



Member Roadrunners Club of America

# THE TODDS ROAD

# millemarker

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

Number 9

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Leo Lenting wins Los Osos 15K.  
(See "Run USA" pg. 12)



Jerry Miller after the Antarctica 10K  
(See "Stumbler Globetrotter" pg.2)

# AT THE STARTING LINE

## UPCOMING CLUB EVENTS

July 15 - Seventh Annual Picnic  
Nov. 2 - KHSAA State Cross Country  
Championships  
Dec. 31 - New Year's Eve Run

## TODDS ROAD TRIVIA

In our last issue we posed a two part question as follows:

About 30 yards before you reach the 8 mile mark on the 9 mile course there is a mailbox on your right.

(1) Whose name is on the mailbox?

(2) In what way is that name significant to Stumblers?

The answers are:

(1) The name is Fishback.

(2) The mailbox is at the top of a long hill which begins at the 4.5 mile point on the 6 mile course. Long ago the Stumblers named it Fishback Hill.

That was too easy wasn't it? Try this one. Name the youngest and the oldest Stumblers who are members of the 500 Mile Club.

Answers in the next issue.

## STATE TRACK MEET

Some exciting things happened at the Shively Sports Center on May 25, 1985, the site of the State Track and Field Meet. I was especially thrilled by the performance of some young athletes who are also members of the Stumblers.

Lafayette High School won the Class AAA Boys team title. Coach Harold Barnett gave high praise to **Russell Nally** for running a distance triple. Nally ran for sixth place in the 3,200M in 10:03, fifth place in the 800M in 1:58.72, and third place in the 1,600M in 4:17.76.

In the Boys Class A competition **Cob Cuniff** took first place in the 3,200M in 9:42.75, and second place in the 1,600M in 4:25.45.

In the Girls Class AAA events **Beth Collins** won second place in the 3,200M in 11:47.45. **Wendy Frazier** took third place in the 3,200M in 11:52.97 and sixth place in the 1,600M in 5:27.77.

If there are other Stumblers who competed but were not listed here,

please forgive the oversight and bring it to our attention so we can recognize you in the next issue. Congratulations to all of you!

## STUMBLER GLOBETROTTER

Stumbler Jerry Miller certainly gets around. He is the one whose picture is in the clubhouse, showing him wearing his Todds Road shirt while standing by the Great Wall of China. Recently he sent us a letter which includes a description of his trip to Antarctica complete with a photo of him in his club shirt. He even claims to have won the first 10K race ever held there. Jerry has also taken the Todds Road colors to Cuba and Africa, and is planning his next trip which is to be to Albania. When Jerry finds time to visit Lexington he serves as President of the Blue Grass Automobile Club. Thanks for the letter, Jerry.

## AN OPEN INVITATION

Some of you may remember that we had an unexpected visitor from California at the clubhouse back in April. His name was Tom Barthold and he had been told that runners meet out our way on Saturday mornings. He drove quite a distance along Todds Road before deciding he was not going to find us, so he parked his car on the shoulder and set out on a solo run. His timing was perfect because he came upon our starting mark just as a group was about to head out, so he jumped in with the pack and then joined everyone at the clubhouse afterwards. A few days ago we received a nice letter of thanks from him, including copies of information from his club, the Tamalpa Runners. In closing he invited any Stumbler visiting San Francisco to get in touch with him at (415) 456-9391. He wants to show you their running trails and make you feel welcome.

## 500 MILE CLUB

Since our Spring issue three more Stumblers have completed the requirements for the 500 Mile Club. The new inductees are **Bill Stofer** - March 23, **Barry Collins** - March 30, and **Virginia Brock** - May 18. This

by Kenneth J. Pike

runs the total to 82 members who have done the distance. Congratulations to all.

## CONTRIBUTIONS

With this issue we complete two years of publication. In addition to the magnificent work of the committee we have been fortunate to have several club members who occasionally contribute articles. We earnestly request that all members feel free to give us news items, or to submit a complete article. We need your help to keep the "news" in the newsletter. See me at the clubhouse and let's talk it over.

## CLUBHOUSE DUTY

We continue to need volunteers for Saturday morning clubhouse duty. It is not a messy or demeaning job, but the doughnuts don't get there by themselves. I won't go into detail on the duties involved this time. Just remember the next time you are filling your coffee cup to look at the calendar beside the front door. If your name isn't there somewhere then grab a pen and write it in. You won't regret it.

## A JOB WELL DONE

I just finished running the Capitol Expo 10K. It was my comeback race after over two years of injuries, but that is another story. What I really want to do is express my appreciation to Race Director Bill Smith and his team for doing such a super job. Putting on a high quality race takes much more effort than most runners realize, and Bill is capable and willing to do that work. He listens to what the middle-of-the-pack runners say they like to see and he delivers it. The course is scenic, accurate (it will probably soon be certified), safe and well marked. There is plenty of water, a nice post-race snack, and an afternoon party. They always give a high quality shirt, the pre-race clinic is very good, the registration goes smoothly and the results come quickly. Having the friendly people of Frankfort and the Capitol Expo as a backdrop makes this truly a runners race. Other race directors need to pick up the pace because the Capitol Expo has opened up a big lead. ■

# GET TO KNOW WAYNE AND CLAY COLLIER

by John Wisniewski

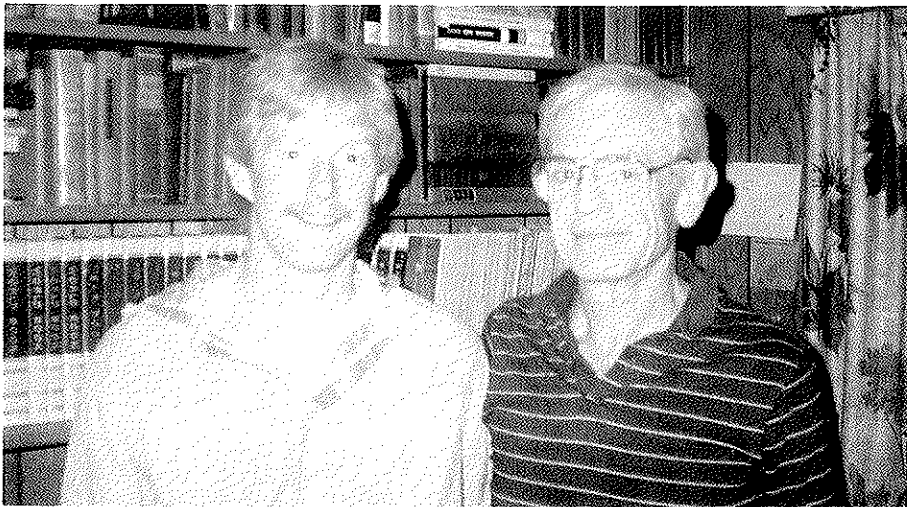


Photo by J. Wisniewski

Running in the Collier family is a Bluegrass tradition. Wayne Collier is a Lexington dentist who has run since his days at Henry Clay High School. Wayne is a rare find in that he is one of a few native Lexingtonians. However, Wayne is quick to point out that he has a lot of friends who have moved into Lexington and that he is pleased with Lexington's development. Though born here, Wayne spent some brief periods away from Lexington. He obtained his dental degree at the University of Louisville in 1952 and then spent two years in the Navy. Wayne and his wife of almost 33 years have three sons, all of whom were high school runners and still run for fun and relaxation. But the Collier running tradition reaches back to Wayne's dad who held the state high school record for the mile at 4:32.

It's no wonder that Wayne's youngest son Clay is strongly motivated toward running. Clay just completed his sophomore year at the University of Kentucky where he holds a track sports scholarship. Clay is currently majoring in accounting, but has not firmly decided on his career goals at this time. He is keeping his options open and may follow his brothers into law. Clay started running along with his dad when he was in grade school. When he was in junior high he ran on the Southern Junior track team. He attended Tates Creek High School where he held the record for 1,600 meters at 4:19:59 and as a senior

won the state AAA 3,200 meters. He has recently been bothered with a case of plantar fasciitis, and is looking forward to a summer with little or no racing. However, training is still on his mind; Clay is planning to stay in shape this summer by training 70-80 miles per week. At UK, Clay is a short/middle distance runner meaning that he runs in events which are anywhere from 800 to 5,000 meters long. Clay participates in cross country in the fall, in indoor track in the winter and outdoor track in the spring.

But running is not everything to Clay. The commitment he has shown in running reflects in the way he looks at his future. He is goal oriented and he works hard to achieve those goals. He was also in the school band at Tates Creek and still likes to listen to rock, classical and jazz music. Clay has also picked

up a favorite pastime of other UK track team members -- darts, which sounds like a great way to relax and enjoy the companionship of his team.

In addition to his practice of general dentistry, Wayne has been teaching dentistry at UK one day a week for the past 19 years. Wayne also is an avid ham radio operator. His knowledge of electronics has him working with computers tracking satellites to help him talk to people all over the world. Not to be left out of anything in the world of ham radio, Wayne is mastering computer programming and microprocessors. Wayne is a member of the board of directors of Lexington Federal Savings and Loan. With all these activities one wonders how Wayne has time for running. But you only have to be around him for a few minutes to sense his enthusiasm for living life to the fullest and his desire to get to know you and be friends with you.

The very same enthusiasm which radiates from Wayne is evident in his son Clay. Both share a sincere interest in other people and are motivated to succeed in each of their endeavors. Wayne has upped his training and is looking forward to setting a personal record in the 10K. Clay is building a strong base this summer getting ready for the fall. Though Wayne had run for many years he had never run at Todds Road until his son Clay got him up early one Saturday about seven years ago. They have both been active members ever since. ■

## BURGIN 15K

by Phil McConathy

On a hot and humid Saturday morning April 20, 1985, races of 5K and 15K were held in Burgin, Kentucky. This is a very tough rolling 15K which is a good training run for anyone preparing for the Louisville Derby Mini-Marathon. Be sure to include this race on your schedule for next year. Stumblers who were known to have placed in the top three in their age groups are listed below.

NAME	TIME	PLACE	AGE GROUP
Robert Green	66:11	1st	M 35-39
John Sensenig	61:09	1st	M 45-49
Dick Hutchison	67:24	1st	M 51-60
Harry Campbell	98:57	1st	M 60+
Pennie Frazier	91:43	1st	F 40-44 ■

# RACE SCHEDULE

by Bob Maclin

The warm weather is here along with our own Bluegrass 10,000 scheduled for 8 a.m. this year. The earlier starting time is good news to the runners. Hopefully, the great crowd of spectators will understand that runners need to get the race over before the temperature gets higher, and that they will all be on hand to cheer and give welcome encouragement to the runners. Remember also the fall festival runs in the smaller towns. Lots of fun!

Don't forget, this race schedule is prepared from many sources, so please remember to verify dates, times of races, etc., before traveling to a race, and send a self-addressed, stamped envelope when requesting entry forms.

## JULY

- 4 - Bluegrass 10,000, Lexington, Ky. Parks & Recreation Dept., 545 N. Upper St., Lexington, Ky. 40507. 606-255-0835.
- 4 - Firecracker 5 Mile, Louisville, Ky. Cox Park, Gil Clark, Box 36452, Louisville, Ky. 40233. 502-459-5606.
- 4 - Peachtree 10K, Atlanta, Ga. Track Club, 3097 Shadowlawn Ave., NW, Atlanta, Ga. 30305.
- 9 - Run for the Hills, 10K, Gatlinburg, Tn. Knoxville Track Club, 502 Allendale Rd., Knoxville, Tn. 37920. 651-577-1537.
- 24 - Red Bird Run 5K, Louisville Fairgrounds, Louisville, Ky. Ken Combs Running Store, 502-895-3410.
- 27 - Dog Days 5K, 10K, Oak Ridge, Tn. Oak Ridge Track Club, Box 3394, Oak Ridge, Tn. 37831.

## AUGUST

- 10 - Asbury Park 10K Men's National Championship (TC), Asbury Park, NJ. AP 10K, Box 2287, Ocean City, NJ 07712.
- 16 - Run for the Hogs 3K, Louisville, KY. Cherokee Road Runners, Box 34532, Louisville, Ky. 40232.
- 17 - Wilderness Road 5K, London, Ky. Ginger Cornett, 212 McWhorter St., London, Ky. 40741. 606-864-7455.
- 18 - Race America 4 Mile, Nashville, Tn. Nashville Striders, 615-254-0631.
- 23 - Mini Chase 7 1/2K, Louisville, Ky. Metro Parks, Gil Clark, Box 36452, Louisville, Ky. 40233.
- 24 - Maggie Valley 5 Mile, Maggie Valley, NC. Haywood Athletic Club, Box 416, Waynesville, NC 28786.

## SEPTEMBER

- 2 - Shamrock 5 Mile, Louisville, Ky. Metro Parks, Gil Clark, Box 36452, Louisville, Ky. 40233.
- 14 - Churchill Downs 10K, Louisville, Ky. Metro Parks, Gil Clark, Box 36452, Louisville, Ky. 40233.
- 21 - Red Apple 5 Mile, Johnson City, TN. R. Allen, Box 1677, Johnson City, TN 37601.
- 22 - McNeely Lake 30K, Louisville, Ky. Cherokee Road Runners, Box 34532, Louisville, Ky. 40232.
- 23 - Bonnie Bell/Chevrolet 10K, Nashville, Tn. (For Women Only) Nashville Striders, 615-254-0631.
- 29 - Dayton River Corridor Classic Half Marathon, Dayton, Oh. See John's Running Shop, Lexington, Ky.
- 29 - Porky Pig 10K, Lebanon, Ky. Chamber of Commerce, 107A W. Main St., Lebanon, Ky. 40033.

## OCTOBER

- 5 - Apple Run 10K, Paintsville, Ky. Rick Roberts, 40 State St., Paintsville, Ky. 41240. 606-789-5821.
- 6 - Old Hickory Run 1.6, 5.8 & 11.2 Mile Courses, Nashville, Tn. Nashville Striders, 615-254-0631.
- 9 - Audubon Park 5K, Louisville, Ky. Cherokee Road Runners, Box 34532, Louisville, Ky. 40232.
- 12 - Strohs Liberty Run 8K, Louisville, Ky. Oxmoor Center, Metro Parks, Gil Clark, Box 36452, Louisville, Ky. 40233.
- 12 - Sorghum Festival 10K, Springfield, Ky. Springfield Sun, Springfield, Ky. 40069.
- 19 - Citizens Challenge 5K & 10K (Women Only), Louisville, Ky. Seneca Park, Gil Clark, Box 36452, Louisville, Ky. 40233.
- 20 - Green River Lake 10K, Campbellsville, Ky. Central Ky. News Journal, Campbellsville, Ky. 42718.
- 20 - Americas Marathon, Chicago, Il. Americas Marathon/Chicago, 214 W. Erie, Chicago, Il. 60610.
- 27 - River Banks 10K, Louisville, Ky. New Albany to Louisville Run, Gil Clark, Box 36452, Louisville, Ky. 40233. ■

# ALLCOMERS MEETS

by Kenneth J. Pike

University of Kentucky Track and Field Coach Don Weber is repeating the very popular Summer Series again this year. All events are held at the Shively Sports Center. The entry fee is very modest (a mere fifty cents!) and door prizes will be pre-

sented. Signups go on from 6:00 to 6:30, the field events start at 6:30, and the track events start at 7:00. Come out to try something different (like the high jump or the discus), or to heckle your friends as they make fools of themselves (trying the high

jump or the discus). Either way you should have a lot of fun. Following is a tentative schedule. If you want more information call the UK track office at 606-257-5816 or 257-6498.

JULY 10	JULY 24	AUGUST 14	SEPTEMBER 4	SEPTEMBER 18	OCTOBER 2
High Jump	Long Jump	High Jump	Long Jump	High Jump	Long Jump
Javelin	35 lb wt Throw	Javelin	35 lb wt Throw	Hammer	Shot Put
Discus	Shot Put	Discus	Shot Put	Discus	Javelin
100 Meters	60 Meters	100 Meters	60 Meters	100 Meters	60 Meters
800 Meters	1,500 Meters	1 Mile	1,000 Meters	600 Meters	800 Meters
200 Meters	400 Meters	200 Meters	400 Meters	200 Meters	400 Meters
2 Mile	5,000 Meters	2 Mile	5,000 Meters	3,000 Meters	5,000 Meters ■

# GET TO KNOW GEORGE AND ANNE VANMETER

by Becky Reinhold

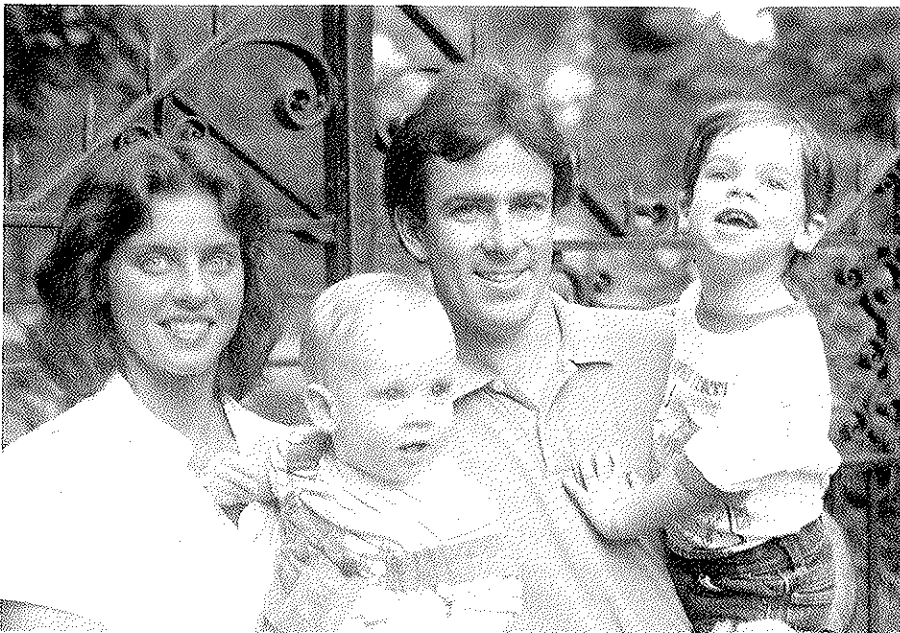


Photo by Reese Reinhold

George and Anne VanMeter live what appears to be a storybook life - a young successful businessman (and runner) with a beautiful and happy family. So to start their story...

Once upon a time there was a King named George. His friends nicknamed him the Pizza King. He ruled over the Little Caesars Pizza chain in Lexington and Winchester. George is a graduate of Episcopal High School and Transylvania University with a business background. He became involved with the Little Caesars franchise (720 stores nationwide) because he liked the concept of a carryout restaurant, 2 for 1 pizzas, and most importantly because he felt the pizza was delicious. Call ahead to the new Duke Road location for extra quick pick up!

George lives on Richmond Road with his beautiful wife Anne and two adorable boys, George III and Patrick (called Rick). George met Anne at Transylvania and it was love at first sight. Anne has a full-time job on her hands looking after the boys, for they seem to be following in their father's footsteps - mischievous and in constant motion! George III is 3 years old and is a handful! He is a ham even at this young age, evidenced by the fact that when he sees a camera he starts saying "cheese." Rick, only 10 months old, is a sweet

and happy baby who already eats and loves McDonalds cheeseburgers, and Little Caesars pizza, of course.

George visits Todds Road often. He feels the best part about running is the end of the run. George first visited Todds Road one Saturday morning after he and a friend from Winchester attended a party on Friday night and decided it might be fun to meet halfway for an easy six. So the tradition started, parties on Friday night, runs on Saturday morning. He likes Todds Road because any level of runner can feel comfortable with the Stumblers and he really appreciates the support that the "Old Stumbler," Alex Campbell, provides for all the different people that visit Todds Road.

George tricked Anne into coming to Todds Road by telling her that he was picking up "Sandy" to drive her out to run and "did Anne mind?" Anne's curiosity finally got the best

of her and she came with George one Saturday to meet "Sandy" - needless to say there was no such person. Anne did run the six mile course.

We understand that Anne is also an excellent tennis player, as well as an all around athlete. She was #1 seed in tennis at Sayre and also at Transylvania. Though she mostly just plays for fun now, she occasionally participates in tournaments and always does well.

George is involved in numerous community activities including being on the Board of the Lexington Hearing and Speech Center, the Old Boys Council at Episcopal High School, the Alumni Executive Board at Transylvania, and he is on the vestry of Good Shepherd Episcopal Church. When he isn't being a Pizza King, George likes to snow ski, water ski and play golf.

On the profile questionnaire one of the questions is - name your favorite race. George wrote "The Kentucky Derby." Seriously though, George enjoys the Bluegrass 10,000 and the Pioneer Run in Winchester (though he is slightly biased since he is the race director). He is a good runner with a 10K PR of 38:55, and a 5K time of 18:50. He has run a mini-marathon and some day would like to run a marathon.

Since all good fairy tales must come to an end, here is our forecast. George and Anne were very happy since the boys grew up to take over the Little Caesars empire. The whole family came out every Saturday to run at Todds Road. George won the Bluegrass 10,000. And they all lived happily ever after. (We hope!) ■

## WOMEN'S TRIATHLON

by Nick Nickell

This triathlon was held the same day as the Red Mile Charity Run. Several Todds Roaders participated at the YWCA event sponsored by the Y and Mid-States Distributing. Diane Soltis won the 35-39 age group in a time of 1:36:28, followed by Diana Antonini in 1:38:45. Mary Hagihara won the 40-44 age group in 1:38:07 while Susan Cox won the 45 and over age group with a strong 1:25:59. ■

# GET TO KNOW DICK AND CHRISTIE ROBINSON

by Dan Seaver

If you want to meet a really interesting family, then get to know Dick and Christie Robinson. The Robinsons are familiar faces to many Todds Road Stumblers.

Dick is employed as Senior Vice President of National Operations for the Webb Companies. His position involves lots of travel around the United States as he seeks out new projects for national development. But by now Dick seems to take the travel in stride. He's done plenty of it since his college days when he was President of the Student Body at Morehead State University.

The Robinsons met at Morehead and were married in 1963. Following Dick's graduation from his master's degree program, the couple moved to Michigan where they remained for 12 years. At that time Dick was Assistant Athletic Director at Oakland University in Rochester. In addition to other duties, he coached the school's teams in swimming, tennis, basketball, cross country and golf.

While in Michigan Dick became interested in the Jaycees, a decision which soon had a major impact on his life and on the lives of his family. In the years that followed, he served as President of the Michigan Jaycees, Vice President of the United States Jaycees, President and finally Chairman of the Board of the national organization. During that period Dick travelled to all 50 states and several foreign countries. Christie and their daughters Tracey, Vicki and Heidi were able to accompany him on numerous trips. At the end of his presidential year, Dick accepted a position as a consultant to W. Clement Stone and the family moved to Lexington. Since returning to Kentucky, he has served in state government as Deputy Commissioner of Commerce and Commissioner of Personnel. Dick made an unsuccessful bid for the U.S. Congress in 1982. Afterwards he resumed his work as a full-time consultant and in 1983 became associated with the newspaper USA Today. Dick has been with the Webb Companies since last summer.



Photo by Dan Seaver

Christie is a library technician at the University of Kentucky M.I. King Library. She earned her bachelor's degree in Education at Wayne State University, the same institution where Dick earned his doctorate. Later Christie's interest in education prompted her to enroll at the Michigan Montessori School, where in 1973 she completed the Montessori Directress program. Her involvement in this field ended when the family moved to Tulsa, Oklahoma with Dick's promotion to President of the U.S. Jaycees. Currently, in addition to her work and family, she is pursuing a master's degree in Library Science on a part-time basis at UK.

All the members of the Robinson Family, with perhaps the exception of Oatmeal the dog and P.G. the cat, thoroughly enjoy sports and fitness activities. Dick's interest in running, as well as biking and swimming, led him in 1982 to help organize Lexington's first triathlon, the Bluegrass Triathlon at Spindletop. By his own admission, he is a "statistical nut" who keeps track of every run and every mile finished. For example, Dick can tell you the specific day this past March when he recorded two major achievements, his 10,000th mile overall and his 1,000th mile run at Todds Road. His fascination with statistics may account for Dick's involvement as Commissioner of the United States Baseball League, an imaginary league

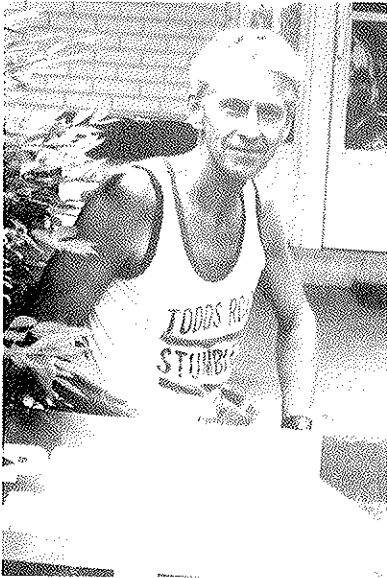
with 10 franchises around the nation. We understand that the owner/managers draft major league players and then use each day's individual performances from the box scores to compile the team totals over a period of time. Dick reports that he's never had so much fun.

Christie's primary sports interest these days is weightlifting. Instead of leaving for home after work, you will usually find her driving over to Ford's Fitness Center to pump iron. This activity along with good nutrition gives her the healthy look that she really likes. Christie is a fine runner who has run in each Bluegrass 10,000 race since the first one. She plans to continue that tradition again this year when she competes on the Fourth of July.

The Robinson girls have developed into outstanding swimmers since they began competing for the YMCA swim team seven years ago. At present, Tracey, 18 and a college freshman, is on the swim team at the University of Cincinnati. Vicki, 17, and Heidi, 15, Bryan Station High School students, swim for the Lexington Thoroughbreds. In addition, this summer they are working as lifeguards at Spindletop's pool. In growing up in the Robinson house, all three have learned from their parents firsthand the personal benefits of being active, staying in shape and engaging in healthy competition. Get to know this nice family and you'll see what we mean. ■

# GET TO KNOW RALPH MILLER

by Dan Seaver



Life has been anything but ordinary for Ralph Miller. Those of you who know him will agree that this Todds Road Stumbler has led a very interesting life with a host of noteworthy accomplishments and experiences to his credit.

A native of Hanover, New Hampshire, Ralph received his bachelor's degree from Dartmouth and a medical degree from Harvard. Following an internship and then research at Walter Reed Hospital, he returned to Harvard to earn a master's and doctoral degree in physiology.

Approximately 20 years of Ralph's professional life have been spent in the areas of research and teaching. His interest in research has centered around the mechanisms of insulin secretion, that is how the brain affects the secretion of insulin and the adrenal hormones. The diseases related to this are diabetes, adrenal disease and hypertension. Throughout this period Ralph was involved in basic research and less on how to treat patients or the pathology of diabetes. He also taught pharmacology and physiology for 12 years at the UK Medical School.

In 1981 Ralph made a major decision to activate his medical degree so that he might return to the role of a clinician working with patients. He began a residency pro-

gram at UK which he completed last year. Today Ralph is in a fellowship program at the Medical Center specializing in endocrinology. This is normally a two-year fellowship, but his extensive background in the internal medicine sub-speciality will enable him to finish in just one year. Next year he will be involved in clinical work and research at the Veterans Administration Hospital.

Ralph became interested in sports early in life. At age four he began skiing competitively in Hanover and this continued in succeeding years when he was a member of his high school's ski team. Ralph's days of national competition started at 16. Although he competed in cross country and jumping, his best performance came in the alpine events of the downhill and slalom. In 1953 he enjoyed his best year by winning the National Downhill title at Aspen, Colorado and the North American Downhill event at Stowe, Vermont. Then in 1954 and 1956, he represented his country as a member of the U.S. teams that participated in the World Championships in Sweden and the Olympics in Cortina, Italy. Ralph also set the world speed skiing record in 1955 with a speed of 109 mph during a 45 day temporary duty assignment in Chile with the U.S. Army. Now that's flying!

These days running rather than skiing is Ralph's principal sports interest. And like many of us, he adopted the sport by accident. It seems that in 1977 he was on a one-year sabbatical in Geneva, Switzerland. At this time Ralph was introduced to the high-flying sport of hanggliding, an activity he really enjoyed. But upon returning to Lexington, he began looking for another sport to perk his interest. At a Kentucky Derby party in 1979 Todds Road Stumbler Foster Pettit persuaded him to come out the next day for the Run Through The Roses race at Masterson's Station Park. Ralph not only ran in the race, he also found the sport he was seeking.

Up to that time Ralph had been

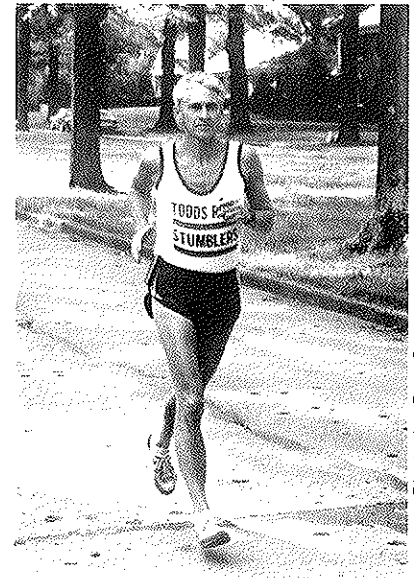


Photo by Dan Seaver

running just five miles a week. The 10K race met a need, a physical challenge for him. It was also a great way to see friends who were runners. And so he began increasing his mileage to 20, then 30 and later 40 miles a week. The results since then speak for themselves with his personal best times of 38:37 for a 10K race and 2:57 for a marathon.

When his residency got underway in 1981, Ralph says he did not have any qualms about the physical stress of the next three years. In retrospect, he held up better than most of his colleagues who were half his age. "I feel stronger and in better condition now at age 51 than when I was racing as an Olympic athlete." We agree with Ralph that being physically fit has a lot to do with how you look at your age and life in general.

The other members of the Miller Family have also been highly successful in their activities. Pam Miller is well-known to Lexingtonians as Vice Mayor and a member of the Lexington Fayette Urban County Council. Pam knows a lot about races, in this case political races, having captured the greatest number of votes for at-large Council seats in the May 28th primary. Their children are Alex, a sophomore at Dartmouth; Erik, a freshman at Yale; and Karen, a Henry Clay High School sophomore. ■

# AVOIDING HEAT INJURY

by Dr. Robert Shier, M.D.

By following a few simple, common-sense rules you can avoid serious and life-threatening heat injury. Heat is a major byproduct of normal metabolism and is markedly increased with vigorous exercise. If not properly dissipated, heat can be the number one summertime enemy of the runner.

Heat is lost by the body through several different mechanisms: radiation, conduction, convection, respiration and evaporation. How effective these mechanisms are is dependent on the ambient temperature and humidity. As the ambient temperature approaches body temperature evaporation becomes the sole method of heat loss. However, if the air is nearly saturated with water then evaporation cannot occur. The message in this is that if the temperature is in the nineties and the humidity is high then you have essentially no method to dissipate heat! The increase in heat production with exercise is staggering. Basal heat production is 65-85 Cal./hr. while with moderate work the production becomes 300 Cal./hr. and with brief maximal work it becomes 600-900 Cal./hr. A summer run would put you in the range of 400-600 Cal./hr.

Wind compounds the problem of heat! It can give you the sensation that the temperature is lower than it is. In addition, at temperatures at or above body temperature fans have been shown to be ineffective for cooling which means that wind would also be ineffective. Likewise, wind also increases the risk of heat injury at lower temperatures (70's and 80's).

Hyperthermia occurs with little warning and is best avoided by not putting yourself at risk. Early symptoms include headache, dizziness, weakness, mental confusion and in some cases euphoria.

The mortality from serious heat stroke is 30-80%. It can happen to anyone!! (Alberto Salazar went down at Falmouth several years ago.) Once you have had an episode of heat injury you are more prone to a recurrence.

There are some simple rules to follow:

(1) You cannot drink too much or too often. Plan your runs around water.

(2) Run slower and shorter. It won't decrease your conditioning.

(3) Wear as little as the law will allow.

(4) Run early or late in the day. Tan is beautiful at the beach but not in the hospital or the tomb.

(5) Alcohol makes you less resistant to heat injury. (However, beer is high in potassium (K) and you need

lots of K. Drink O.J. and eat bananas.)

(6) Gradually work up to heat running. Acclimatization is important. Summer is not the time to suddenly decide to "get in shape." Join us in the winter. ■

**Editors Note:** Dr. Shier served two years in the Navy Medical Corps at the Marine recruit training center, Parris Island, S.C. During this time he saw and dealt with heat injury at its worst. Take his advice seriously -- he's not just another doctor saying "be careful."

## RED MILE 5K

by Nick Nickell

This 5K was run on April 21 at Lexington's Red Mile trotting track. Although not a highly published race, it did draw a good field. Listed below are those Todds Roaders' who received age group trophies:

NAME	AGE & PLACE	TIME
Scott Leslie	M 14 & Under - 2nd	20:41
Dave Schaufuss	M 20-26 - 1st	15:29
Denny Williamson	M 41-48 - 1st	17:32
Dick Hutchison	M 48-54 - 1st	20:20
Bill Meeker	M 48-54 - 2nd	22:55
Bob Maclin	M 62 & Over - 1st	21:44
Harry Campbell	M 62 & Over - 3rd	30:14
Brenda Curd	F 20-26 - 2nd	21:49
Wanda Lavelly	F 41-48 - 1st	25:08
Carol Woodburn	F 41-48 - 2nd	41:09
Phyllis Jenness	F 62 & Over - 1st	33:47 ■

## RUN KENTUCKY RUN

by Nick Nickell

April 14th was the date of this year's renewal of the Run Kentucky Run. The weather was warm and the course was the old Energy 10K course with a few extra hills added in. This avoided the troublesome turnaround at the bottom of the hill, but with the extra hills, the course is still tough. Listed below are known award winners.

NAME	AGE & PLACE	TIME
Scott Moulder	M 12 & Under - 1st	43:35
Scott Leslie	M 13-15 - 1st	40:06
John Dickinson	M 20-24 - 1st	35:09
George Braman	M 25-29 - 1st	35:07
Mike Raftery	M 30-34 - 1st	35:11
Mark Morgan	M 30-34 - 5th	36:38
David Karrick	M 35-39 - 5th	41:01
Phillip Wheat	M 40-44 - 2nd	35:39
Stan Briggs	M 45-49 - 2nd	42:12
Dick Hutchison	M 50-54 - 1st	40:53
Wayne Collier	M 55-59 - 1st	40:33
Bob Maclin	M 60-64 - 1st	45:16
Joni Morgan	F 25-29 - 2nd	52:09
Mary Hagihara	F 40-44 - 1st	48:54
Susan Cox	F 45-49 - 1st	49:36 ■



# OVERTRAINING - IS IT ALL IN YOUR HEAD?

by Dr. Ray Reynolds M.D.

Have you ever trained extensively for the BIG RACE and then felt terrible? The overtraining syndrome is a well described complex of symptoms seen in athletes and the focus of a recent study from South Africa (J. Clin. Endoc. and Metab. 1985; 60:803-806). Proposed causes of this syndrome include a psychological basis, adrenal insufficiency, or disordered hypothalamic pituitary function. Menstrual irregularity including absence of menses (amenorrhea) seen in female athletes is another disorder of hypothalamic pituitary function.

In this study, hypothalamic pituitary function was studied in experi-

enced male marathon runners including a group with the overtraining syndrome. Overtrained athletes exhibited apathy, lethargy, depressed mood, insomnia, weight loss, heavy-legs, muscle pain and impaired racing/training performance. Precipitating factors included prolonged distance training followed by extensive speed training or racing.

Pituitary hormones were measured before and after induction of hypoglycemia by intravenous insulin. Hypoglycemia or low blood sugar is a potent stimulus for hormone release. The normal runners had equivalent hormone elevations before and after marathon races. The over-

trained runners had depressed responses of certain hormones including growth hormone, ACTH (adrenal stimulating hormone) and cortisone. After four weeks of rest, the overtrained runners had normal responses when retested.

This study, therefore, found a hormonal basis for the overtraining syndrome which is reversible with rest. The abnormalities of the "master gland" (hypothalamus pituitary) were not due to the stress of marathon racing since the normal runners had brisk hormone responses. Pituitary testing may be useful in the diagnosis and monitoring of recovery from the overtraining syndrome in competitive athletes. ■

## ANNUAL CLEANUP

by Ken Pike

The trash cleanup went off with only a slight hitch. The date originally chosen, May 11th, was also to become the date of the Diet Pepsi 10K race at Athens. Although several willing workers showed up on the 11th, it was decided to postpone everything till the following Saturday so that more would have the opportunity to participate. The 18th of May brought beautiful weather and a good turnout. After the run, we all went back out over the six mile course and picked up every bit as much as the 5,000 pounds collected last year. Several residents of the area stopped and complimented us for our efforts. One of the main reasons for doing the cleanup is to find a way to repay the nice people of Pine Grove for letting us use their area for our weekly fun runs. Thanks to them for always being so considerate of us and our weird hobby, and thanks to each of the Stumblers who gave a couple of hours to help out.

As a sidelight, we heard that Stumbler Jenny Brock finished her 500 miles on the 18th. When she reached the clubhouse everyone was already out on the cleanup and so there was nobody around to share her accomplishment. Jenny! Please come back! We are saving your champagne baptism and the congratulations that you have earned. ■

## HEART MINI-MARATHON

by Stan Briggs

Sunday, March 24 marked the running of the 8th annual Cincinnati Heart Mini-Marathon. Nearly 5,000 runners converged on Fountain Square to participate in one of the top races in the midwest. William Haviland was the Open Male winner in 46:45 while Olympian and hometown favorite Julie Isphording was the first female finisher with a time of 52:12.

During the day new course records were established by 12 of the 30 age group winners. However, the real winner was the American Heart Association which received \$129,150 from 84 local businesses which sponsored the race.

Listed below are those Todds Roaders known to have participated this year.

NAME	AGE GROUP	PLACE	TIME
Mike Raftery	M 30-34	19	53:30 PR
Ann Wheat	F 35-39	13	71:46
Phil Wheat	M 40-44	9	55:39
Stan Briggs	M 45-49	14	60:36
Dick Hutchison	M 50-54	5	65:01 ■

## RUN FOR THE ARTS

by Phil McConathy

On March 30, 1985 in Louisville this 15K race was held on a morning that was warm and cloudy. Near the end of the race came a heavy downpour which made the race rather soggy. This race was the second leg of the Triple Crown Series. This is a rolling course that will give a good workout to all runners. It is a very good prep race for the Derby Mini. Following are Stumblers known to have raced.

NAME	TIME
Susan Cox	1:37:46
Mark Morgan	56:28
Edward Gardner	1:02:20
William Stofer	1:09:04 PR
Jim Gardner	1:03:58
Phil McConathy	1:06:08
Harry Campbell	1:36:41 ■

# CRESCENT CITY CLASSIC

by Bob Maclin

Only a year ago, Todds Road Stumbler Marc Nenow startled the running world with the fastest 10K road race ever run. This year, in New Orleans, the best of the runners from all over the world were out to knock off the "top gun" and hopefully lower his world record of 27:22. Old man weather had other ideas, however, and even the day before the race, most observers and runners knew conditions were forecast to be much less than ideal.

Fighting 75 degrees and rising temperatures, and almost 75% humidity and an 18 to 20 mile headwind, with 25 mile an hour gusts, Marc Nenow, Carlos Lopez of Portugal, Michael Musyoki of Kenya, Fernando Mamede of Portugal, Rex Wilson of New Zealand and Gidmas Shahanga of Tanzania battled each other for the first four miles before the strength of Lopez became evident.

Considered by many to be the best runner in the world today, Lopez finished first in 28:17, followed by Musyoki in 28:20, Wilson in 28:32, Nenow in 28:44, Mamede at 28:48, Shahanga, 28:50, Mark Curp, 28:57, and Craig Virgin in 29:02. Wendy Sly of Great Britain won the women's challenge in 32:14, outdistancing Grete Waitz of Norway who came in second with a time of 32:50. Linda McLennan of the United States was third with 33:18, then Regina Joyce of Ireland, 33:59, and Leslie Welch of the United States in 34:04.

Other Todds Road Stumblers had excellent runs considering the weather and the running traffic of over 20,000 registered runners. Dave Schaufuss was 25th with a time of 31:02. Doug Worful was 276th with a time of 37:14, Dennis Haddad was 304th with a time of 37:29. Bob Maclin came in at 43:57. Only the first 500 finishers' times were recorded. ■

# RUN FOR THE CLOVER 5K

by Stan Briggs

The morning weather was ideal for racing on March 16  
Shown below are all the known Todds Roaders who won age group awards.

NAME	AGE GROUP	PLACE	TIME
Sarah Wisniewski	F 0-12	1st	24:16
Christie Cornett	F 13-14	1st	20:53
Russell Nally	M 17-18	3rd	16:40
Bob Carden	M 19-24	4th	17:23
Todd Murphy	M 25-29	1st	15:48
George Braman	M 25-29	3rd	16:32
Mike Raftery	M 30-34	3rd	16:56
Jim Grisso	M 30-34	4th	16:57
Frank Cornett	M 35-39	1st	16:24
Dan Dusch	M 35-39	2nd	16:33
Denny Williamson	M 40-44	1st	16:58
David Wachtel	M 40-44	3rd	18:54
Stan Briggs	M 45-49	1st	18:02
Joy Carden	F50-54	1st	31:48
Dick Hutchison	M 50-54	1st	19:29
Martin Ginocchio	M 50-54	2nd	20:31 ■

# RODES CITY RUN 10K

by Phil McConathy

On a cool Saturday morning on March 23 the Rodes City Run was held in Louisville. Stumblers known to have competed are listed

NAME	TIME
Susan Cox	64:53
Phyllis Ruthenberg	59:22
William Frazier	40:29
Ed Gardner	42:00
William Stofer	45:03
Phil McConathy	42:01
Phillip Wheat	35:00 2nd M40-44
William Alley	42:39 ■

# DIET PEPSI 10K

by Nick Nickell

The "Challenge Run for Cystic Fibrosis" which was run on Saturday, May 11 was held in Athens, Kentucky. Mike Wainscott and his workers once again did a fine job. Listed below are Todds Road Age Group Award Winners, and known PRs.

NAME	AGE & PLACE	TIME
Bernadette Madigan	1st Overall Women	34:28
Debbie Smiley	2nd W 16-19	52:56
Barbara Johnson	3rd W 30-39	50:44
Casey Hall	2nd W 40-49	51:27
Joy Carden	1st W 50-59	1:08:48
Dave Schaufuss	1st M 20-29	31:51
Frank Cornett	3rd M 30-39	34:16
Phil Wheat	1st M 40-49	35:28
Stan Briggs	3rd M 40-49	39:22
Martin Ginocchio	3rd M 50-59	44:28
Bob Maclin	1st M 60 & Over	44:12
Terrance McLorg	2nd M 60 & Over	45:28
Bob Kennedy	M 30-39	PR 39:24
Bill Sanborn	M 40-49	PR 39:28
Bill Mallory	M 30-39	PR 45:02 ■

# STUMBLERS ON THE MOVE

by Suzanne Sanders

**Cindy Crapper** and **Bernadette Madigan** were honored at the UK Track Awards Banquet held on April 24. Cindy received the award for Most Valuable Performer in Indoor. Bernie received the Most Valuable Performer for Cross Country and in Outdoor. Bernie's plans after graduation include running road races while wearing the Todds Road shirt. In May she won the womens division of the Pepsi Challenge. Her father was visiting from England and was able to see her race for the first time.

**Susan Cox** had much to celebrate after the National Master Short Course Championships held May 9-12 at Brown Deer, Wisconsin in the Walter Schroeder Pool. Susan won the womens 45-49 age groups in 500 Freestyle, 200 Freestyle, 400 Individual Medley, and 1,650 Freestyle. Her 400 I.M. set a national meet record. She also came in second in the 200 Butterfly and was first in the 200 I.M. but was disqualified on a technicality. Susan set P.R.s in all her events.

Congratulations are also in order to three Stumblers. At the Kentucky State High School Track Meet held at UK on May 25, **Beth Collins** placed second in the 2 mile in 11:47 with **Wendy Frazier** close behind in third with 11:52. Wendy also came in sixth in 1 mile. **Russell Nally** was third in the 1 mile with 4:18, 5th in 1/2 mile with 1:58, and 6th in the 3,200 with 10:03. The following Thursday both Beth and Wendy won their age groups in the 3,000 at the Junior Olympics. Beth and Russell are graduating from Lafayette this year.

This spring **Diane Curry** spent one and a half months in Commiskey, Indiana at Haykeye Hill Training School learning horse training techniques. She is currently working at Keeneland.

**Joe "Joker" Phillips** recently signed a pro football contract with the Washington Redskins. He is currently at spring practice.

On April 30, **George Van Meter** opened another Little Caesars Pizza

at a new location - 357 Duke Road. Little Caesars sells pizza on a carry out only basis and if you buy one you get one free.

**John Maddox** married Linn Shores of Charleston, West Virginia on May 26. They will live in Lexington where John is the director of the Executive Fitness Center.

**Bill** and **Ramona Stofer** had a baby on April 27, the same day as the Derby Mini-Marathon. Being a dutiful father Bill skipped the race and attended the birth of 8 lb. 2 oz. Jonathon Trent Stofer. Bill and "Monie" also have a daughter, 4 1/2 years old Jessica Erin.

**Terry Huey** had a malignant

tumor removed from his large intestine. No chemotherapy was necessary and Terry is fully recovered and running again.

**Tom Radden** has also undergone surgery for a heart restriction. Tom had angioplasty (balloon) surgery to open the restriction in an artery. Tom is running again but having a hard time adjusting to the diet changes required.

**Steve Wilson** came out to Todds Road for a visit this spring. Steve is now the managing editor of the St. Paul (MN) Pioneer Press and Dispatch. He was in Lexington at a meeting of all the editors of the Knight-Ridder newspapers. ■

## DUEL AT THE BAGGAGE CAROUSEL

by Marcus J. Nenow

One of the fringe benefits of my running that I am truly grateful for is the travelling I get to do and the different places it takes me. Along the way many interesting and often funny things happen. It was that way this past April.

The Border Blazer 10K had brought me to McAllen, Texas. After finishing the race Saturday morning I flew, not so directly, to Boston to be a part of the marathon weekend up that way. Flights took me to Houston, New York and finally Boston. Continental Airlines for some reason would not check my bags the entire way so I was forced to join the rioting around the luggage carousel at La Guardia airport following my flight.

My luggage includes a Levi's garment bag I received as a member of the 1983 U.S. Pan American team. It is red, white and blue with a small Pan Am patch. It turns out these same bags were issued to our Olympic team members last summer -- with a small Olympic patch instead, of course. Twin bags if there ever were any.

After watching for several minutes, I spotted my bag on the ramp. I hate to fight the crowd until I actually see my luggage so I had been standing back a ways. As I approached the carousel, a short,

stocky fellow was toting off my bag. I tapped him on the arm, grabbed the bag and said, "Thank you." He looked at me and quickly yanked the bag back from my hand. I informed him the bag was mine. He looked at the name tag and replied, "This is your bag." At this time I mustered up one of those extremely sarcastic facial expressions that says, "Nooqoo kidding!"

Bag finally in hand, I stood back and watched this guy race up to retrieve another bag just like mine. He carried it towards me and delivered it to a girl standing ten feet away. Sort of a young, short girl with a big smile. Yes, America's sweetheart Mary Lou Retton herself. I guess I had been too tired from a long day of racing and travelling to notice her before.

She had obviously seen my encounter with the fellow getting her bags for her. I looked her way and smiled with a new facial expression that asks, "Know any holes around here I can crawl into?" She smiled back.

I turned and headed off to find my flight to Boston, wishing my bag was also from being a part of the 1984 Olympics. I wondered if it was possible to turn back time and take another shot at making the team. I decided it wasn't. ■

# Todd's Road Stumblers, Inc.

**milemarker**

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## RUN USA

by Kenneth J. Pike

Recently we received a nice card from Leo Lenting, who we knew as a runner for the University of Kentucky from 1975-1979. Leo, who now lives in California, headlined his card "A Stumbler out west takes South Bay 20K in Los Osos, California." He also wrote that he ran it all alone in 1:06:02, just missing the course record of 1:05:57 set by Dennis Rinde in 1982. Leo also furnished a race photo of himself wearing his Todds Road singlet.

Congratulations Leo and thanks for sharing this with the other Stumblers.

Leo's card reminded me of an idea suggested by Dick Robinson. Dick thought it would be interesting to see how long it would take to have the Todds Road Stumblers represented in races in all fifty states. Since we have members living in at least 20 states we should be able to cover a lot of ground quickly. It sounds like a great idea to me, so in

recognition of the efforts of Leo Lenting and Dick Robinson I hereby announce the start of a program to be called "Todds Road Stumblers Run USA." Here are a few ground rules.

(1) We will count only those races run on or after July 1, 1985. (Sorry, Leo, but we will have to ask you to do it again.)

(2) The race must be 5K or longer.

(3) You must be officially entered in the race.

(4) You must wear your Todds Road shirt in the race.

(5) You must report the results by writing to the Milemarker at the club mailing address (please don't phone it) within two weeks after race day.

(6) The report should include the date, name, distance, and location of the race along with your time, and finish position.

(7) This program is open to all Todds Roaders regardless of age, gender or ability. You are all world-

class to the Old Stumbler.

(8) Races run in the state of Kentucky do not count because on the 4th of July we would have about 400 winners and would not know who to list.

9) Although it's not required for your race to be recognized, along with the race report please tell us what else you have been doing lately, and enclose a race photo if possible.

As the reports come in they will be listed in the Milemarker. If more than one report is received from a state then we will list the report having the earliest race date. If there is a tie for race date then we will list the report received the earliest. If there is a tie for race date and date received then we will probably list all of the Stumblers involved. We also might forget all of these silly rules and make up some better ones, but I think you get the idea. Hunt up your Todds Road shirt, dust off your racing shoes and send us the news. Hope to hear from you soon. ■