

BLUEgrass runners



Edition 2010, Volume 1
January–February, 2010

The Silver Medal Winners of the 60+ age group at the USA Track & Field National Club Cross Country Championships on 12/12 at Masterson Station Park: Brenda Burton, Trish Squires, Terry Foody and Mary Nagle (who also won an individual silver in her age group).



Reminder: Now through the end of March, the **Sunday Club Run** begins at 4pm at John's Run/Walk Shop at 317 S. Ashland Ave. Guests welcome!

The **monthly club meetings** will be held on Thursday, January 21 and February 18 at 7:00 pm in the community room at Good Foods Co-op, 455 Southland Drive in Lexington. New members and guests are welcome.

Thoroughbred Classic was another success -

The BLUEgrass Runner's presented a record high \$16,500 in donations raised through the club's annual Thanksgiving Day race to six charitable organizations: The Hope Center, Give Kids the World, Lexington Humane Society, God's Pantry, Central Kentucky Radio Eye, and the Bieschke Haven at UK Children's Hospital.

Thanks to all who help or participated.

Welcome New Members To BLUEgrass Runners

CLUB OFFICERS

Martin Bess
President
859-361-0071
mbessky@aol.com

Rana Johnson
Vice President

Louise Hensley
Treasurer

Debbie Jackson
Secretary

BOARD MEMBERS

Rana Johnson

Shannan Gabe

Melynda Jamison

Leo McMillen

Shannan Gabe & Chris Grecco
Website & Club Communications
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Morgan K Daulton
Jesse Frost
Stephanie Jetson de Amado
Roberta Meyer
Neal Myers
Nick Pedicini
Kevin Perkins
Ann-Margaret Perkins
John Perkins
Olivia Perkins
Matthew Reno

BLUEGrass Runners Club meetings are on the third Thursday of the month at Good Foods Coop located at 455 Southland Drive, Lexington



Thanks to this issues contributors: Shannan Gabe, Chris Grecco, Terry Foody, Deborah Jackson, Larry Steur, Bill Bond, Betsy Laski, Larry Steur & Bruce Carey.

BLUEGRASS RUNNERS PRESIDENTS

PAST AND PRESENT

Martin Bess 2008-09
Tom Hackney 2007
2006 Lisa Dahl
2005 Martin Bess
2004 Leo McMillen
2002-03 Martin Bess
2001 Louise Bieschke
2000 Chuck Griffis
1999 Chuck Griffis
1998 Leo McMillen
1997 Leo McMillen
1996 Patrick and Louise Bieschke
1995 Betty Nigoff
1994 Larry Steur
1993 Alan Miles
1992 Brian Crumbo
1991 John Lathrop
1990 Dave Winters
1989 Dave Winters
1988 Larry and Celia Wheeler
1987 Dick Jefferies (Vice President/Acting President)
1986 Bruce Carey
1985 Jim Sutton (resigned due to family illness)
John Culbertson (Vice President served remainder of term)
1984 Robbie Robinson
1983 Robbie Robinson
1982 Ken Hoskins and Dr. Tom Pauly
1981 Dennie Williams
1980 Jerv Stone

NEWSLETTER Editor

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Run/Walk
Shop

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Message from the President's Desk



Dear Bluegrass Runners: This is your club, so please get involved. I want to thank the members for the confidence (nobody else wanted this high paying job) they had in electing me again for another term as President of the BLUEgrass Runners. I want to thank Sally Statom for stepping up and doing an excellent job as Vice-President this past year. I want to thank Deborah Jackson for her work as Secretary last year and am glad she decided to run and was elected as Secretary and look forward to working with her again this coming year. Louise Hensley was elected as Treasurer again. She does such a good job in keeping us up to date on our financial records and is always ready to lend a hand in a club function.

Thanks to Rana Johnson for stepping up as vice-president for 2010 and I want to thank her for planning the BLUEgrass Runners trip last year and being on the board of

directors this past year.

Also congratulations to Mike Lesshafft (1st term) and Shannan Gabe (2nd term) they join Melynda Jamison and Leo McMillen as board members.

Thanks to Louise Hensley, she did another phenomenal job as the Thoroughbred Classic 5K race director.. The race seems to grow bigger every year. We had over 2100 registered runners this past year. Also thanks to Chuck Griffis for all his help. He keeps us straight. And thanks to Greg Hensley for keeping Louise straight. Thanks to all the members who volunteered and participated in the race. All of us working together help made it a success. We gave \$16,500 presented to 6 charities - Give Kids the World, Central KY Radio Eye, Lex Humane Society, God's Pantry, Hope Center, & UK Children's Hosp.

I want to thank Mary Stebbins and Shannan Gabe for the planning the Holiday banquet/meeting it was a major success. Also thanks to Shannan for presenting the BGR awards at the banquet. She did a buffo job. I know people gets tired of looking and listening to me. The winners were: BGR member of the year we had two excellent winners Louise Hensley & Terry Foody; Most improved Female Runner – Deborah Jackson; most improved Male Runner – Chris Grecco; Female Runner – Mary Stebbins; and Male Runner – Val Zeps. Thanks all for being outstanding members and runners. It takes a lot of hard work and focus.

I want to thank Terry Foody for her work representing the BGR with Masters USATF and putting together and presenting the high school awards. She does a great job of keeping us informed and representing BGRs.

The BGR put together 3 teams in the 2009 USATF National Club Cross Country Championships. I want to thank Terry Foody and Val Zeps for all they did to organize the three teams – we were well represented thanks all for participating.

The BLUEgrass Runners new website is a success; with 6 new members signing up on line and one who rejoined on line after many years of not being a member. Here to a great job to Shannan Gabe and Chris Grecco for keeping the new BGR web site up to date.

I want to thanks Mike Lesshafft for joining the communication committee which now also includes Shannan, Chris, and Martin Bess. Again a reminder we are all need to be a part of the communications committee so keep submitting your news and information to the web masters.

Thanks to Bob DeMattina for the Thoroughbred Classic pictures and Larry Steur for the awards banquet and Bluegrass 10K pictures.

Coming January 16 is the BGR member and thank-you party for all involved in the Thanksgiving Day 5K. This party is for members and for non-members. We take time to celebrate the success of our race. As in the past this will be held at Tom and Kim Hackney's abode. Please bring a dish to share and also your drink. The club will provide the meat and a special cake. Thoroughbred Classic Celebration Potluck, Tom and Kim Hackney's home, 1104 Sheffield Place, Lexington, 6:30pm.

Just a reminder Kentucky still needs a RRCA representative. If you are interested I will be happy to give you more information

Live on life and helping others. Get involved... the world is run by those who show up.

Martin 859-361-0071 or email at mbessky@aol.com

Club Celebrates Members' Achievements, Recognizes Top High School Runners, and Makes Record-breaking Charitable Donation at Annual Holiday Dinner

The presentations at BLUEgrass Runners' festive holiday dinner at the Andover Country Club on December 17 marked the ending of an excellent year for the club. Terry Foody kicked off the evening's awards ceremony by honoring top high school runners Meagan Klein of Paul Dunbar High School and Will Mullett of Lexington Christian Academy.

Thoroughbred Classic Race Director Louise Hensley then presented a record high \$16,500 in donations raised through the club's annual Thanksgiving Day race to six charitable organizations: The Hope Center, Give Kids the World, Lexington Humane Society, God's Pantry, Central Kentucky Radio Eye, and the Bieschke Haven at UK Children's Hospital.



Margaret Chase of Central Kentucky Radio Eye accepts BLUEgrass Runners' donation, presented by TC Race Director Louise Hensley.

As the evening's finale, board member Shannan Gabe recalled highlights of the club's year in running and described each of the club award winners' 2009 achievements. Here are the winners in each category along with some information about their outstanding years and contributions to the club.

Co-Club Members of the Year: Terry Foody and Louise Hensley

Female Runner of the Year: Mary Stebbins

Male Runner of the Year: Valdis Zeps

Most Improved Female Runner of the Year: Debbie Jackson

Most Improved Male Runner of the Year: Chris Grecco

Terry Foody presents awards to High School Runners of the Year, Will Mullett and Meagan Klein.

Terry Foody (Co-Club Member of the Year) has worked enthusiastically and tirelessly all year advocating for Bluegrass Runners participation in USATF. She continues to bring interesting opportunities to the group through those efforts and keeps us well informed of the track and cross-country issues in the region. In all that she does, she works to promote Bluegrass

Runners to area groups and local youth and constantly brings us new avenues for applying our talents. If you've ever been at a track workout with Terry, then you personally know that she's also a great cheerleader – her support for other runners never stops.

Louise Hensley (Co-Club Member of the Year), as club treasurer for the last 15 years, Louise plays a behind-the-scenes role in many day-to-day functions that keep the club alive and is a trusted source of information about the club and the community running scene in general. In 2007, Louise took on the challenging position of Thoroughbred Classic Race Director and has since led the efforts of three very successful Thanksgiving-Day events that benefited many local non-profit organizations. In her three years as race director, registration has continued to climb, meaning more money to share with the community. Because of Louise's leadership efforts, our donation total from this event has gone from \$9,000 in 2007 to \$13,500 last year to \$16,500 this year. Her passion for giving to others makes her a natural leader in BGR's efforts to find ways to serve the community through running.

Mary Stebbins (Female Runner of the Year) After PRing at every distance from 10K to the marathon last year, Mary has followed that up with many impressive performances in 2009 in central Kentucky and around the country. She kicked off the year with a 1:12:34 in the Hangover Classic 10-miler on New Year's Day, taking 2nd in her age group and a 3:26:54 in the Disney Marathon, finishing 8th out of 1,000+ in her age group. In March, she took third in her age group with a 43:24 in the Rodes City 10K. Then in May, she ran a 3:27 in the Flying Pig Marathon and two weeks later took third place overall in the challenging Biltmore 15K in Asheville with a time of 1:08:57. In September, she took 2nd overall and 1st masters in the Downtown Doubler 30K. In October, she anchored her Bourbon Chase team to a second place division finish and one week later, she set a new half marathon PR of 1:35:18, taking second master overall and beating all 400 other women in her age group for the second consecutive year at the Columbus Half Marathon. Just two weeks after setting a half marathon PR, she ran a 3:28 at the New York City Marathon, finishing in the top 4% of women at that huge event. In addition to being a great runner herself, she mentored Team in Training runners who participated in the Disney Marathon in January.

Valdis Zeps (Male Runner Runner of the Year) started the year by running his first ever marathon, at Myrtle Beach, in 3:07 and bringing home a first place age group award, then came home and continued his winning streak by taking two 1st overall and two 2nd overall awards in four local 5Ks. At the Bluegrass 10K, he ran an impressive 36:32, taking 1st in his age group and beating last year's time by more than a minute. In the late summer, he took 1st overall in the Run for Recovery, 1st in his age group in the Midsummer Night's Run with a 5K time of 17:41, then won both the third John's XC 5K Challenge and the Burgin Fall Festival 15K. At the Air Force Half Marathon in September, he won his age group with a time of 1:20:11, then ran the Chicago Marathon in 3:02:07, beating his first marathon time by more than 5 minutes. At the Thoroughbred Classic last month, he won the Male Grandmasters Division with a time of 18:00 and had the 2nd fastest time of any runner 40 and over. He's a regular at Sunday club runs, weekly track workouts, and club social events.



Male Runner of the Year Valdis Zeps is presented with top honors by Shannan Gabe.

Debbie Jackson (Most Improved Female Runner) is truly a standout, as she was the only member receiving nominations. In her second year as a BLUEgrass Runner, she's has set her sights on getting faster and her dedicated training has resulted in her consistently setting new personal records throughout the year. Debbie started off her running year in March with the Anthem 5K (25:31) and her first 10K, the Rodes City 10K (53:20). In April she completed her first half marathon, the Derby Mini Marathon (2:08:31), and in May the McDowell Wellness Center 10K where she ran 51:48, set a PR and took 3rd in her age group. In the Heart of KY 5K in June , she took 2nd in her age

group and beat last years' time by over a minute. At the Whitaker Bank 5K in July, she ran 25:33, beat last year's time by 30 seconds and took home first place Masters. In September she ran the YMCA 5K in 24:46, taking 1st in her age group setting a new 5K PR and also set a new 10K PR of 50:52 at the CASA 10K. Last month, she finished her racing year with a new 5K PR of 24:33 at the Victory 5K on a hilly course. In addition to being our club secretary, she actively participates in club track workouts, club runs, and socials.

Chris Grecco (Most Improved Male Runner of the Year) has always been fast but has worked hard this year and actually improved his times and won a couple of races to boot. He started racing on the first day of the year with a 5th place overall finish and an age-group win at the Hangover Classic 10-miler (59:31). Chris didn't race again until May when he won the Biltmore/Kiwanis 15k outright in 56:10. Next up was the Bluegrass 10,000 where he won his age group and was the second Master overall in 35:33. He then competed as an Elite Master in the Spirit of Columbus Half Marathon, running 1:16:01 (5:48/mile). In September he decided that running wasn't enough and competed in the Tri For Sight duathlon, winning his age group and finishing 4th overall. He then helped Team Healthway by running one of the most difficult legs of the Bourbon Chase Relay. Chris got his second overall win of the year with a 17:22 5k in the Delta Dash. And just last month, he tied his marathon PR of 2:45:53 at the Philadelphia Marathon, finishing in 7th place among Masters and 58th overall out of 7,500 runners.

A Word of Thanks from our Male Runner of the Year. Hi BLUEgrass Runners, Firstly, I'd like to thank you all for voting me BLUEgrass Male Runner of the Year. By most accounts, it has been a very good running year for me. I am blessed to have legs that allow me to run fairly fast for a guy my age, and I've been lucky not to have suffered any serious injuries this year, as well. So many others have worked hard, competed hard, and met or exceeded personal goals, that it's really a privilege that you selected me for this honor. You BLUEgrass Runners can harbor some credit for any success that I have had. Your companionship and encouragement have been contributing motivational forces for me. I'd especially like to thank Walt, Gerald, and Chris (all worthy and/or former recipients of this prize) for training with me over these past many years. They have given me that extra push to run beyond what I would otherwise do by myself. I'd also like to single out Mary and Bruce for being there every Sunday holding me accountable and helping me keep things in perspective. Finally, I'd like to thank my loving wife, Kriis, for putting up with me as I have launched back into this crazy obsession of my youth.

I love this club! I love meeting weekly for Sunday runs (and seasonal track workouts, when I can), I love our summer potlucks, I love the other events we schedule, and I love knowing that we give back to the community in so many ways, especially through the money raised during the Thoroughbred Classic. With all the encouragement we give each other, hopefully we can all say that 2010 was a very good year.

**Your Fellow Runner,
Val Zeps**



Please remember to pay your dues. They are \$20 for individual membership and \$25 for family membership. Martin Bess,

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USATF National Club Cross Country Championship

Terry Foody

The BLUEgrass runners had the pleasure and the privilege of competing in the **USATF National Club Cross Country Championships** on Dec 12th at Masterson Station Park in Lexington. Over a thousand runners came from all over the nation to earn top honors as the best club in America.

4 races were held: Masters Women 6K, Masters Men 10K, Open Women 6K, Open Men 10 K.

The challenging course was matched by the outstanding ability of the runners. Kentucky had close to 40 finishers, with entries from Kentucky Team "A" and "B", Derby City AC and BLUEgrass Runners.

Conditions that day could not have been better. The weather was just ideal! The well-marked course was somewhat bumpy on the starter hill from the heavy rain earlier in the week followed by freezing temperatures on Thursday. The beginning of Prison Hill was a little slick and muddy. However, overall, the surface was great! It was at the Friday Night Technical Meeting that this was one of the toughest courses in the championship series.

BLUEgrass Runners, we did well! We sent 14 runners out to the fields, hills and dales that day, and we stood up against the best in the nation. The Women's age 40+ team was only one point difference from the next team ahead in the ranking. The Men's 50+ team tied for their place with another team. The Women's 60+ took second place, with Mary Nagle winning the silver in her age category.

At the Awards Ceremony, the excitement was palpable in the crowded room. One thing about runners: despite the fierce competition between individuals and teams, they always seem supportive of the winners and happy to be a part of the whole scenario. The party afterwards was lively with conversation and congratulations.

There was an article with results in Lexington's Herald Leader – 11/13/09, pC7&C11.

Full results at <http://www.usatf.org/events/2009/USATFClubXCChampionships/results>.

Special thanks to Val Zeps and Debbie Jackson for getting their teams registered and entered.

The Kentucky Officials handled the race like the professionals they are; giving us direction, encouragement and spectator control.

Many thanks to USATF and our Kentucky officials for bringing this opportunity to us. We are so fortunate to have them thinking about runners and including masters in the local competitions.

There is already talk of the BLUEgrass Runners competing next year in Charlotte, NC on 12/11/10! It would be great if we could all go and maybe take a few more teams. (Women's 50, Men's 60). In the meantime, there will be a number of opportunities for us to hone our skills at Kentucky USATF indoor and outdoor track and field events and cross country meets throughout 2010.

All are welcome to participate.

Masters Women 6K

Roberta Meyer, 25:12
Mary Stebbins, 27:31
Deborah Jackson, 32:26
SuZanne Troske, 34:08
Kim Hackney, 35:27
Mary Nagle, 36:17
Brenda Burton, 36:44
Terry Foody, 42:18
Trish Squires, 46:42

Masters Men 10K

Valdis Zeps, 39:38
Tim Bailey, 46:29
Michael Lesshafft, 52:22
Ralph Mullins, 53:37
Thomas Hackney, 57:52

Philadelphia Marathon Race Report by Chris Grecco
Philadelphia, PA
November 2009

This race report should be read with either Elton John's "Philadelphia Freedom" or the Rocky "Flying Higher" theme song playing in the background; your choice, but "Eye of the Tiger" is not a suitable alternative. Also, note that while I didn't see it on this trip, club member Gerald Thompson and his wife, Lisa, saw the Liberty Bell. Honestly, I had seen it few times before and I don't think that it's all it's cracked up to be (Bada Bing! I'm here all week folks!). *(Editor: Seriously? THAT'S going to be the tone of your race report? What's next, obscure references to Tony Kornheiser, Les Boulez, and the Bandwagon that absolutely nobody will get?)* Sheesh, ease up tough guy, I am channeling my inner-Mike Lesshafft on this one.

This race report will be broken up into one unequal part.

Part One

Despite being raised 20 minutes from Philadelphia I never placed its annual marathon high on my list of running "must-dos." Indeed, I completed other eastern marathons in Washington, DC, Boston, New York City, and even Bethesda, MD and Scranton, PA before considering Philly and I actually put shorter races like the Philadelphia Distance Run and the Broad Street Run in higher regard. With that said, I am at a point in my marathoning "career" where I am seeking "fast and flat" races that are usually run in cool temperatures.

(Editor: Oh? So you only want to run the ones where you stand a decent chance to PR?) Bingo! You got it! Spot on! Sharpest knife in the drawer, that one! Philly promised that, as well as an opportunity to spend time with my family before the Thanksgiving holiday, so I registered for the race last spring.

Travel to and from the race went relatively smoothly. I flew up on Friday morning and actually saw Gerald and Lisa at Bluegrass Airport as they were en route to the race as well. Of course, they begged Delta not to put me on their flight (I even saw Gerald slide Audrey, the Delta ticketing agent, a couple of Ben Franklins to seal the deal). So, we agreed to meet at the Philly airport after our flights and I'd drive them to the race Expo, their hotel, etc. like a good chauffeur would. Their flight was conveniently only a little delayed and mine was substantially delayed so they arrived a couple of hours before me and were off the hook to experience my adept inner-city driving. *(Editor: Hey, didn't you hit a bus with your rental car one time when you and Shannan were in New York City on business? Yeah, so? Well, that doesn't sound like adept inner-city driving to me.* Oh, it could have been a lot worse. I only just grazed the bus; I mean, getting out of that jam with a just a wee scratch is the stuff of lore, I tell you.)



Really big metal soft pretzel I saw in Manayunk right after I downed a few beers with the locals at mile 20

Gerald and Lisa agreed to meet me at the Expo and they actually walked around with me for a little while, despite how I was dressed. While the Expo was not the size of one at a really large marathon, there were a fair number of booths and purveyors of fine running goods, including the shortest shorts I'd ever seen made for a guy and priced at only \$45. And, I am not talking about the ones actually being worn by that one guy picking up his race number at the Expo. *(Editor: Come on*

now, be nice.) There wasn't much free food given out, other than the Jack Link's Maple & Brown Sugar Ham Jerky that was being distributed from the back of a huge SUV parked inside the Convention Center. I mean, what says, "marathon," more than free ham jerky? *(Editor: Oh! Did they have the Jack Link's Jalapeno Carne*

Seca Beef Jerky too? Always tasty and reminded me of that basketball coach from St. John's. Oh, be quiet. Please, I am trying to tell a story here.)

We got our race numbers (they even had our names on them). The race's long sleeve technical shirt was well designed. The front has the race's "Running Means Independence" theme emblazoned on it and the back has an outline of the course map along with the words "Kick Asphalt." (*Editor: Oh, neat, I always like when race organizers sort of sneakily slide in one of the lower level curse words onto the event apparel.*)

Part One

What transpired from the point I left the Expo on Friday night until I left my brother's house for the race on Sunday morning is pretty much uneventful and doesn't need to be reported. (*Editor: Wait Are you saying that all of the above DID need to be reported? Wow.*) Okay, fine. I spent a lot of time with my family, met my Dad's new dog, slept at two different residences, ate a lot of carbs, did some shopping with my Mom at Kohl's and Shop Rite, screwed the cabinet doors to her bathroom vanity on, took a picture of my friend John's old home on Elmire Lane, and watched TV. (*Editor: Yeah, you were right. None of that needed to be mentioned.*)

I drove to Gerald and Lisa's hotel early Sunday morning, which happened to only be about seven blocks from the race start/finish area. I dropped my stuff off in their room, took one last swig of water, and lubed up. (*Editor: Umm, that last part also didn't need to be reported.*) Gerald and I walked to the start and jogged a bit when we got there. For a race with almost a combined 15,000 runners (7,485 marathon finishers and 7,196 half marathon finishers) it was surprisingly easy to find places on side streets to jog and also easy to get into the corrals only minutes before the race start.



Now the part for which you've been waiting, the race proceedings. (*Editor: Finally. It's taken these people longer to read this than it did for you to run the darn thing!*)

Things are starting to get a little tough at this point in the race

I found the race itself to be fairly well organized with ample amounts of water, replenishment fluid (not sure what brand), and gels (given out a few times from about mile 16 on). Each of the miles (other than 26) was well marked. Crowd support is sizable, but if you need a really big crowd to keep you going in the late stages of a marathon, then you might look elsewhere.

You see, there are definitely spectators at numerous places on the course; some are cheering, some are in Manayunk drinking beer at 8am, and some are reading the morning Inquirer and drinking tai chi lattes. (*Editor: You mean Chai tea lattes, right? Sure, those.*) However, there just aren't that many fans from about mile 16 to 24, which is when you are running out and back along Kelly Dr. near the river, kind of out in no man's land, at which is obviously a pretty difficult part of the race. I did see Lisa around mile 6 and my high school track coach and his wife at miles 2 and 7. They all looked as if they were happy that they weren't actually running the race, but also kind of like they would be even happier if they were still in bed watching Hurricane Schwartz and his bowtie give the weather forecast. (*Editor: Well, who starts a late November marathon at 7am? Hey, the early bird gets the worm; go Eagles, I guess.*)

The course is not totally flat, but you certainly can't call it a hilly marathon either. There are inclines at miles 8, 10, and 20 that pushed my per mile pace up 10-15 seconds each. For an urban marathon I think it's pretty scenic (sorry, I don't look around too much) with views of Penn's Landing, Center City, Boathouse Row, the Zoo, and the Art Museum.



Gerald looking strong mid-race

The end of the race could certainly have been better organized. As you get to the end of mile 26 (and I didn't see a sign to indicate this), you get intertwined both with people who are only approaching the half marathon mark of their marathon and people who are finishing the half marathon. So, for the last quarter mile there are, in essence, three different races being run and a lot of people all coming together at wide ranging paces (say, 6:20s to 12:00s per mile and at different fatigue levels). Not good and kind of like the vicious snarl of rush hour traffic.

The finisher medal is nice enough, I suppose. Big, gray (pewter?), and it has the "Running Means Independence" theme etched on the front. As always, the mylar blanket was

shiny and kept me warm like a well worn woobie. The post-race food baggie was somewhat underwhelming, but they did have soft pretzels available, which was a nice, geographically-appropriate touch.

Part Two

Gerald and I found each other immediately after the race and saw Lisa not too long after that. We walked back to the hotel to clean up before going to lunch. Well, Gerald and Lisa walked back. I had the most intense hip flexor pain ever, which forced me into taking about three steps and then hunching over for 30 seconds, three steps, hunch, etc. Those short seven blocks from the hotel to the start/finish area earlier in the morning seemed like about seven miles afterwards. I think I saw Lisa on more than one occasion look at Gerald as if to say, "Can we just leave him here? He's walking really slow, he smells bad, and his hair is all messed up." For what it's worth, when we got back to the hotel, Gerald gave me two little red pills and said, "Take these, they might help." I tell you, ALL of the hip flexor pain went away within about ten minutes. I have no idea what they were, but if you need some good stuff, see Gerald or Red Pill G-Man as he is known at post-marathon parties.

To finish the race portion of the trip, the three of us met up with Danville's Dave Anderson, who also ran the marathon. We all had a good lunch at Maggiano's and I only cramped up once, which is good for me. I usually cramp up a lot more when eating Chicken & Truffle Tortellacci.



One last push to the finish

To summarize: I'd classify the Philadelphia Marathon as a high quality and well-run event. If you like big city marathons and/or need Pennsylvania as a 50-stater, it's an excellent choice. The course is fair and the temperatures are typically pretty cool. It's also a great race to consider if you like spending time with my family and a couple of friends of mine from high school. There are a few things that could be improved, but none of those would stop me from running it again or recommending it to others.

The end.

"...Oh Philadelphia freedom, shine on me, I love you. Shine a light through the eyes of the ones left behind..."

(Editor: Wait! Stop the singing, Elton or Reginald Kenneth or whoever you

are! Tell us, how did you do?! Did the phairly phast and phlat course translate to a PR? See how I did that? Phairly, Phast, and Phlat, like Philadelphia and Phillies. Yeah, I get it. Leave the punny stuff to me, okay?).

Well, I sort of PR'd. (Editor: Sort of? How do you sort of PR?) I matched my previous PR to the exact second. (Editor: Man, that's weird, do other people do that?) I don't know, but I did. I finished in 2:45:53, 58th overall, 7th among Master's, and 4th among Males aged 40-44. It probably can be classified as a potential PR course, but the rough city streets for the first six miles, a few decent sized hills, and lack of crowd support at critical stages make the race fair and fair races aren't usually guaranteed PRs. However, I came as close as you can to PRing, Dave Anderson did so at age 45, and Gerald missed his PR by about 45 seconds, so the hit rate among our threesome was pretty good.



Gerald and Chris after a tough race

The real end.

"...Shine a light, won't you shine a light, Philadelphia freedom, I love you, yes I do."

HAPPY BIRTHDAY

	January		February
1	Elizabeth Borden	3	Carol Czirr
5	Larry Stone	4	Robin Antenucci
8	Randy Hardwick	4	Jennifer Combs
17	Dan Wells	6	Shane Ensminger
21	Bruce Carey	7	Patrick Bieschke
22	Barbara Stenzel	11	Terry Foody
24	Jorge Arias	17	Christian Arias
27	David Nelson	18	James Moore
30	Julia Adkins	20	Peggy Lehane
		26	Mouiton Zeps

Additions or corrections send to
Bruce Carey
859/266-3756

Hello folks,



As you know running and helping others are two of my passions. I am writing to inform you that I will be participating in this year's 2010 Boston Marathon. As if running a marathon isn't challenging enough, I am also running to raise money for the Hoyt Foundation. I made a pledge to run this race every 5 years and I couldn't imagine a better cause to be involved in for this race. 5 years ago I ran as a patriot for advertising the US Army and this year I am privileged to be on Team Hoyt.

The Hoyts selected this year's team from runners all across the United States and Canada. All the money raised goes directly to Hoyt Foundation. "The goal of the Hoyt Foundation is to integrate disabled people into everyday life by educating the able-bodied about challenges faced by disabled persons. Team Hoyt travels the world providing educational and motivational seminars about life with disabilities. Donating through this site is simple, fast and totally secure. It is also the most efficient way to make a contribution to our fundraising efforts. Many, many thanks for all your support. Don't

forget to forward this to anyone who you think might want to donate too!

Here is my fundraising site:

<http://www.firstgiving.com/varinkabarbini>

Check out these videos on Team Hoyt.

<http://www.youtube.com/watch?v=dDnrLv6z-mM>

<http://www.youtube.com/watch?v=cxqe77-Am3w>

More info:

Team Hoyt is a father and son team that compete year-round in distance runs and triathlons. The father Dick is a retired lieutenant colonel in the Massachusetts Air National Guard. His son Rick is a non-speaking spastic quadriplegic with cerebral palsy. In running events, Dick pushes Rick in a custom-made wheel chair. Their personal best is a 2:40:41. In triathlons, Dick tows Rick in a rubber raft for the swim, carries him in a custom bike seat for the bike and pushes him in the chair for the run. In April 2006, Team Hoyt completed their 25th Boston Marathon. They have also completed 206 triathlons, including 6 Ironman distance races (2.4 mile swim, 112 mile bike and 26.2 mile marathon).

Lots of love, blessings, happy running!

Varinka :)

Officer Varinka T. Barbini
Recruiting Coordinator
Training Academy
1795 Old Frankfort Pike
Lexington, KY 40504
859-425-2325



Race Results

Victory 5K

Pam Kincaid 23:50 2nd Female
Deborah Jackson 24:33 1st Age & PR
Deborah: "it had lots of hill"
Mary Henson 26:57
Lynn Coe 27:22

Turkey Trot 5K - Winchester, KY

Bernie Cornett 35:30 1st Age

BLACK CAT CHASE

Betsy Laski 19:16
Mike Kirchner 20:29
Danny Place 24:06
Tim Bailey 24:32
Nancy Stephens 28:21
N.T. Ricker 28:53
Leo McMillen 39:24
Zoe Antenucci 43:18
Robin Antenucci 47:41

Hangover Classic 10 miles

Chris Grecco, 58:23 (1st Age)
Walt Bower, 1:05:32
Jesse Frost, 1:06:03.0
Mary Stebbins, 1:11:35 (1st Age)
Roberta Meyer 1:11:52.4 (2nd Age)
Amy Carwile, 1:12:28.5 (1st Age)
Larry Wheeler, 1:16:49
Rana Johnson, 1:19:02
Virgil Johnson, 1:20:09
David Kjølby, 1:20:31
Donald Stanford, 1:25:37
Frank Howatt, 1:26:44
Michael Lesshafft, 1:29:40
Ernie Peel, 1:31:22
Deborah Howatt, 1:32:10
Mary Henson, 1:40:14
Daniel Wells, 1:43:46
David Borden 1:45:17.0 (2nd Age)
Donna Back 1:49:59
Leroy Sanborn, 1:57:23
Linda Sanborn, 1:57:23

Philadelphia Marathon

Chris Grecco 02:45:53

Indianapolis Half-Marathon

Marci White 1:36:33.7 2nd Age

Hogs Breath 5K,

Key West, Fl. Nov. 28th.
Leah Bond 36:12 2nd. age
Bill Bond: 25:23 3rd. age

Reindeer Romp 4K,

Louisville, Dec. 12th
Leah Bond 28:53 2nd. age
Bill Bond 20:53 1st. age

St. Petersburg, Florida Women's Running Magazine Women's Half Marathon

Rana Johnson 1:52:08
Mary Stebbins 1:43:15

Thanksgiving Day Race 10K

Cincinnati, OH
Mary Stebbins 44:41



Britney Chesser (5th female), Betsy Laski (4th female), Luke Garnett (1st male) award winners

Kiawah Island Half Marathon

Betsy Laski 1:25:48
Britney Chesser 1:26:03
Luke Garnett 1:11:54

Race Results

Thoroughbred 5K Classic

1	Valdis Zeps	18:00
3	Betsy Laski	18:48
7	Cole Grecco	20:18
4	Bill Sparks	20:35
9	Patrick Johnson	21:36
5	Larry Wheeler	21:50
4	Jorge Arias	22:40
6	Sally Statom	23:25
19	Chuck Craycraft	23:26
3	Pam Kincaid	23:42
2	Danny Place	23:44
3	Diane English	24:39:00
4	Robert Green	25:00:00
27	George Van Meter	25:15:00
35	Stanley Miles	25:21:00
32	James Ensminger	25:45:00
2	Stan Briggs	26:06:00
16	Lynn Phillips	26:50:00
7	Billy Squires	27:10:00
10	Mary Henson	27:13:00
23	Rob Slocum	27:40:00
44	Timothy Bivins	27:57:00
27	Nancy Stephens	28:23:00
1	Analy Scorsone	28:28:00
16	Victoria Slocum	28:28:00
29	Sarah Hackney	28:31:00
31	N.T. Ricker	28:49:00
33	Felicia Rouse	28:50:00
32	Suzanne Troske	28:51:00
61	Ken Troske	29:08:00
4	David Borden	29:59:00
9	Lew Bowling	30:49:00
4	Karen Nelson	31:50:00
12	Jim Moore	34:14:00
37	Barb Stenzel	34:23:00
4	Trish Squires	34:24:00
7	Bernie Cornett	35:48:00
26	Lowell Nigoff	39:36:00
22	Sally Steele	40:45:00
20	Zanne Jefferies	46:58:00

2010 Walt Disney World ® Half Marathon – Marathon

Michael Lesshafft,	2:09:53	4:35:07
Daniel Wells	2:38:19	5:41:58
Brennan Donhoe,	1:50:37	3:58:57
Kevin Compton		4:11:03
Mary Beth Naumann	2:09:45	



Debbie Jackson, Mary Stebbins, SuZanne Troske, Kim Hackney, & Roberta Meyer BLUEgrass Runner's 40-49 team competing in the **USATF National Club Cross Country Championships**



Charles Wu –Sydney Marathon 5:30:24

ALWAYS CONTACT THE RACE OFFICIALS FOR PROPER INFORMATION ABOUT THE RACE

<http://www.johnsrunwalkshop.com/>

Jan 31 - Miami Marathon/Half Marathon, Miami, FL - <http://www.ingmiamimarathon.com/>

Jan 31 - ONU Polar Bear Indoor Marathon Ada, OH - 7:30 AM - j-maus@onu.edu

Feb 06 - Lovin' The Hills 50K & 15 Miler Louisville, KY - 8:00 AM cynthia@headfirstperformance.com

Feb 13 - Myrtle Beach Marathon/Half Marathon, Myrtle Beach, SC - 6:30 AM - [mbmarathon1@sc.rr.com](http://www.mbmarathon.com/),
<http://www.mbmarathon.com/>

Feb 13 - Strawberry Plains Half Marathon Str. Plains, TN - 9:00 AM howe3201@charter.net

Feb 13 - Snowman Shuffle 4 Miler Louisville, KY 9:00 AM camille.estes@yahoo.com

Feb 13 - Heart Sole and Glove Run/Walk 5K, Lexington, KY 10:00 AM helen.moseley@uky.edu

Feb 14 - Mercedes Marathon/Half Marathon Birmingham, AL 7:00 AM info@mercedesmarathon.com
<http://www.mercedesmarathon.com/>

Feb 27 - Black Mtn. Marathon Black Mtn., NC - 7:00 AM events@blackdome.com <http://www.blackmountainmarathon.com/>

Feb 28 - Whitestone 30K, Paint Rock, TN 8:30 AM runnersmarketbob@tds.net

Mar 06 - Anthem 5K, Louisville, KY 8:00 AM Anthem5KClassic@aol.com <http://www.anthem5k.com/>

Mar 13 - Shamrock Shuffle 3K, Lexington, KY 10:00 AM jennifer@shamrockshuffle3k.com,
<http://www.shamrockshuffle3k.com/>

Mar 13 - LBL 23K/Marathon/60K/50 Mile Grand Rivers, KY 6:00 AM durb417@gmail.com, <http://www.wkrc.org/>

Mar 13 - Eminence Renaissance 24-Hour Race, Eminence, KY 8:00 AM sports@hcllocal.com

Mar 20 - Oak Mountain 50K Trail Run, Birmingham, AL 7:00 AM jnparker@charter.net

Mar 20 - Rodes City Run 10K, Louisville, KY 8:00 AM info@rodes.com, <http://www.rodescityrun.com/>

Mar 21 - Georgia Marathon/Half Marathon, Atlanta, GA 7:00 AM info@inggeorgiamarathon.com,
<http://www.inggeorgiamarathon.com/>

Mar 28 - Knoxville Marathon/Half Marathon, Knoxville, TN 7:30 AM - info@knoxvillemarathon.com,
<http://knoxvillemarathon.com/>

Mar 28 - Virginia Creeper Marathon, Abingdon, VA 8:00 AM, runfrankrun@hotmail.com,
<http://www.runtricies.org/creepermarathon/>

Mar 28 - Lexington Half Marathon, Lexington, KY 8:00 AM <http://www.lexingtonhalfmarathon.com/>

Mar 28 - Heart Mini Marathon 15K, Cincinnati, OH, 8:00 AM mininews@heart.org,

Apr 03 - Papa John's 10 Miler, Louisville, KY 8:00 AM rene_kesterson@papajohns.com

Apr 03 - AVOL's Red Ribbon Run 8K, Lexington, KY 9:00 AM brian@avolky.org, <http://www.avolky.org/>

Apr 10 - Bryan Station Defender Classic 5K, Lexington, KY 8:30 AM raffertysk@yahoo.com

Apr 10 - BPD SOKY 10K Run / 5K Fun Walk, Berea, KY 9:00 AM davidgregory@cityofberea.com

Apr 10 - Athens Marathon/Half Marathon, Athens, OH 9:00 AM pbmullins@columbus.rr.com,
<http://www.athensmarathon.org/>

Apr 11 - Southern Indiana Classic Marathon, Evansville, IN 7:00 AM, info@sicmarathon.com, <http://www.sicmarathon.com/>

Apr 17 - 6th Annual Heart & Sole Triathlon, Versailles, KY 9:00 AM dqueen@fallingsprings.net

Apr 19 - Boston Marathon, Boston, MA, 10:00 AM, info@baa.org, <http://www.bostonmarathon.org/>

Apr 24 - Country Music Marathon/Half Marathon, Nashville, TN - 7:00 AM, cmm@eliteracing.com, <http://www.cmmarathon.com/>

Apr 24 - John Bryan 50K, Yell. Sprgs., OH - 7:00 AM garryblair@woh.rr.com

Apr 24 - Kentucky Derby Marathon/Half Marathon, Louisville, KY - 7:30 AM, minimarathon@kdf.org,
<http://www.derbyfestivalmarathon.com/>

Apr 24 - Blue Ridge Marathon/Half Marathon, Roanoke, VA, 7:30 AM, racedirector@blueridgemarathon.com,
<http://blueridgeparkwaymarathon.com/>

May 01 - 13 Relay to the Cape, 195 miles, Boston, MA 8:00 AM 13Relay Blog, <http://13relay.com/>

May 02 - Flying Pig Marathon/Half Marathon, Cincinnati, OH - 6:30 AM - info@flyingpigmarathon.com,
<http://flyingpigmarathon.com/>

May 08 - Jennie Carol's Memorial Mother's Day 5k, Danville, KY 8:00 AM jgtarter@kywimax.com

May 08 - Thin Mint Sprint 5K/1 Mile Run, Lexington, KY 9:00 AM - jemelton@gswrc.org, <http://www.thinmintsprint.org/>

May 15 - Eagle Project 5K, London, KY 8:30 AM vernekernasw@hotmail.com

May 15 - New Balance Girls on the Run 5K, Lexington, KY - 8:30 AM - renae@gotrlexington.org; <http://www.gotrlexington.org/>

May 22 - Scenic City Trail Marathon/Half Marathon, Chattanooga, TN - 8:00 AM, <http://www.rockcreek.com/trailmarathon/>

May 22 - The Chrysalis House 5K Run/Walk, Nicholasville, KY - 9:00 AM - maryallisonbelshoff@chrysalishouse.org
<http://www.chrysalishouse.org/>

I understand that the "BLUEgrass Runners" is a nonprofit running club organized to foster safety and promote excellence for runners and walkers of all ages, levels and abilities in the Bluegrass area. As a BLUEgrass Runner, I subscribe to the above purpose and agree to abide by the club's constitution, by-laws and rules. I also agree to hold harmless the BLUEgrass from any liability for any injury incurred while participating in any activity organized or sponsored by the BLUEgrass Runners. Annual dues in the BLUEgrass Runners Club are \$20-single and \$25-family.

MEMBERSHIP APPLICATION

Name _____ Birth date _____ Age _____

Address _____

No. Street (P.O. BOX) State Zip
Phone (home) _____ Fax _____ T-shirt size _____ Gender _____

Phone (work) _____ E-mail _____

Signature _____ Date _____

Mail dues and application to: BLUEgrass Runners ****Referred by: _____
P.O. 23551 (BLUEgrass Runners Member)
Lexington KY 40523

Now you can join, pay and get the latest news on line at:

<http://bluegrassrunners.org/>



BLUEgrass
runners

P.O. Box 23551 Lexington, KY 40523

"The oldest running club in Kentucky"

