



Member of Road Runners Club of America

## THE TODDS ROAD

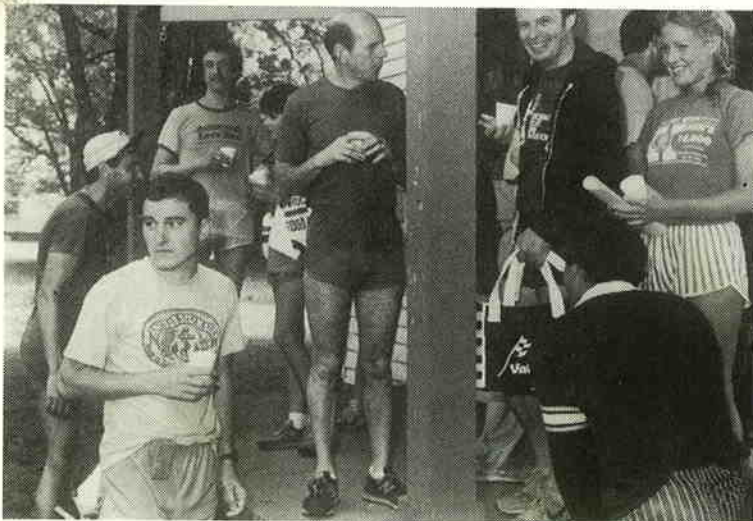
# milemarker

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

Number 1

Summer 1983

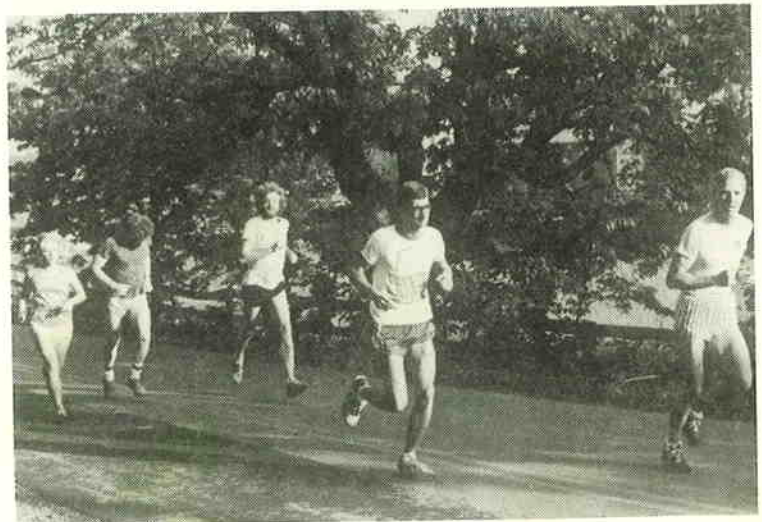
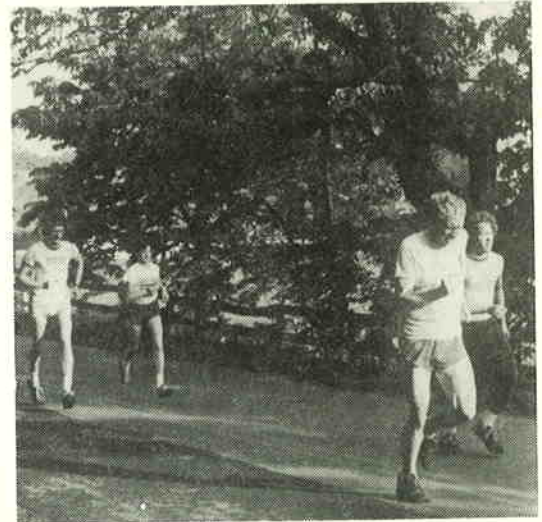
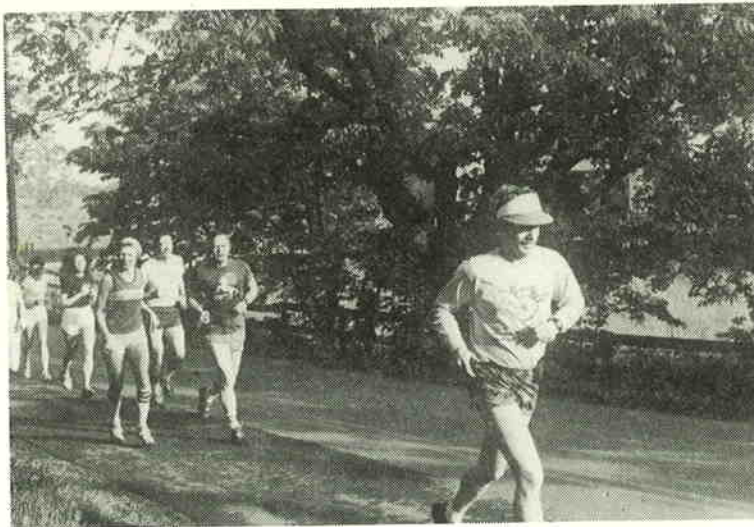
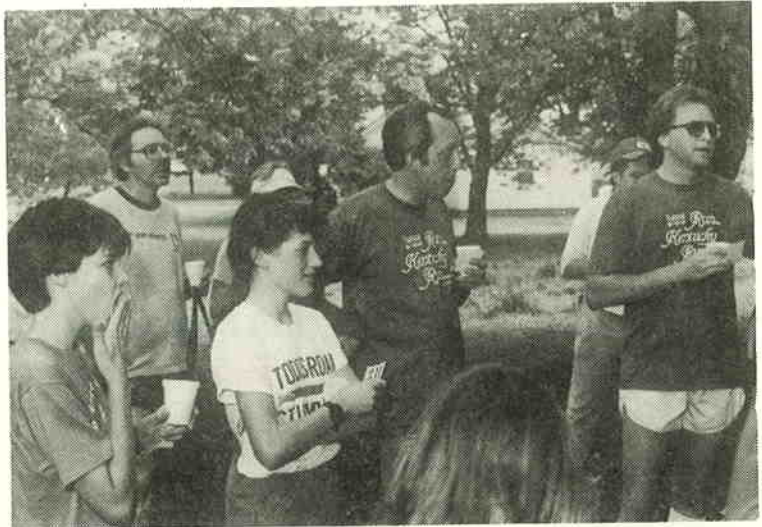
## *Who are these people?*



photos by Jerry Stone



# Who ARE these people?



photos by Jerry Stone

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## WHO ARE THESE PEOPLE?

- Ken Pike

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You see them at the clubhouse. You see them at races. You see them running all over town. You know them as fellow runners and you may even be able to come up with some names if given time to think it over. You're sure they are all fine people but you just don't have time to get to know more than a few of them.

To deal with this and other such communication problems of interest to area runners, the Todds Road Stumblers has created this new publication called the MILEMARKER.

The members of the Editorial Committee are very excited about the opportunities that the MILEMARKER can open to the Stumblers. We hope that all of the club members will see it as a means of getting acquainted with each other, staying up to date on races and other running-related activities, and keeping informed of club functions. Here are some of the things that we are planning to cover:

**RACE SCHEDULES:** Not so long ago we had to travel a lot to find enough races to make a season. Now they are superabundant and so the current problem is to choose rather than to find. Jerry Stone is our State Representative to the Road Runners Club of America (RRCA) and so a lot of race information comes to him. In each issue of the MILEMARKER, Jerry will present a list of nearby events being held in the next 4 or 5 months. If you know of any that he missed please contact Jerry so that he can check into it next year.

**RACE RATINGS:** We are taking chances here. We certainly don't intend to hurt anyones feelings. At the same time we feel that races should be for the runners. By paying an entry fee the runner deserves:

(1) Safety -- Protection from traffic and plenty of aid stations.

(2) Certification -- An accurately measured course with properly located interval markers.

(3) Results -- A precise time and place of finish.

Beyond these basics there are many other things that can be done to add to the quality of the experience. By commenting on the good and bad points of major local races it is hoped that the overall quality will improve. Jerry Stone will be handling this department also. Please give him your comments on races you have run.

**RACE RESULTS:** Nick Nickell and John Carroll will work together to keep up with performances of Stumblers in the various local races. They will be looking for overall and age-group award winners and other victories such as PR's and marathon finishes. This is a very big job and your input is needed. We don't want to overlook anyone.

**MEMBER PROFILES:** Starting with the next issue we hope to interview and profile fellow Stumblers. Besides being athletes they also lead fascinating private lives. We hope we can get them to share their experiences with us. You are going to be amazed at the talent we have around us.

**PRESIDENT'S CORNER:** Jerry Stone is president of the Todds Road Stumblers. In each issue he will present us with news and views on the sport.

**GENERAL NEWS:** This department is being handled by John Fox in association with Suzanne Sanders and John Wisniewski. This is the "catch-all" of the newsletter. John and his team will need a lot of help from all of you to gather the news so don't be shy.



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Camille Weber is another member of the committee. Although she is not specifically involved in a writing duty, the MILEMARKER will depend heavily on her for her talents in artwork, typesetting, photography and layout.

The MILEMARKER will be mailed quarterly to all current members. Since we don't have a dues structure it is sometimes hard to tell who our members really are, so to that end we are going to completely rebuild our list and then update it frequently. In this issue you will find a member information form. Whether you are a new member or have been with us for years we are asking that you fill one out for each person in your household that intends to be a member. To keep costs down we will send only one copy of the MILEMARKER to each household, but we do want a form for everyone. After completing the form please mail it to the address shown or bring it to the clubhouse. Extra forms will be available at the clubhouse if you need them. By the end of 1983 we hope to have the list completely rebuilt. As always, we need your help to get it done.

We hope this will be enough to explain what we expect the MILEMARKER to say. We are sure that there are many more areas of interest that we have not thought of and so we invite your ideas. If you would like to submit an article or write an opinion letter or just make a verbal suggestion, please do so. If we can make the newsletter an open forum for the membership, it will be serving a vital function. ■

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PRESIDENT'S CORNER

- Jerry Stone

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About our club -- a "family" of runners and fans of running -- organized to have fun, to educate the public and to promote the sport. Todds Road Stumblers, Inc., has along with myself the following officers and members. Board of Directors: Dan Dusch, V.P.; Cathy Fox, Secretary; Jim Bell, M.B.; Don Coffman, M.B. and Bill Matlack, M.B. Membership to the club is open to all by signing up at the clubhouse or call Cathy at 254-3447 for more information. Our weekly fun runs, summer pool party, and two big projects -- the U.K. Relays and High School Cross-Country Championship -- are occasions to meet and work for the sport of running. No other club I know of exists purely and unselfishly for this ideal. Members include international competitors, national class age groupers, fast kids, slow kids, racers, untramarathoners, "just" joggers, and grizzled veterans -- and they're all beautiful people, even sweaty!

RACE DIRECTING: A RRCA Sanction is your assurance of quality and purpose. The RRCA State Rep (me) has all guidelines, including charities, and can assist in certifying the accuracy of your course. Coordination of race dates is a function of club presidents and myself. Race dates are crowded in May and October -- maybe we need shorter races in the summer, and a race or two to break up our winters. ■

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RACE SCHEDULE - Jerry Stone

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Be sure and check the Lexington Herald-Leader. I know of several new races this summer, but no firm dates -- especially in Eastern

Kentucky. Race Directors are urged to send flyers to local stores and to Todds Road Stumblers, P.O. Box 223, Lexington, Ky. 40584

JULY

2nd Firecracker 5-mile. Louisville.  
Contact Mason-Dixon Athletic Club, Bill Long, 502-458-4989.

4th Blue Grass 10,000. 9 a.m. Lexington.  
Contact Sam Dunn, 255-0835, Parks & Recreation.

? Oldham Co. Festival. 5-mile run. LaGrange.  
Contact Mrs. Benard J. Bell, 2604 Ridgewood, LaGrange, Ky.

? George Rogers Clark 5 Mile. Jeffersonville.  
Contact River Valley Running Club, P.O. Box 615, Jeffersonville, Ind.

16th Summer Twilight Run. 5 miles. Louisville.  
Contact Ken Combs Running Store, 4137 Shelbyville Rd., Louisville, Ky.

20th Kentucky One Hour Run. 7:30 p.m. UK Track.  
Contact Todds Road Stumblers, P.O. Box 223, Lexington, Ky.

? Track meets in Louisville and Frankfort (Masters and All-Comers).

AUGUST

6th Stamping Ground Festival. 6 miles. Stamping Ground, Ky.  
Contact Dick Rowdin, 505-863-5400.

18th Audubon Park 5 Km. Louisville.  
Contact Cherokee RR, P.O. Box 34532, Louisville, Ky. 40232.

19th Midnight Chase 1.5 Miles and 7.5 Km. Louisville.  
Contact Metro Parks, P.O. Box 37280, Louisville, Ky. 40233.

27th Pioneer 10Km Run. Harrodsburg.  
Contact David Gray, 130 N. College St., Harrodsburg, Ky. 40330.

28th(?) 2nd Annual Bluegrass Triathlon, Spindletop Country Club, Lexington.  
800m Swim, 25 mile Bike, 6 mile Run.  
Contact Dick Robinson, 606-233-3750.

? Fancy Farm 10Km. Fancy Farm, Ky. 42039.

? Royal Spring Run. 3.5 miles. Georgetown, Ky.

? Wilderness Road 5 Km. London, Ky.

? Honey Festival 10 Km. Jackson, Ky.

SEPTEMBER

3rd Charleston Distance Classic. 15 miles. Charleston, W.Va.

3rd Spencer Co. Homecoming. 4 miles. Taylorsville, Ky.  
Contact Ken Combs Running Store (see above).

4th Daniel Boone Pioneer Run. 10 Km. Winchester, Ky.  
Contact Winchester/Clark Co. Tourist Commission, 800 By Pass Road, Winchester, Ky. 40391. 606-744-0556.

10th Run for the Roses. 10 Km. Louisville, Ky.  
Contact Metro Parks (see above).

10th Steamboat Days. 10 Km. Jeffersonville, Ind.  
Contact RACE, P.O. Box 338, Jeffersonville, Ind. 47130.  
812-282-3620 or 283-5359.

14th Gaslight Festival 4-Mile. Jeffersontown, Ky.  
Contact Ken Combs Running Store (see above).

Race Schedule (continued)

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- 17th Military Challenge. 10 Km. Louisville, Ky.  
Contact Metro Parks (see above).
- 18th John Conti 30K. Louisville, Ky,  
Contact Cherokee Road Runners (see above).
- 18th Constitution 5K & 10K. Danville, Ky.  
Contact Dr. Mack Jackson, 412 S. 4th Street, Danville, Ky. 40422.
- 23,24,25(?) Corporate Cup. 5K & 10K. Louisville, Ky.  
Contact St. Anthony's Hospital, 1313 St. Anthony's Place,  
Louisville, Ky. 40204. 502-587-1161, ext. 1104.
- Labor Day Weekend Highlander Point 10K & 2-Mile. Floyd County, Ind.  
Contact Don McWilliams, 42 Braden Drive, Route 2, New Albany, Ind.  
47150. 812-923-8905.
- 24th Run for Youth. 10 Km. Eminence, Ky.  
Contact Eminence Optimist Club, P.O. Box 151, Eminence, Ky. 40019.  
502-845-4126.
- ? K-Men's 10K. Lexington, Ky.  
Contact K-Men's Association, 606-269-7001.
- ? Tobacco Harvest 10K. Lancaster, Ky.  
Contact Joe Roseberry, P.O. Box 631, Lancaster, Ky. 40444.

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OCTOBER

- 1st Council of Arts Oktoberfest. 15 Km. and Fun Run.  
Kentucky Horse Park, Lexington, Ky. Contact Sam Dunn, 606-255-0835.
- 1st Harvest Homecoming 10K. New Albany, Ind.  
Contact Vaughan Hankins, 1417 State St., New Albany, Ind. 47150.
- 9th Iroquois Hill Climb. 10K and 1 Mile. Louisville, Ky.  
Contact Swag's Sports Shoes, 5431 New Cut Road, Louisville, Ky. 40214.  
502-361-2347.
- 9th Alpha 10K. Louisville, Ky.  
Contact Ken Combs Running Store (see above).
- 15th Citizens Challenge. 5K and 10K. Women only. Louisville, Ky.  
Contact Cherokee Road Runners (see above).
- 23rd River Banks Run. 10Km. Louisville, Ky.  
Contact Victory Athletic Club, P.O. Box 6667, Louisville, Ky. 40206.
- ? Medical Center Fitness Run. 5 Km. Louisville, Ky.  
Contact Jewish Hospital, 217 E. Chestnut St., Louisville, Ky. 40202.
- ? Energy 10K. Lexington, Ky.  
Contact Lana Harding, Ky. Energy Center, P.O. Box 11888. Lexington,  
Ky. 40578. 606-252-5535.
- ? Waddy Harvest Run. 2.5 miles, Waddy, Ky.  
Contact Waddy Ruritan Club, c/o John Henson, Rt. 1, Waddy, Ky. 40076.
- ? Bluegrass Mini-Marathon. 13 miles. Lexington, Ky.  
Contact Lexington Parks & Recreation (see above).
- ? Tiger 10K. Louisville, Ky.  
Contact St. Xavier High School, Louisville, Ky. ■

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## GENERAL NEWS

- John Fox

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The General News section of the MILEMARKER will contain information and articles which are of interest to the entire running club. It will, for example, introduce new members, as well as mention changes (children, marriages, relocations, etc.) in the lives of current members. Also, news about the 500 Mile Club will be published. Another function of this section will be to publish narrative summaries and maps of new and/or interesting running routes both in Lexington and in other cities. General News also will inform members about pending major projects, i.e., The Kentucky Relays, High School Cross Country Meet.

From time to time guest columnists will contribute articles on various topics related to running. The General News section, however, will rely most heavily upon its readership for information, articles and the like. In fact, the editors heartily solicit any contributions, ideas and suggestions that club members may have. ■

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## BLUE GRASS 10,000

- Ken Pike

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Monday the 4th of July is the day of the Blue Grass 10,000. This has become the big event of the year in Central Kentucky.

A big starting field is expected with a very classy group up front. Many runners train the entire year for this one race.

The Herald-Leader will print detailed results and the Fall issue of MILEMARKER will highlight performances of Stumblers. Let us know if you have a PR so we can list it.

Best of luck to all (except maybe for a few in my age group). ■

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## RACE RATINGS

- Jerry Stone

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Bourbon Scott Classic 30Km. ★★★★★  
Don't miss it! The best race in Kentucky over 10Km, with a deservedly great reputation. Don Coffman always uses his Boston conditioning to good effect on this tough, but beautiful course.

Transylvania Heritage 10Km. ★★★★★  
A downpour of rain this year led to a crowded start, but didn't dampen some runners who scored PR's.

Georgetown Foundation 10Km.★★★  
George Sheehan was there -- honest! (See photo.) Too low-keyed a race, but good potential. It's an annual event, but who's the Race Director?

Capital Expo 10Km. Festive★★★★★  
and friendly -- well-sponsored and attended -- a don't miss race and event by the Bluegrass Striders of Frankfort. This will be one of the top name races in Kentucky next year!

Bank of Lexington/WVLK 10,000.★★★  
Fourth of July "prep" race on the Energy Run course. Disproportionately few age group awards. Also disappointing were the late starting time, homemade signs on the course and the lack of competition.

I will be a critic and fan -- so the reaction will be as a former race director, part-time racer, and full time runner of fifteen years. No charity races will be rated -- their purpose is not served by this analysis. So, look for that RRCA sanction, it's your guarantee for road racing standards of excellence. ■

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RACE RESULTS - Nick Nickell and John Carroll

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We would like to take the time to briefly outline what you can expect to see in this section of the newsletter each issue:

(1) Results of Todds Road

Stumblers who are known to receive a top three age or race finish in all upcoming races listed in this publication. We hope to receive results from race directors, but if we miss one, I hope you let us know and forgive us until we get our act together.

(2) Personal Bests (P.R.'s for any distance from 5K on up). Obviously, we must depend on you for these results. When you do accomplish a P.R., let someone know, 'cause we would like to share in your accomplishment! Again, we must get this from you.

(3) Completion of your first marathon or longer as well as listings of those known to qualify for Boston.

Your race results where possible will be sent in to the newspaper for inclusion as they see fit. The committee chairmen for race results are Nick Nickell and John Carroll -- Nick can be reached at 269-6972 in the evenings or 231-2327 during the day while John can be reached at 269-7239 in the evenings or 231-3100 during the day. Also, on the results committee are Becky Reinhold, who can be reached at 269-4519, Stan Briggs whose number is 223-4311 at home and Phil McConathy whose number is 269-2386. We hope this aspect of the newsletter will be both enjoyable and enlightening and we welcome suggestions for additional items for inclusion.■

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CAPITAL EXPO 10K - RACE RESULTS

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Saturday, June 4 was the date of the Capital Expo 10K. Bill Smith and his support crew put on an excellent race -- if only they could have blocked out the sun and made it 10° cooler, it would have been perfect. The 600+ participants each received

a nice long sleeve shirt, a head band, and a Wendy's food coupon. Next year, Bill said they will improve even more by having a big name come in the evening before for a clinic. Among the Todds Roaders participating, we achieved the following results:

<u>NAME</u>	<u>TIME</u>	<u>PLACE IN AGE GROUP</u>
Wendy Frazier	41:17	3 (female)
Ann Wheat	47:19	2 (35-39)
Clay Collier	32.49	9 (overall)
Bill Olrich	33:19	10 (overall)
Dan Dusch	34:20	2 (35-39)
Denny Williamson	35:53	1 (40-44)
Dwight Price	40:15	1 (50-59)
Bob Maclin	43:21	1 (60 & over) ■



TRANSYLVANIA HERITAGE RUN - RACE RESULTS

Sunday, May 15th was the date of the annual Transylvania Heritage Run which was run in an absolute downpour. Despite the adverse weather, several Todds Roaders stumbled or swam to some pretty respectable times. Among those were a PR and a first place finish among all women competitors for 14-year-old Wendy Frazier with a time of 40:00. We also

took second place among women when Cathy Fox crossed the line a scant three seconds behind Wendy. Congratulations Ladies! Also Phillip Wheat set a PR when he ran 12th overall and second in the 35-39 age group with a time of 35:34. Listed below are other Todds Road award winners with their time and place:

NAME	TIME	PLACE IN AGE GROUP
Denny Williamson	34:34	1 (40-44)
Russell Nally	35:07	1 (13-15)
Benny Hicks	35:23	2 (30-34)
Mike Raftery	35:35	3 (30-34)
Sam Cockerham	35:55	3 (35-39)
Dan Richardson	37:11	3 (40-44)
John Giardina	38:48	3 (16-18)
Wayne Collier	39:30	1 (55-59)
Jack Baseheart	39:58	1 (45-49)
Dick Hutchinson	40:18	2 (45-49)
Bob Maclin	42:20	2 (60-64)
Camille Weber	42:59	2 (25-29)
Joni Morgan	43:28	3 (25-29)
Leslie Stamatis	44:20	3 (19-24)
Judy Rola	45:20	1 (30-34)
Martin Ginocchio	45:26	1 (50-54)
Barb Johnson	45:32	2 (30-34)
Jane Dennis	57:53	2 (45-49)
Pennie Frazier	59:13	3 (35-39)
Joy Carden	63:13	1 (50-54)
Phyllis Jenness	64:06	1 (60-64)
John Fitch	64:07	2 (65+) ■



LEFT: George Sheehan at the Georgetown Foundation 10K.  
 RIGHT: Sheehan with Stumblers Dave Winter and Tom Senff.

photos by Jerry Stone

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RUN KENTUCKY RUN - RACE RESULTS

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Run Kentucky Run was held this year on April 24th, at the Kentucky Horse Park under extremely windy conditions. The Stumblers had a good showing despite the strong winds and blew to the finish line in some great times.

Congratulations to Rob Redenbaugh, one of our own Stumblers, for a first place overall finish in a field of 594 runners. We're proud of you all, keep up the good work!

Todds Road Stumblers finished as follows:

<u>NAME</u>	<u>TIME</u>	<u>PLACE IN AGE GROUP</u>
Rob Redenbaugh	32:14	1 (25-29)
Dan Dusch	34:09	1 (35-39)
Denny Williamson	35:27	1 (40-44)
Jim Grisso	35:34	2 (25-29)
Sam Cockerham	36:10	2 (30-34)
Mike Raftery	36:41	3 (30-34)
Derrick Turner	38:23	3 (16-18)
Dan Richardson	38:37	3 (40-44)
Russell Nally	39:07	1 (13-15)
Wendy Frazier	40:14	1 (13-15)
Dick Hutchinson	41:11	2 (45-49)
Bob Maclin	42:54	1 (60-64)
Camille Weber	43:42	1 (25-29)
Martin Ginocchio	44:02	1 (50-54)
Judy Rola	44:56	1 (30-34)
Cathy McEllistrem	45:42	1 (13-15)
Linda Bolton	46:39	3 (30-34)
Suzanne Sanders	47:31	1 (35-39)
Ann Wheat	47:46	2 (35-39)
Christie Robinson	49:34	2 (40-44)
Susan Cox	51:08	3 (45-49)
Joan McEllistrem	52:39	1 (16-18)
Harry Campbell	1:00:54	2 (60-64)
John Fitch	1:02:04	1 (65+)
Beth Argabrite	1:08:19	1 (55-59) ■

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## DOUGHNUT DUTY

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Membership in the Stumblers is easy. There are few rules and no dues.

The principal requirement is that you volunteer once a year for doughnut duty. If you've never done it, it may look difficult; it's not.

It's simply a matter of picking up the doughnuts -- which are already paid for -- at the Tas-T-O shop at High and Euclid Streets. The shop is open 24 hours a day, so the doughnuts can be picked up Friday night or early Saturday.

It is also important to get the key to the clubhouse from the previous user, and after the run, pass it along to the next person on the calendar.

Opening up the clubhouse takes only a few minutes. Simple instructions for making the coffee and putting out the signs are posted on the bulletin board.

In recent months, some hardy volunteers have been doing all the doughnut duty. Please help them out by signing up to do it. The calendar is on the clubhouse wall.

It's easy, it costs no money, and it really helps! ■

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## STUMBLERS PICNIC JULY 11

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The Fifth Annual Todds Road Stumblers Picnic is set for Monday evening July 11, 1983. Be sure to mark your calendar because you won't want to miss it. All Todds Road members and their immediate families are invited. If you are single then bring a very close friend.

We will meet at the pool behind Spindletop Hall located on Ironworks Pike between the Horse Park and Newtown Pike. The driveway is on the south side of Ironworks at the point where it changes from two lanes to four lanes. Park in the lot behind the pool.

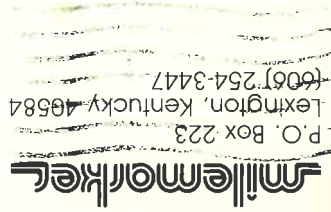
The two mile run will begin promptly at 5:30 p.m. After the run there will be swimming, basketball, volleyball, tennis and (best of all) a "pot luck" dinner. The Todds Road treasury will provide a variety of meats, breads and such for sandwiches along with plates, utensils, napkins and cold soft drinks. Each member should plan to bring a covered vegetable dish, a salad or a dessert to contribute to the buffet. Call Cathy Fox at 254-3447 to let her know how many will be coming and what you will bring. She needs to coordinate this so we don't end up with 150 Three Bean Salads. By the way -- if you have never seen a bunch of skinny runners clean up a table full of food you are in for a surprise. These people take no prisoners.

Facilities for changing clothes will be available and "lights-out" will be 9:30 p.m. Please call Cathy by July 9 to register your reply.

The last four years have been great fun so be sure to save that date.

See you there! ■





The Todds Road MILEMARKER, a newsletter published quarterly by  
Todds Road Stumblers, Inc., P.O. Box 223, Lexington, KY. 40584 (606) 254-3447

The Board of Directors

- President - Jerry Stone
- Vice President - Dan Dusch
- Secretary - Cathy Fox
- Members - Don Coffman, Jim Bell and Bill Matlack

The Editorial Committee

- Chairman - Kenneth Pike
- Race schedules and ratings - Jerry Stone
- Race results - Nick Nickell and John Carroll
- General news - John Fox with Suzanne Sanders and John Wisniewski
- Photography - Jerry Stone
- Artwork - Camille Weber and John Carroll ■

MEMBERSHIP INFORMATION

TODDS ROAD STUMBLERS, INC.  
P. O. BOX 223  
LEXINGTON, KENTUCKY 40584

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_  
(last) (first) (mi)

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ MALE (check one)

PHONE \_\_\_\_\_ OCCUPATION \_\_\_\_\_ FEMALE (one)

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

- \_\_\_\_\_ Kentucky Relays (April) \_\_\_\_\_ MILEMARKER Newsletter
- \_\_\_\_\_ High School Crosscountry Championships \_\_\_\_\_ Clubhouse duty (Saturdays)
- \_\_\_\_\_ (November)