

# TMRC NEWSLETTER

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Thunder Mountain Running Club

Editor, Bill Bates



## SWAN SONG

Sadly, this issue of the newsletter is my last. I've been transferred to the Pentagon, and my family and I will be leaving Arizona on June 2nd. Nearly all of the friends I've made in Arizona are people I've met while running. I'll miss you all.

I can find results of only 2 NFL players ever having completed marathons, and they're both going to the NFL Hall of Fame -- Alan Page (Grandma's) and Jim Plunkett.

Grandma's Marathon in Minnesota next month will give me marathons in 11 different states; I guarantee a new PR of sub-3:30.

I'll soon complete 6 years of running without ever missing a day. My last miss was May 23, 1978.

Joe Henderson reports that America's best miler and best marathoner are fathers for the second time -- Steve and Kim Scott had a daughter, Alberto and Molly Salazar a son.

Charlie Cooke made his racing debut in the Pepsi Challenge.

Congratulations to the newly promoted 1LT Paige Butler. If she's even 1% faster now, I'm in trouble.

Don Simpson missed the Mule Mountain Marathon. He was attending a dentists' convention in Hollywood.

I'm indebted to more people than I could ever mention here. But I do want to thank Ken and Jen Young for their friendship and for letting me quote them every month, whether I gave them credit or not; Ron Witt, TMRC's best president and a guy who always complimented this newsletter; Ken Irvin, who helped me a lot this past year; Jim Putnam, my running mate who even let me beat him once or twice; and my secretary and friend Florine Tuggle, who typed the 1984 newsletters and put up with me every day.

I'll be living in suburban Virginia (no address yet). If you get to the DC area, please drop by or call me. I'll be in the phone book.

God bless you all.

Bill

## MULE MOUNTAIN MARATHON

The irrepressible Richard Reeves paced a score of TMRC runners in the ninth annual Mule Mountain Marathon on May 6th, beating an ecstatic David Lorenz and a nonchalant Al Jenkins by 6 and 8 minutes, respectively. Steady Barb DeVita held off weary Esther Valentin by 9 minutes for women's honors. TMRC runners swept all of the honors in the fully mature age categories.

This year there were 105 marathoners (97 men, 8 women), 53 half-marathoners (43 men, 10 women), and more than 100 6-person relay teams. Carl Thornton helped the Arizona Tailwinds team take relay honors, and Beny Neff's Co E team finished second; no one jumped in at K-Mart this year.

The certified marathon course runs from Bisbee to Fort Huachuca, and the proceeds go to the Army Emergency Relief fund. I have run 14 different marathons (and MMM 3 times), and the terrain and altitude of this race make it the hardest I've ever faced up to. It's one of the toughest in the U.S.

## TMRC results in MMM:

	Place	Time	Min/Mi
4. Richard Reeves (44)	1, 40-49	3:20:37.6	7:39
6. David Lorenz (31)	3, 30-39	3:26:39.9	7:53
7. Al Jenkins (43)	2, 40-49	3:28:59.4	7:58
13. Bill Bates (41)	3, 40-49	3:40:43.1	8:25
24. Chuck Harper (36)	10, 30-39	4:14:37.1	9:43
25. Harry Dubinick (57)	1, 50 & O	4:14:37.5	9:43
29. Paul Lenio (50)	2, 50 & O	4:19:30.9	9:54
31. David Bond (40)	6, 40-49	4:23:15.3	10:02
3F. *Barb DeVita (45)	1, 40 & O	4:24:29.3	10:05
39. Miles Kara (45)	7, 40-49	4:30:06.9	10:18
41. Belmont Evans (42)	8, 40-49	4:30:32.9	10:19
5F. *Esther Valentin (20)	3, 19-29	4:33:20.4	10:26
45. Billy Mehaffey (51)	3, 50 & O	4:35:49.7	10:31
46. Ron Witt (52)	4, 50 & O	4:36:35.4	10:33
49. John Fiscus (54)	5, 50 & O	4:42:00.8	10:45
51. Manny Vera (32)	17, 30-39	4:45:53.2	10:54
54. Ken Rupkalvis (30)	20, 30-39	4:57:30.0	11:21
57. Emile Brunelle (53)	6, 50 & O	5:07:25.4	11:44
59. David Schneider (34)	22, 30-39	5:14:04.0	11:59
60. Charlie Cooke (43)	9, 40-49	5:14:06.9	11:59

## Half-Marathon:

11. Steve Regeimbal (29)	1:40:24	7:40
28. Steve Snyder (24)	1:59:30	9:07
33. Gary Graham (39)	2:09:28	9:53

## PEPSI CHALLENGE

Chuck Harper won the Battle of 43 in the 6th annual Tucson 10 KM Pepsi Challenge as he paced 8 club members who finished in 43 minutes and change. This March 25th race saw 896 runners (665 men, 231 women) complete the race.

70% of the people chose Pepsi, 30% Coke, in the other challenge.

### DOWNTOWN RIVER RUN

On April 1st Brian McGlumphy, Paul Sadorf, and I finished among the top 7 in the 2nd annual Tucson 10KM Downtown River Run. April Fool! But Brian and Paul did, and they won 2 plaques apiece. There were 1070 finishers (789 men, 281 women).

I recommend this run highly. The first 10 finishers overall and the first 3 finishers in each age group received plaques, and finishers 4-10 in each age group won ribbons. There also were dozens of fine merchandise awards given in random drawings, and Brian Bates won a \$25 certificate for dinner for 2 at Roth's -- thanks, Brian.

#### TMRC Results:

	<u>Place</u>	<u>Time</u>	<u>Min/Mi</u>
6. Brian McGlumphy (16)	1, 16-19	33:57	5:28
7. Paul Sadorf (21)	2, 20-24	33:58	5:28
42. Don Branaman (45)	2, 45-49	36:31	5:53
86. Mark Lopshire (30)	13, 30-34	38:33	6:12
98. Ed Baker (32)	17, 30-34	38:48	6:15
119. Al Jenkins (43)	7, 40-44	39:12	6:18
250. Brian Bates (14)	9, 12-15	42:39	6:52
282. Bill Bates (41)	21, 40-44	43:17	6:58
332. John Fassbender (37)	53, 35-39	44:17	7:08
348. Steve Snyder (29)	74, 25-29	44:36	7:11
384. *Eileen Mulholland (22)	10, 20-24	45:12	7:16
514. Luis Chavez (35)	85, 35-39	47:43	7:41
630. *Barbara Chavez (31)	11, 30-34	49:50	8:01
712. Dave Schneider (34)	129, 30-34	51:35	8:18
723. *Sue Smith (43)	7, 40-44	51:48	8:20
816. Billy Mehaffey (51)	23, 50-54	54:23	8:45
859. *Audrey Opulski (51)	4, 50-54	56:15	9:03

### LEGAL-RUN-AROUND

Ariel Nieves and Paige Butler took home the winners' trophies, and 6 other TMRC runners won gold or silver medals (no bronze medals awarded, darn it) in the first-ever Legal-Run-Around at Fort Huachuca on Law Day, Apr 30th. Club members finished 1-2-3-4 among the 109 finishers (78 men, 31 women).

Laverne Jenkins made a successful debut in racing by joining husband Al in the masters winners' circle after this hilly 3-mile race.

#### TMRC results:

	<u>Place</u>	<u>Time</u>	<u>Min/Mi</u>
1. Ariel Nieves (34)	1, 30-39	16:46.0	5:35
2. Carl Thornton (32)	2, 30-39	17:31.9	5:51
3. David Christian (17)	1, 29 & U	18:06.5	6:02
4. Al Jenkins (43)	1, 40 & O	19:11.0	6:24
8. Chuck Harper (36)	4, 30-39	19:43.3	6:34
12. David Klehn (40)	2, 40 & O	20:30.0	6:50
13. Bill Bates (41)	3, 40 & O	20:44.5	6:55
16. *Paige Butler (24)	1, 29 & U	20:53.5	6:58
28. Prido Polanco (42)	5, 40 & O	22:48.9	7:36
38. *Gloria Krasher (38)	1, 30-39	23:56.9	7:59
43. Charlie Cooke (43)	9, 40 & O	24:23.0	8:08
44. *Barbara Chavez (31)	3, 30-39	24:35.6	8:12
58. *Rose Mika (39)	5, 30-39	25:56.1	8:39
68. *Linda Moy (39)	8, 30-39	27:14.4	9:05
87. *Laverne Jenkins (41)	1, 40 & O	31:02.1	10:21

### PEPSI CHALLENGE (cont)

#### TMRC results:

	<u>Place</u>	<u>Time</u>	<u>Min/Mi</u>
17. Paul Sadorf (21)	12, 20-29	34:50	5:36
40. Don Branaman (45)	2, 40-49	36:46	5:55
41. Richard Reeves (44)	3, 40-49	36:50	5:55
81. Ed Baker (32)	25, 30-39	39:08	6:17
128. Al Jenkins (43)	14, 40-49	40:39	6:32
143. Brian McGlumphy (16)	12, 14-19	40:59	6:35
171. Carl Carey (45)	22, 40-49	41:56	6:44
202. Dick Haines (48)	30, 40-49	42:47	6:53
208. Chuck Harper (36)	62, 30-39	43:05	6:56
213. Brian Bates (14)	18, 14-19	43:25	6:59
219. Elson Bond (12)	4, 13&U	43:30	7:00
220. *Sue Fletcher (42)	1, 40-49	43:31	7:00
223. Jim Putnam (36)	68, 30-39	43:33	7:00
226. Pete DeRosa (45)	33, 40-49	43:44	7:02
229. Bill Bates (41)	34, 40-49	43:47	7:02
239. Miles Kara (45)	37, 40-49	43:59	7:04
269. Gene Stout (42)	40, 40-49	44:30	7:10
320. *Eileen Mulholland (22)	13, 20-29	45:47	7:22
330. *Carol Rupkalvis (37)	4, 30-39	45:59	7:24
410. Luis Chavez (35)	123, 30-39	47:51	7:42
418. John Fassbender (37)	125, 30-39	47:57	7:43
431. Danny Mika (12)	12, 13 & U	48:14	7:46
456. Joe Mika (41)	67, 40-49	49:00	7:53
517. *Denise York (25)	28, 20-29	50:33	8:08
519. *Mary Peller (15)	6, 14-19	50:36	8:08
549. *Barbara Chavez (31)	13, 30-39	51:35	8:18
551. David Rupkalvis (14)	37, 14-19	51:36	8:18
600. Charlie Cooke (43)	84, 40-49	52:57	8:31
618. *Rose Mika (39)	20, 30-39	53:40	8:38
623. Dave Schneider (34)	184, 30-39	53:53	8:40
724. Billy Mehaffey (51)	30, 50 & O	57:12	9:12
866. *Janice Rifkin (37)	223, 30-39	1:07:52	10:55
867. *Barbara Carey (44)	25, 40-49	1:07:53	10:55

### NATIONAL RECORDS

Two years ago, no TMRC runners held U.S. national age group records. In 1982-83, club members set the following national records, according to the NRDC:

Brian Bates (12)	30 Mi Track	6:45:13	Boys, 12-13
Brian Bates (12)	50 Km Track	6:54:24	Boys, 12-13
Joe Cary (49)	20 KM Track	1:18:08	Men, 45-49
Joe Cary (49)	25 KM Track	1:40:29	Men, 45-49
Joe Cary (49)	2 Hr Track	29.695 KM	Men, 45-49
Angie Bates	10 Mi Track	1:59:48*	Girls, 11
Angie Bates	2 Hr Track	10.019 Mi	Girls, 11
Brian Bates	50 Km Track	6:54:24	Boys, 12
Brian Bates	2 Hr Track	15.438 Mi	Boys, 12
Brian Bates	20 Mi Road	2:57:58	Boys, 11
Brian Bates	10 Mi Track	1:18:04	Boys, 11
Brian Bates	2 Hr Track	14.292 Mi	Boys, 11
Cindy Bates	2 Hr Track	10.031 Mi*	Girls, 12
Joe Cary	10 Mi Track	1:01:31	Men, 49
Joe Cary	2 Hr Track	18.452 Mi	Men, 49
Gloria Krasher	10 Mi Track	1:35:34*	Women, 38
Charlotte Reeves	10 Mi Track	1:13:01	Women, 20

\*Record has been broken.

More records will fall in the May 20th 4-in-1 Track Run at Fort Huachuca at 7:00 AM. You could be a record holder!!