

# McLeod overcomes heat, humidity to win 5K

By Michael A. Lough

The Macon Telegraph

By the time Ken McLeod was ready to run, the sun hadn't made its presence quite as known.

By the time he was done, Macon was bright and hotter and McLeod and his compatriots in running had to battle a more muggy course.

Naturally, the humidity had an effect on all the participants of the Olympic Labor Day Road Race's 5K version. But its effect on McLeod was minimal, and the 35-year-old Macon man cruised to his second win in five years Monday morning.

McLeod's 15:17 was good enough for first by 28 seconds over Neil Feather of Atlanta and 29 seconds over

Bill Brumbley. Ben Leonard of Macon was fifth in 16:21 and former Olympian Jeff Galloway took sixth in 16:28.

Kathy Perez-Wolski of Atlanta held off Edie Smith of China Grove, N.C. to win the women's 5K, Kimberly Daniel of Macon finishing sixth for the top local performance, finishing in 19:47.

McLeod was refreshed after a post-race celebratory beverage, but noted that he was still beat as usual right after.

"If you'd have come up to talk to me then," he said with a laugh, "you'd have gotten my hand out. No way I could've talked then."

Even the veterans get tired. And the wear and tear of the 5K is why McLeod sticks with that distance. The 10K?

"It's twice the pain," he said.

McLeod was in front of the pack from the start, but didn't pull away until a little more than a mile had been covered.

"I had one fella with me, he stayed with me right up the hill and I lost him going down the hill," said McLeod of the notorious climb on Forsyth near College. "I just thought that was kinda strange, I'm pulling way from this guy on the downhill.

"Pretty much from then on in, I was by myself."

McLeod's time was a little slower than he'd have liked, noting the increased humidity and confessing "I'm carrying too much weight" for the 10K, which

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would've affected his 5K time as well.

But he's kept alive his streak of finishing high in the shorter race.

He sat out the 1996 and 1997 races because of heel and tendon injuries, having finished second in 1993 and last year while winning in 1994.

"I don't run that many races," said McLeod,

an agent with the Drug Enforcement Agency. "Normally, I don't go anywhere to run races. The fascination's not there.

"I get my satisfaction going out and running hard, and here is fine."

1998

# Teacher-coach sprints away early to win Olympic run

By Joe Kovac Jr.

The Macon Telegraph

The race as wide as Macon, which runs for 6.2 miles from a Dairy Queen to Central City Park, pretty much drains every last drip of sweat out of summer.

So it made sense Monday that the overall winners of the 1998 Olympic Labor Day Road Race took home ... a vintage Nagano-Games, Team USA wool coat.

The story of Monday's race, though, was not heat.

It was feet. About 432 pairs of them.

Sure, some of it was heat — 68 degrees worth wrapped in fog-blanket humidity — but it was more about stepping, hoofing, huffing, striding, oh, and surviving.

But none of that was any problem for a spent pair of size 10½ Nikes from Cartersville, the ones that David Matherne wore to run away from the competition.

Matherne, 34, a high school English teacher and track coach, cruised the 10K course in 30 minutes, 45 seconds to gas the field by more than three minutes.

His 4:44 second mile through the Vineville Avenue straightaway shot him in front for good. He was well into the fourth mile, the Forsyth Street hill hike into downtown, before the course stepped in to challenge him.

"The fourth mile really hurt," said Matherne, who finished a minute off the race record. "But it's a great course. It's about the fastest 10K course I've seen in Georgia. The uphill can kind of gives you a charge."

Alan Black of Eatonton ate up the course in 33:53, good enough for second. "I was glad when it was over," he said. "I was trying to hold on."

The women's overall winner, Sue Kelly of Atlanta, heard the Macon Labor Day run was good for fast times.

"You're spent, sure, but there's no pain at all," said Kelly, 37, a mother of four, who finished in 35:35. "Running the last couple of miles I liked it."

Macon's Tina Hopper was the lone wheelchair competitor.

Past women's winner Suni Heaton of Macon, coming off knee surgery in April, was second in 39:36.

"I wasn't really sure what I could run," said Heaton, 43, who glided in two minutes off her best Labor Day time. "I've run faster but I was pretty pleased today."

# ROAD RACE NOTEBOOK

**By Michael A. Lough**

The Macon Telegraph

There are father-son duos, and there are father-son duos.

And there are grandfather-father-son trios.

And then there's such a trio where the grandfather didn't start running until he was 52, the father was an Olympic distance runner, and the son was in the womb of the mother when she ran in a race.

Welcome to the Galloway family.

Jeff Galloway of Atlanta made his fifth trip — by his estimation — to the Olympic Labor Day Road Race in Macon Monday, with his 77-year-old father and 16-year-old son.

The middle Galloway finished sixth in the 5K while the elder Galloway was 354th — third in his age group — and the youngest Galloway 29th.

There are bloodlines, and there are bloodlines.

"In the Galloway family, they're kind of reversed," said Jeff Galloway, who won the first Peachtree Road Race in 1970. "I started when I was younger, and he started when he was 52."

The elder Galloway ran some in his younger days, but that was mostly to stay in shape for football and baseball and basketball, and to help speed up the recovery from injuries. But he knew how great the impact

mentally was on his son when he began that running just to run and almost meditate.

Now, he's on the road just about every day.

"I try to get in about 40 miles a week," said Elliott, who ran his first marathon at age 57. "It's very relaxing for me to get out and away from things."

Elliott and Jeff have run in several marathons together as well, including the Boston Marathon two years ago where they ran side by side and finished in 5:59:48.

"He tells everybody," said Jeff. "that he would've run a lot faster if I hadn't held him back."

Which is probably what young Brennen will say if the three find themselves in Boston some day.

**WINNER LIKES COURSE:** Promoters of the race won't have any trouble getting 10K winner David Matherne to come back.

Fact is, he'll probably try to talk friends into coming next year.

"I've heard about this race ever since I started running," Matherne said. "I've never made the trip down."

He came, he won, he raved.

Ricky Silver, a friend of Matherne's, had told him that he couldn't understand "why it's lost its competitive fervor. In the past, everybody who was anybody came here, that's what he seemed to think," Matherne said of Carter.

But an increase in other races as well as no

prize money might have diluted the talent level.

"With the Cobb Classic, that's a consideration," said Matherne. "But there's no comparison."

He said the initial marketing of the Cobb Classic was that it was the "toughest 10K race in America," a scheme that will scare off all but the hardcore runners. Then it was changed to the "greatest 10K race in America." Simply being in Atlanta is an attraction, but it's doubtful that's where Matherne will be in a year.

"I think people should be here instead of there, to be honest," he said. "It's a wonderful course."

**YOUNGEST TO GO THE DISTANCE:** McKinley Anderson saw the sights, and got some fresh air, but was clearly the least tired of anybody who went the whole 6.2 miles.

Of course, McKinley spent the morning of exactly seven months after her birth speeding along the course in a stroller in front of dad John Anderson.

The pair won the unofficial Parent-Pushing-Baby division, Anderson finishing 25th in 39:07. How'd she handle it?

"So so," Anderson laughed. His wife Cadden said McKinley was simply chilling until seeing familiar faces on Vineville.

"She was just taking everything in," said Cadden. "She started smiling."