Earl Freeman and **Terry Young** were really 'on the move' this summer. They took a six day bike ride along the Natchez Trace. They rode a total of 450 miles.

The 4th of July was a big day for a lot of Stumblers. See the race results of the Bluegrass 10K. The Herald-Leader featured the **Richard Cuniff** family from Berea and did a feature article on **John Fitch** with a picture of John with **Beth Argabrite**.

Phil and **Ann Wheat** were in New Orleans for the 4th. They entered the Rat Race 5K in Audubon Park. Phil finished second overall with a time of 16:52 and Ann was second in her age group with 21:15.

Lou Sievers was the womens overall winner at the Fancy Farm Picnic Eve 10K on August 3. The Mayfield Kentucky Messenger published a picture of Lou's finish with a winning time of 45:50.

Also congratulations to **Leslie Stamatis**. On August 17, Leslie with her partner Jeff Shoebrooks won the couples division of the Kentucky Bodybuilding Championships. The next weekend was the National competition in Chicago. Leslie won her division of the womens competition, and she and Jeff won the couples division.

Jim Sackett, now living in Denver, Colorado, was at Todds Road for a Saturday morning run. In for their regular visits were **John Stoll**, from College Station, Texas, and **John Wisniewski**, who is at Georgia Tech until December. **Jim Hunter** was also in for a visit. He brought his bride, the former Dorothy Radford, to Todds Road. 'Doty' and Jim were married on May 13 and are making their home in Memphis, Tennessee, where Jim is the hospital administrator of the Methodist Hospital.

Edward Barr and **Elizabeth Hixson** were married on August 4. They are living in Lexington, where Ed is with First Security.

The baby boom continues. **Ken** and **Peggy Littrell** had a baby girl on

the 4th of July. Acacia Elizabeth weighed 7 lbs. 11 oz. **George** and **Ann Van Meter** are the parents of Patrick Howard, who was born on July 29. On August 9, **Mark** and **Jonie Morgan** had a baby boy named Mark Daniel. 'Danny' weighed 7lbs., 12 1/2 oz. Christa Lynn was born to **Jim** and **Pam Blackwell** on August 22. She weighed 7 lbs. 5 oz. And **George** and **Kris Braman** had a boy named George Rich Kristopher born July 31 weighing 7 lbs. 12 oz. In early April, 1984, **John** and **Elaine Thompson** became the proud adoptive parents of **Emily Lane**. When she was born on March 30, she weighed only 4 lbs. 13 oz., but with generous portions of food and love she is now up to 16 lbs.

We have all enjoyed the new picnic table at the clubhouse this summer. Thank you **Don** and **Camille Webb** for donating it. Also thanks to **Tom Radden** for donating the paint for the clubhouse. It looks great.

Ron and **Paula King** moved to Lexington from Denver in late August and are starting a new business called the Great Harvest Bread Company. They expect to be in operation in late November and will produce high quality whole wheat breads and

muffins for retail and wholesale. Ron promises to bring samples to the clubhouse very soon.

Welcome to the new Stumblers since the Summer issue of the Milemarker. They are:

Ed Blue, Mel Boyd, Douglas C. Brandon, Patsy Cook, Laurel J. Cunnup, Edward W. Gardner, Mary Hagihara, Casey Hall, Anne M. Holmes, Janet H. Marr, John A. McGuire, Scott W. Moulder, Greg Powell, Sean M. Scally, Keely Ann Shattuck-Robinson, Richard J. Sherry, Mark S. Thomas, James E. Waliga, Bob P. Whelan, Press Whelan, Ronnie J. Bastin, Sam P. Burchett, Win Burke, Brian Clavert, Tom Emmert, William J. John, Mike Akers, Robert Brubaker, Ronnie L. Chestnut, Doug Crabtree, Larry R. Crabtree, Pat M. Durham, Halley S. Faust, Jo S. Haydon, Lee Hess, Rita Hill, John Johnson, Greg Jones, Bob Kennedy, Anthony M. Lavelly, Wanda R. Lavelly, John Maddox, Joe R. Martin, Missy J. Meeker, Joker Phillips, Graham L. Pohl, Glenn W. Rapp, Arlene R. Rector, Randy Sexton, Hoppy Shores, Lynn Shores, Crystal M. Smith, Heather R. Smith, Joni O. Welch, Mark D. Wilson, Donald L. Zimmerman, Margaret L. Zimmerman. ■

CHARLESTON DISTANCE RUN

by Phil McConathy

On a sunny, cool Saturday morning over 1,500 runners started out on a tough 15 mile course. The winner was Mark Stickley from Strasburg, Virginia in a 1:14:33 just 18 seconds over the course record. The final results of the known central Kentucky and Todds Road Stumblers is as follows:

There were 1,352 runners who completed the course. Anyone desiring to run a challenging race should put this race on their 1985 calendar.

NAME	OVERALL PLACE	TIME
Mike Raftery	63rd	1:29:54 P.R.
James R. Fritz	227th	1:40:07
Phil McConathy	268th	1:41:37 P.R.
Donald G. Hardwick	291st	1:42:30 P.R.
Edward W. Gardner	311th	1:43:10
Bob Turpin	317th	1:43:28 Richmond
Robert M. McLean	335th	1:43:58 Richmond
Earl L. Freeman	418th	1:47:23 P.R. ■

GET TO KNOW JOHN DICKINSON

by Becky Reinhold



Photo by Reese Reinhold

be enough and due to injuries, he came back to Kentucky and enrolled at U.K. He is now a junior in the University of Kentucky College of Architecture.

John's most immediate goal is to graduate from the University of Kentucky next year. He hopes to become one of few successful deaf architects in the United States and work for and eventually be a partner in Chicago's renowned Skidmore, Owings & Merrill Architects.

John's main running goal has always been to 'be one of the best runners.' He would like to own the world record and gold medal next summer in the 3,000 meter Steeplechase, and 1,500 at the World Games in Los Angeles. This past summer at the trials he placed 6th in the 800M in a time of 2:00:1, and 3rd in the

1,500M in a time of 4:18. He bypassed the 3,000M Steeplechase in the trials due to a knee injury, but since his best time is better than the first place finisher at the trials he may run this event in the World Games. The World Games for the Deaf were officially recognized in 1951 by the International Olympic Committee as the 'Deaf Olympics.' The Games are held every four years and the 1985 Games will be held in the same facilities used in the 1984 Olympics. There will be 71 countries participating and will include 15 different sports events.

John trains with the University of Kentucky track team, and is thankful to have Don Weber assisting him. He feels that with the support of his friends, his family, the UK track team and Coach Weber he will bring home the gold. ■

This past June the Stumblers had the honor of having one of their own runners qualify for the 1985 World Games for the Deaf.

John Dickinson, age 23, has been deaf in both ears since the age of 2 1/2, when he became sick with what was thought to be the flu. It was later diagnosed as spinal meningitis. John was not put in special schools at an early age because his parents did not want him to learn sign language until he was older. They also believed John would get a better education in a school with other hearing children. John has been enrolled in public schools all his life and though he said it was frustrating at times, he made it through school by reading his teacher's lips, and later his friends helped by taking notes for him in class. He finished in the top 20% of his graduating class at Daviess County High School in Owensboro, Kentucky.

It was during high school football practice that he caught the attention of the track coach because he was the fastest runner on the team. He began devoting more time to track and was offered a grant to attend the Rochester Institute of Technology to study architecture and run on their track team. Two years in the New York weather proved to

BLUEGRASS 10,000

by Nick Nickell

A record 2857 runners participated in this years annual 4th of July run, sponsored again by the Lexington Herald-Leader. With such a large field, it is tough to make the top three in any age group, but some of you did. The steady rain and slightly cooler temperatures allowed for a good race with no problems at the start or finish line. Listed below are our age group winners and known P.R.'s:

NAME	AGE GROUP	PLACE	TIME
Scott Moulder	M12 and Under	1st	46:07
Russell Nally	M13-17	2nd	34:20
Cam Hubbard	M18-24	2nd Overall	30:24
George VanMeter	M25-29	P.R.	38:55
Frank Cornett	M35-39	1st	33:00
Bill Smith	M35-39	2nd	33:33
Tony Szwilski	M35-39	3rd	34:22
Dan Kenady	M35-39	P.R.	39:54
John Pendleton	M40-44	1st	35:57
Darryl Dochterman	M40-44	3rd	36:32
Bill Olrich	M45-49	1st	33:05
Tom Cooper	M45-49	2nd	37:38
Dick Hutchison	M50-54	2nd	41:07
Wayne Collier	M55-59	1st	40:42
Bob Maclin	M60-64	1st	43:53
Terry McLorg	M60-64	2nd	44:47
Jere Sullivan	M70 and Over	2nd	1:26:54
Cathy Fox	W30-34	1st	38:56
Claudette Wispe	W30-34	2nd	42:35
Nancy Bonhaus	W30-34	3rd	43:32
Susan Cox	W45-49	2nd	48:31
Joy Carden	W50-54	3rd	1:07:21
Beth Argabrite	W55-59	1st	56:07
Phyllis Jenness	W60-64	1st	1:11:55 ■

GET TO KNOW BOB SHIER

by Dan Seaver

I'll never forget the first time I laid eyes on Todds Road Stumbler Bob Shier. My wife was several weeks pregnant and had been referred to Bob, a physician who specialized in high risk obstetrics at the University of Kentucky Hospital. It was during our appointment with him that we learned we were going to become the parents of twins. This was in 1981, but believe me you always remember the name and face of someone who passes along that kind of news to you!

Three and a half years later I was back in Bob's office. However this time the topic was not babies. Instead I had come to interview him for the Milemarker.

The Stumblers have some really interesting members among the club's runners and Bob Shier is no exception. A native of Louisville, he has resided in Lexington since 1956. UK has figured prominently throughout much of Bob's life. His high school days were spent at University High. He then went on to earn his undergraduate and medical degrees at the University of Kentucky. Bob even did his residency at the Chandler Medical Center. Following a stint in the U.S. Navy, he returned to UK as a faculty member in the College of Medicine. In the late 1970s Bob joined the faculty at the University of Tennessee where he remained until 1979 when he returned to UK on the staff of the University Hospital. In 1982 Bob began his own practice in Lexington specializing in the areas of obstetrics, gynecology, ultrasound and fetal testing.

Venturing out on your own in any field often brings with it many rewards, a lot of frustration, and even a few surprises along the way. Bob found this to be the case this summer when he was awakened very early one morning not by an expectant mother about to deliver a baby, but instead by a Metro policeman who was alerting him that his office building was on fire. Now, several weeks later, Bob hopes the construction work will be completed soon so that he can move back into his building in early October. Since the fire he has been operating his practice from a trailer situated in the parking lot adjacent to the building. While this temporary arrangement has been satisfactory, he admits it

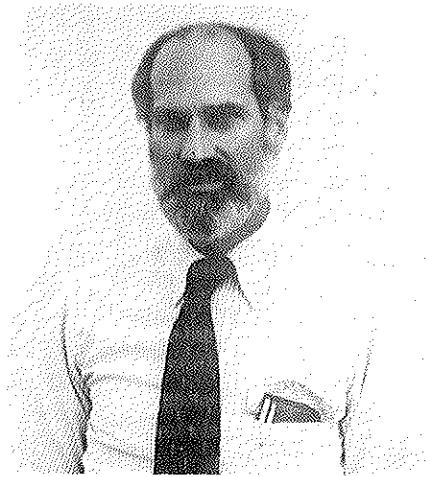


Photo by Dan Seaver

will never replace his own more spacious office.

How does Bob get away from the stress associated with his profession? A strong interest in both running and sailing seem to do the trick for him. At 6 a.m. on Tuesday and Thursday mornings, you will find Bob joining early-risers at UK's Shively Sports Center to put in five fast miles on the Lakewood or Richmond Road courses. On one occasion I recall hearing his beeper go off just as he and others were beginning their training run. When this happened he smiled, waved to his friends, and ran off in another direction to find the nearest phone to call the office. Bob will remind you that newborns wait for no one regardless of whether that person is a mother, a doctor or a runner! I suppose that's an occupational hazard for doctors who are also runners.

Sailing is a little different, however. When Bob is out on a 20 foot sailboat away from telephones and beepers, he finds that the combination of the boat, the breeze, and the water help him unwind from the stress of everyday living. The Shier Family especially likes sailing each summer on Lake Michigan where the vast expanse of water makes the sport a real challenge.

Like many others, Bob began running for the exercise and as a way to keep his weight under control. He says running not only helps him stay sane, but it also makes it possible for him to eat anything he wants. That's a familiar comment that many of us have used from time to time to justify those periodic trips to Baskin-Robbins for ice cream.

Bob has a fine family. His wife Bets is co-owner of the Owl and Pussycat children's bookstore in Chevy Chase. They are the parents of Will, a DePauw University freshman, Catie, a student at Henry Clay High School, Carlton, who attends Morton Junior High, and Emery, a Cassidy Elementary School student.

Just as I was learning more about his family, Bob's telephone began ringing. The call concerned a patient and he was needed right away. While the patients are different each time, the scenario often remains the same. Thus, our interview had to come to a close and Bob departed for the hospital once again. ■

DANIEL BOONE PIONEER 10K

by Nick Nickell

This year's 6th annual Daniel Boone Pioneer 10K and 2 miler were run on Saturday, September 1. With a temperature of 71 degrees and 69% humidity, it probably slowed times slightly; however, everyone seemed to enjoy this race. Several Todds Road Stumblers did quite well in Winchester including:

NAME	AGE GROUP AND PLACE	TIME
Rob Redenbaugh	M25-29 - 2nd	33:09
Tony Szwlski	M35-39 - 2nd	33:41
Sam Cockerman	M30-34 - 3rd	34:22
Jim Grisso	M25-29 - 3rd	35:04
Larry Hills	M40-45 - 1st	38:11
Stan Briggs	M45-49 - 1st	38:52
David Wachtel	M40-45 - 3rd	39:10
Ralph Miller	M50-54 - 2nd	40:14
Dick Hutchison	M50-54 - 3rd	40:38
Bob Maclin	M60-65 - 1st	43:08
Susan Cox	F45-49 - 1st	47:39

THOUGHTS ON RACES

by John Sensenig

Over the last few years I seem to have become involved in a number of foot races in the Bluegrass area, and the editors have requested that I share some of my 'race' thoughts with the readers.

I concur with the Roadrunners Club of America that races should be for the runners and that they should get their moneys worth. Entry fees should be kept down and if much profit must be realized it should come from a sponsor rather than the runners. With a \$5 or \$6 entry fee and 200 to 800 runners a race will just about break even if it gives a decent tee shirt, nice awards to the top 10 percent, pays for printing and mailing of announcements, pays a competent race director, and handles the many incidental expenses such as portable toilets, PA system rental, race numbers and pins,

water cups, tee shirts for helpers, etc., etc. In general, it is only when corporate sponsors are willing to put up money for some of these expenses that there is money left over for a charity.

As many people have noticed, two of our favorite 10K's, Run Kentucky Run and the Transylvania Heritage Run, were not conducted this year. The main problem with the Heritage Run was the growing expense for traffic control on a downtown course. The police estimated that it would cost \$2,600 in overtime to block traffic for this race, and there were not enough dollars to go around, given the usual 800 or so entrants. In the case of Run Kentucky Run, the major sponsor backed out at the last minute and there was not time to organize a good big race without their financial support. Hopefully it will be back next year.

Runners have a right to expect that races be professionally done or else they should be called fun runs. The course should be accurate, split times should be given, water should be available, the route should be reasonably safe and well marked, the finish should be managed so that you can get your final results, and there should be reasonable awards. All of these things require a lot of time and work by somebody, and even then there are sometimes less than perfect results. It helps to have a race director but he/she is only as good as the helpers available and the time they are willing to spend. I have two suggestions (1) don't expect too much of a small race unless you know it is being professionally directed and (2) if you are not racing then volunteer to help so as to make the race better for those that are. ■

RACE SCHEDULE

by Bob Maclin

There are a lot of great races coming up the last quarter of 1984. Some of the small town festival races are fine races. If you haven't been to any try the Sorghum Festival 10K. The whole town turns out for a day long celebration. Wendy's Classic 10K is one of the favorites of many runners and you can expect a large Todd Road Stumblers turnout for the weekend there.

OCTOBER

- 13 — **Strohs Liberty Run 8K.** Louisville. Contact: Gil Clark, P.O. Box 36452, Louisville, Ky. 40233.
- 13 — **Strohs Run for Liberty 8K.** Athens, Ky. Contact: John Sensenig, John's Bluegrass Running Shop, 321 S. Ashland Avenue, Lexington, Ky. 40502.
- 13 — **Sorghum Festival 10K.** Springfield, Ky. Contact: 606-336-3032.
- 13 — **Forkland Festival 2.43 Mile.** Forkland, Ky. Contact: Running Shops.
- 13 — **Cumberland Mountain Fall Festival 15K.** Middlesboro, Ky. (State Championships) Contact: Tri-County Runners Association, P.O. Box 2178, Middlesboro, Ky. 40965.
- 14 — **Iroquois Hill Run 10K.** Louisville, Ky. Contact: Gil Clark. See above.
- 20 — **Citizens Challenge 10K.** Louisville, Ky. Contact: Gil Clark. See above.
- 21 — **Gwinn Island Biathlon.** Danville, Ky. Contact: Dick Burchett, 606-236-4286.
- 21 — **Green River Lake Road Race 10K.** Campbellsville, Ky. Contact: John Robards, Campbellsville, Ky., 606-465-8111.
- 28 — **River Banks 10K.** Louisville, Ky. Contact: Gil Clark. See above.

NOVEMBER

- 3 — **Bluegrass Mini-Marathon 13.1 Miles.** Lexington, Ky. Contact: Sam Dunn, Dept. of Parks and Recreation, 545 N. Upper St., Lexington, Ky. 40511.
- 10 — **Wendy's Classic 10K.** Bowling Green, Ky. Contact: David Mason, Box 1316, Bowling Green, Ky. 42101.
- 11 — **Louisville Marathon.** Louisville, Ky. Contact: Gil Clark. See above.
- 22 — **Thanksgiving Day Run 10K.** Lexington, Ky. Contact: John Sensenig. See above.
- 22 — **Thanksgiving Day Run 6 Miles.** Cincinnati, Ohio. Contact: Ron Roncker's Running Shop.
- 24 — **Vulcan Run 84 10K.** Birmingham, Ala. Contact: 205-325-1984.

DECEMBER

- 5 — **Rudolphs Red Nose Run 5 Mile.** Nashville. Contact: Nashville Striders, 615-254-0631.
- 15 — **Rocket City Marathon.** Huntsville, Ala. Contact: Running Shops.
- 31 — **Todds Road Stumblers New Year's Eve Fun Run.** Lexington, Ky. Run starts at clubhouse at 11:45 p.m. ■

Todd's Road Stumblers, Inc.

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AFTER-THE-RUN CLINICS (A Review)

by Bill Stofer

On July 21 and August 4, Dr. Don Ambroziak DPM presented two "After The Run" clinics for his fellow Stumblers at the clubhouse. For the first presentation his subject was "stretching." Dr. Don reiterated and expanded upon the information that was contained in his article in the Summer 1984 issue of the Milemarker. He demonstrated those stretches most commonly needed by the part-time athlete and explained their benefits. It was during one of these demonstrations that the ever faithful "doughnut dogs" got into the act. Don was on his back showing a hamstring stretch, but the dogs thought he wanted to play. After a brief diversion the clinic was resumed with no harm done.

The second session was spent on the topic of form or "how to achieve the perfect stride." Even though most of us will not attain the "Mark Nenow look," we certainly can improve on what we have. Dr. Don also answered many questions after the presentation, but I'm

sure that many weren't asked. He will be glad to answer any questions you may have, so feel free to speak up any time you see time at the clubhouse.

The subject of stretching has been a rather confusing one for the novice. I was possibly the worst example (with knee problems) by not stretching either before or after a workout. After becoming a

patient of Dr. Don my knee problem was brought under control by performing seven stretching exercises and by learning to understand what my body is telling me. I really enjoyed his presentations at the clubhouse and I know I can speak for the rest of the Stumblers in saying "thank you" to Dr. Don for his time and direction. ■



Photo by Scott Norman