

1986

Tenth Annual LABOR DAY ROAD RACE

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Pinkston runs away with title

Bird wins second women's crown

By Steve Elkins

Macon Telegraph and News

Once Adam Pinkston saw some daylight, he turned the 10-kilometer portion of Monday's Labor Day Road Race into a one-man show.

Pinkston, of Macon, broke away from two-time winner Tony Bateman near the one-mile mark and led the rest of the 6.2 miles to win the 10th annual race in 30 minutes, two seconds. Pinkston was 16 seconds off the course record, which was set by Kevin Motes in 1982.

Kim Bird of Austell won the women's 10K for the second year in a row, becoming the first woman to win the race twice. She was in front of the pack the whole way and finished in 36:37. Bird's time was almost two minutes more than the women's 10K record of 34:43, set by Shirley Silsby in 1980.

Robert Brooks of Fort Gordon was the men's 5K champ in 14:56. In the second year of the 5K race, Brooks bested by 29 seconds the old men's record of 15:25 set by Ron Albea last year. Atlanta's Kelly Cook won the women's 5K in 18:10.

Including 813 finishers in the 5K, 1,725 runners were credited with finishing the races, the most ever for the 10-year-old event. The race is sponsored by the *Macon Telegraph and News*.

Pinkston, 24, ran the third fastest winning time in race history. Bateman, who won the event in 1983 and '84, challenged Pinkston early but fell back and finished second.

"I WENT OUT with Tony," said Pinkston, who ran his second fastest 10K time ever. "We were running even for the first mile and it was pretty fast, about five minutes for that first mile. Then Tony dropped back. By the two-mile mark, I was ahead by five or 10 seconds. I just kept nailing the miles after that."

"The course was very fast and I was able to set a fast pace. The humidity bothered me a little," said Pinkston.

Bateman, of Charlotte, N.C., finished in 30:55 and was runner-up for the second straight year. He finished

behind Jeff Milliman in '85. Milliman, who has moved from Macon, didn't run in this year's race.

Though Bird easily defended her 10K women's title, she said the Macon course is not her cup of tea.

"I'm not a downhill runner at all. I ran here just because I wanted to enjoy myself. It's always nice to come back to where you've won and try to defend your title," said Bird, who is 25.

"I just wanted to run faster than I did last year," said Bird, who ran collegiately for East Tennessee State. "It was a lot cooler so running a faster time was no problem."

Bird bettered her time from last year by one second.

COOL, FALL-LIKE weather, with a temperature of 66 degrees at the start, made times fast. But the humidity, which was 100 percent, was a problem for some runners.

Eric Smith finished third in the men's 10K in 31:22, followed by Phillip Ritchey in 31:28 and Robbie Hollister in 31:38.

Bird easily outdistanced Allison Reeves, who finished second in 37:45. Jean Long (39:14), Edie Bateman (39:20) and Deb Barber (39:21) followed Reeves.

Brad Dodson, in 14:56, finished second behind Brooks in the 5K, followed by Johnny Kaueger in 15:06, Dan Lasseter in 15:08 and Greg Thompson in 15:09.

Connie Robertson, in 18:15, finished second in the women's 5K to Cook. Following Robertson were Kimberly Nelson in 18:19, Jolie Greenway in 18:51, Lynn Floyd in 19:00, Vickey Imes in 19:04, Patti Patterson in 19:24, Lynn Taylor in 20:19, Anne Moore in 20:37 and Kay Agnew in 20:40.

The cool temperature made the jobs of health-service workers easier. Three persons were treated for heat exhaustion. One was taken to a hospital and released.

"We had several minor problems with cramps and scrapes. We put on some Band-Aids, but there were just two or three serious problems with heat exhaustion," said Trish Styke, director of health services for the American Red Cross, which hosted the race.

Brooks, Cook win in the 5K road race

By Tina Salani
Macon Telegraph and News

Twelve-year-old Kelly Cook and 28-year-old Robert Brooks won the second-annual 5-kilometer Labor Day Road Race Monday.

Since both Cook and Brooks are both members of the same track club, they helped Running in Georgia dominate the 5K team competition.

Brooks, a staff sergeant in the Army Signal Corps, broke the 1-year-old course record with a time of 14:56 and nipped Brad Dodson by one second to win the race.

Ron Albee won the inaugural 5K race in 15:25 last year.

The 12-year-old Cook finished in 18:10, just eight seconds off Ann Lukens' course record of 18:02, to take the overall women's championship.

She was followed by Connie Robertson, 18:15, Kimberly Nelson, 18:19, Jolie Greenway, 18:51, and Lyn Floyd, 19:00.

Cook, Robertson and Greenway made up the Running in Georgia team, which won the women's team title.

Brad Dodson, 14:57, was second in the men's race, followed by Johnny Kauger, 14:06, Dan Lasseter, 15:06, and Greg Thompson, 15:08.

Kauger, Harvey Stuart and Thomas Sitton made up the Athletics South team, which won the men's team crown.

OTHER MEN'S winners included: Dave Hagames, masters; Joshua Krieger, 10 and under; O'Neal Cason, 10-14; Bryan Albee, 15-19; Michael Browne, 20-24; Thomas Sitton, 25-29; Mark Nash, 30-34; Terrence Cook, 35-39; Joe Waters, 40-44; Andrew Mathis, 45-49; James L. Holt, 50-54; Henry Stillmick, 55-59; and Dick Benson, 60 and over.

Other women's winners included: Vickie Ines, masters; Jessica Crowe, 10 and under; Jennifer Turcot, 10-14; Lynn Taylor, 15-19; Barrie Barfield, 20-24; Cindy McGinnis, 25-29; Patti Patterson, 30-34; Anne Moore, 35-39; Kay Agnes, 40-44; Beverly Powell, 45-49; Edna Seames, 50-54; Margurite Mathews, 55-59; and Ola Moody, 60 and over.

The race attracted 602 runners, a big boost from 1985's field of 625. Only 814 runners finished the 3.2-mile race.

Brooks, 28, said he and Dodson "ran side-by-side, then traded (the lead) off the last two miles" until Brooks took it for good about a quarter-mile from the finish.

Dodson, 16, a senior at Shaw High School in Columbus, was in Macon visiting relatives and did not decide to run until about half an hour before the race.

WATERS GAVE Dodson some of the credit for the

'The Army didn't think too much of me weighing that much. It took serious salads and running. I was surprised — it was really easy to lose that weight. I've been a fat boy all my life.'

— Robert Brooks, who saw his weight fall from 205 to 148 pounds

winning time.

"That kid really pushed me," Brooks said. "I'm glad he was there."

Brooks said he was a bit surprised at his win.

"I always expect to win — I rarely do — but you have to have that mind set or it's pointless to run," he said with a chuckle.

A little more than two years ago, Brooks, who is stationed at Fort Gordon in Augusta, weighed 205 pounds. He now weighs 148.

"The Army didn't think too much of me weighing that much," the Arlington, Va., native said. "It took serious salads and running. I was surprised — it was really easy to lose that weight. I've been a fat boy all my life."

After running his first Labor Day Road Race, Brooks said he would like to return next year to defend his title, but probably won't be able to because of his Army commitments.

COOK, A SEVENTH-grader at Westminster Junior High School in Atlanta, was also a first-time participant in the Road Race.

She said she began running "at 8 or 9" after watching her parents in many road races.

"I used to go with my parents, then one day they asked me if I wanted to run, too," Cook said. "I like to run just for fun. I usually do 15 to 18 miles a week."

Cook said she felt "pretty good" to win her first big race.

Pinkston 'never looked back' in

10K

By Chuck Thompson
Macon Telegraph and News

He's won other races and run a faster time, but winning the 10th annual Macon Labor Day Road Race Monday morning was special just the same for Macon native Adam Pinkston.

"This always has been a special race for me and others from Macon," he said, shortly after finishing the 10-kilometer (6.2 miles) race that ends in Central City Park. "Everybody from Macon who runs is always asking if you ran Labor Day and how you did. It was a real thrill running through town in the lead and having people I know cheering for me."

Pinkston finished the race Monday in 30 minutes and two seconds. That was his best time ever in the Labor Day race, beating his previous personal best 31:15. Monday's time was his second best ever in a 10-kilometer race, more than a quarter of a minute behind his best time of 29:42.

The Macon runner had run in the Labor Day race several times before Monday. He finished third three years ago and second two years ago. He did not run here last year.

Pinkston hadn't planned to run in Macon this year, either. "I've been running for *Running South* magazine for about four months now and entering a lot of different races," he said. "I was originally going to run somewhere else today, but they couldn't cover my expenses so I decided to just stay home and run here. I'm sure glad I did now."

PINKSTON TOOK the lead just past the 1-mile mark and kept it the rest of the race. "At the top of the first hill I went around Tony (Bateman)," he said. Bateman, who won here in 1983 and '84, was the top seed again this year.

"There was a strong wind in our faces, so I worked real hard passing Tony so I could get on

ahead enough to keep him from getting in behind me where I'd be breaking the wind for him," said Pinkston. "I wanted him to have to work as hard as me."

Pinkston ran his fastest mile the second mile of the race so that he could widen his lead. "I ran a 4:30 second mile because I knew Tony was still back there and I wanted to make him really push to catch up," Pinkston continued to push himself until he had crested the hill at St. Pauls Apartments — about four miles into the race.

"My brother was there at the top of St. Pauls and he told me nobody was in sight behind me, but I didn't turn around to look. I never did look back after taking the lead," said Pinkston.

He eased up some going down the hill on Cotton Avenue into downtown Macon. "It was a cool day but still pretty humid so I decided just to pace myself the rest of the way in. I was really surprised that my time was as good

as it turned out to be."

A PICO SHOWING two weeks ago in a five-kilometer race had given Pinkston doubts about how he would do in Monday's run. "I've been running a good bit lately, racing at least once a month, and thought I was in good shape. But it was about 85 degrees for that 5K, and I really ran a bad race. That made me nervous about this one. I just didn't know what I'd do."

Pinkston intends to run in a lot more races this fall. "Racing South has a Grand Prix of races in the southeast and you earn points by how you do in them. I want to compete in as many of them as possible."

"I'm running mostly 5- and 10-kilometer races right now, but I'm thinking about doing a marathon later this fall."

All the other racing can wait for a few days, though. Right now, Pinkston is just savoring his hometown victory.

"This was a lot of fun."

Savage Tribe followed Crowe to the finish line

By Randall Savage
Macon Telegraph and News

If there's anything worse than getting stuck in a Tarbaby, it's having Mother Nature send you scurrying to the sidelines in the middle of a road race.

Joel Chandler Harris, the renowned Eatonton writer of a century ago, taught ol' Brer Rabbit all about the hazards of getting involved with a Tarbaby in his celebrated story, *Brer Rabbit and the Tarbaby*.

Jessica Crowe, a fleet-footed second-grader from Eatonton, learned all about the hazards of an unexpected call from Mother Nature about three-fourths of her way through Monday's Labor Day Road Race.

The 7-year-old Jessica, accompanied by her uncle Jay Ridley, ran in the 5K portion of the race, her first run in an official 3.1-mile race. She'd passed the two-mile point in good shape, clocking just over 16 minutes and on target for a 25-minute run.

Then Mother Nature summoned her to the sideline for a five-minute visit. With that behind her, Jessica tackled the course again, knocking out the final mile in about eight minutes to capture first place in the girls 10-and-under age group with a time of 30:10.

Jessica and her father, Frankie Crowe, were named honorary members of The Savage Tribe last week after Jessica recorded a 27:41 run in the Tribe's Aug. 23 practice run.

HER FATHER, who normally runs along with Jessica, opted for the 6.2-mile race in Monday's 10th annual running of the Labor Day Road Race. He finished his run in 39:36.

The entire Crowe clan — mother Medina; younger sister, Kinsey; and grandparents Melba and Jerry Ridley — were on hand to cheer Jessica across the finish line.

It looks as if the Crowe family had better get used to gathering at finish lines to cheer Jessica. It was her second first place finish this summer. She ran a 7:27 heat in the one-mile fun run of the Tarbaby Road Race in her hometown of Eatonton in June. It gave her a first-place finish in the 7-and-under age group.

A few weeks later, Jessica clocked a 7:17 mile in a fun run in Athens, finishing second behind a long-legged

13-year-old.

While Jessica made an exceptional run — considering the unplanned stop — she wasn't the only member of the Savage Tribe to capture a medal in Monday's race. Four others — Hazel Couch, Mary and R.J. Fross, and Gilbert Bennett — walked away with medals also.

The Savage Tribe, a band of ferocious fat fighters, joined forces this summer to promote physical fitness and prepare for the Labor Day Road Race.

Gilbert, a 53-year-old Macon accountant, didn't like walking from his house to his car until he joined the Tribe. He started attending the weekly Tribe workouts at the Gamefield in Central City Park right away. He also began jogging — very slowly at first — on the one-mile Gamefield course.

IT WASN'T LONG until Bennett could jog the entire mile without stopping. He enjoyed exercising so much that he began making daily treks to the Gamefield. By the time the Tribe got around to its Aug. 23 practice run, Bennett was ready for a 6.2-mile run. He made it in just over 56 minutes.

But that wasn't good enough for Bennett. He took on the 6.2-mile course again Monday, finishing with a time of 51:53. It was good enough for first place in his age group.

Couch, on the other hand, never did plan on becoming a jogger. She prefers to alternate her walking with small amounts of jogging.

But the 56-year-old Couch can walk 12-minute miles, faster than some people jog. She walked and jogged fast enough to take second place in her age group in the 6.2-mile race Monday. Her time was 1:21:12.

R.J. Fross didn't join the Tribe. But Fross, a regular jogger for years, was made an honorary member after attending several Gamefield workouts with his wife, Mary. He finished third in the 6.2-mile race for the 60-and-over age group. His time was 58:33.

And Mary Fross captured second place for women in 3.1-mile race for women 60-and-over. Her time was 48:16.

About 50 Tribe members participated in Monday's race.

Just last...

'I'm just glad to be here. I don't feel like a loser. I know I'm the last one, but I know I'm not the least one.'

... not least

By Ed Grisamore

Macon Telegraph and News

By the time Renate Malone was heading in, everyone else was heading out.

The official clock at the finish line had been turned off. Cars and buses were pulling out of the parking lots. And hundreds of sweaty runners had left crumpled paper cups and banana peels scattered across Central City Park.

But Malone didn't mind being the last person to cross the finish line in Monday's 10th Annual Labor Day Road Race.

"I'm just glad to be here," she declared with a smile.

"I don't feel like a loser," said Malone, after passing through the gates at the finish line in just over one hour, 28 minutes. "I know I'm the last one, but I know I'm not the least one."

THE 54-YEAR-OLD Malone, a friendly, German-born hairdresser who has lived in Macon since 1973, got a late start in the 7:30 a.m. race and spent most of the morning viewing the race from the rear.

She chose to amble, rather than ramble, toward the finish line as one of several of the almost 1,000 participants who opted to walk the 6.2-mile course rather than run it.

"I've never had the nerve to enter before this year," she said. "I always thought it was a race. But I talked to some ladies who told me that you didn't have to run, you could walk."

The only problem was that the "walk" turned out to be a bit longer than she expected.

She left her home on Rogers Avenue a half-hour before the start of the race but got caught in heavy traffic around the starting area and had to park at Wesleyan College.

"I wasn't at the starting line when the gun went off," she said. "I had to walk an extra half-mile just to catch up. That was real disappointing. I heard somebody yell that the race had already started, but I wasn't about to run."

MALONE WALKED THE entire course, equipped with her radio and headset. But even though she walks regularly three times a week, the distance and the hills slowed her down.

"My neighborhood where I usually walk is pretty flat, so my legs started hurting a little going up those hills," she said. "I also wasn't used to walking six miles. I usually walk three or four miles."

Malone, who came to the U.S. from Germany in 1967, said she enjoys walking and wonders why more people don't walk as a means of recreation and exercise.

"I've always thought people should walk more and not use their cars as much," she said. "They would be a lot healthier. Walking is an inexpensive way to exercise. All you need is good pair of shoes and some loose clothes. You don't have to be fashionable to walk."

She said when she was growing up in Hamburg, Germany, "if you wanted to get somewhere, you walked. I never even had a bicycle growing up."

MALONE SAID HER only fear on Monday was that race officials "wouldn't see me" because she was so far back in the pack. And her only regret was "that it was lonesome without someone to walk with."

But she was determined to finish, no matter how long it took.

"I have a friend who is supposed to meet me for lunch," she said, while waiting on one of the last shuttle buses at Central City to take her back to Wesleyan. "She told me if I wasn't home by 11 o'clock she was coming after me."