

Strickland passes Pinkston to capture men's 10K

By C. Jemal Horton
The Macon Telegraph

Jill Hargis was about a quarter-mile into the 19th Olympic Labor Day Road Race when an idea popped into her head.

Last year, Hargis won the 10K on her 34th birthday.

"But since I was turning 35 (today), I wanted to run in the 35s," Hargis said. "I thought that would be neat. It was a nice little goal to accomplish."

Hargis, who is from Atlanta, accomplished her goal, winning the women's 10K (6.2 miles) for the second consecutive year with a personal-best time of 35:44. She won last year's 10K in 36:57.

The race record is 34:43, set by Shirley Silsby in 1980.

Another Atlanta runner, Michael Strickland, won the men's division in 31:54, ahead of last year's winner, Macon native Adam Pinkston, who ran a 33:11. The race record is 29:46 set by Kevin Moats in 1982.

There were 1,493 participants Monday, the lowest total in three years.

Hargis, 35, said she is training to run in the marathon Olympic trials during February in Columbia, S.C.

In making the Olympic Trials, Hargis accomplished another goal she set for herself. To qualify, runners had to clock in under 2 hours, 50 minutes at a marathon in Cleveland this year. Hargis came in at 2:49.58.

The 10K was a lot easier to run than the 26 miles in a marathon.

"This was more fun," Hargis said. "The conditions were great and I felt good the whole time."

Strickland, a seventh-grade language arts teacher who lives in Acworth, just got back to the United States in July after spending a year in Japan teaching English.

"It feels good to come back and have an accomplishment like this," Strickland said. "Adam and I have raced lots of times and he wins about 90 percent of the time."

10K top finishers

No.	Name	Time	No.	Name	Time
MEN			WOMEN		
1.	Michael Strickland	31:53	1.	Jill Hargis	35:45
2.	Adam Pinkston	33:11	2.	Tracy Rose	36:41
3.	John Kirksey	33:39	3.	Judith Hine	37:23
4.	George Pierce	34:15	4.	Suni Heaton	37:47
5.	Wayne Shook	34:51	5.	Maggie Visser	37:55
6.	Bobby Layne	35:04	6.	Patricia Gallagher-Foell	38:45
7.	Brian Piurkowski	35:09	7.	Sheri Hintz	38:46
8.	Richard Bishop	35:22	8.	Susan Huff	39:12
9.	Josh Goodman	35:37	9.	Sandra Legath	41:27
10.	Mark Ehlen	35:40	10.	Sally Gray	41:53

For the first three miles Monday, Strickland and Pinkston were virtually side by side. But then Strickland, who had set the pace, began to pull away after the hill at St. Paul's Episcopal Church just beyond the halfway point.

"I want to thank Adam," said Strickland, 28. "I usually don't beat him, but he helped me out at the halfway mark because he was pushing me. It got tough on a couple of those hills, but he gave me the inspiration."

"Basically, I just wanted to beat 32 minutes and I did that. I'm happy."

Pinkston, who lives in Asheville, N.C., has won three Labor Day 10K races. Although he came close to winning a fourth, he said he was not at his best after injuring his foot two months ago and missing six weeks of running.

"I didn't think I would be here today," said Pinkston, who ran a 31:36 last year. "This is just my second week back, so I can't complain about how I finished."

Pinkston said he didn't feel confident from the outset of the race, as Strickland established a fast pace, which Pinkston wanted to avoid.

"He pulled me along early two or three minutes quicker than I wanted to," Pinkston said. "We pulled each other along, but I knew I'd have a tough time staying with him."

'I want to thank Adam (Pinkston). I usually don't beat him, but he helped me out at the halfway mark because he was pushing me. It got tough on a couple of those hills, but he gave me the inspiration.'

— Michael Strickland

After crash on course giving up not possible for Macon's Mumford

The steep hill at St. Paul Apartments traditionally has been the gut check for the annual Labor Day Road Race.

Runners groan at the bottom, grimace at its midpoint and raise their clenched fists in victory at the top.

Macon's Glenn Mumford was among those dreading the uphill battle of St. Paul, the monster that grabs racers just past the 4-mile marker of the 10K event. It made him tired just anticipating it.

"The whole race I was thinking about that hill," he said.

The hill poses more problems for Mumford than most, only it does not make him leg-weary. From his wheelchair, he must pull the incline with the torque in his strong arms and shoulders.

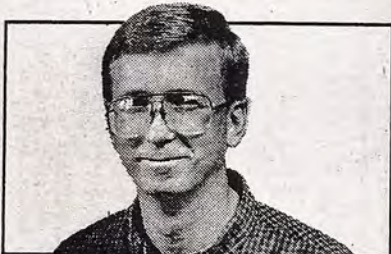
Early Monday morning, the 31-year-old never would have guessed his problems actually would begin about 100 yards before he began the ascent at St. Paul. After crossing the bridge at I-75, his wheelchair veered out of control as it gathered speed downhill.

Witnesses said he crashed going at least 25 mph. Mumford can't really recall.

"It's all a blur," he said. "I was trying to correct my steering when I was going toward the curb. I tried to pull it away but I pulled back. That's what kicked me over."

Bruce Radcliffe, a race volunteer and a Macon Telegraph employee, was escorting Mumford on his bicycle and saw the horrible crash unfold.

"He was going one way and the



Ed Grisamore

wheelchair was going the other way," Radcliffe said. "He must have flipped over two or three times. He took the brunt of it with his mouth."

At the finish line, Elizabeth Mumford could sense something was wrong.

Her son, the only wheelchair participant in Monday's race, had been given a 15-minute headstart for the 10K race. His average time on the 6.2-mile course was about 45 minutes. At 8:15, she stared down the forked road at Central City Park.

Where was he?

"I was uneasy because he had been having some problems with hills in his training," she said. "He had a new pillow in his seat."

Quitting never was an option for Glenn Mumford. His mouth was cut and bleeding. When you challenge the pavement with your upper lip, the pavement usually wins.

His arms were scraped. Medical personnel rushed to the scene, but all Mumford needed was a few minutes to compose himself.

"He told us he was going to finish

the race before we even asked him," Radcliffe said. After Mumford crossed the finish line to cheering some 89 minutes after his start, Radcliffe would describe the wheelchair race in one word: "courage."

"There was never any doubt in my mind I was going to finish," Mumford said. "My mouth hurt.

My arm burned. But I can take the scratches. I try not to let anything ever stop me."

That's just the way Elizabeth Mumford's son always has been. Born with spina bifida, he has never walked.

Please see GRISAMORE, 6D ➔

Continued from page 1D

"He never complains about anything," she said. "People will ask him how he feels when he can't do something, and he always says: 'I don't think about it. I think about the things I can do and forget what

I can't do.' That's been his attitude his whole life."

His handicap hasn't stopped him from playing a variety of sports — wheelchair soccer, tennis, bowling and shooting pool.

"He even goes dancing every Saturday night at Chasen's," said his mother. "He dances on the back of

his wheels."

Those wheels were slow-dancing as he chugged the hill at St. Paul's after his mishap. Runners gave him encouragement as they passed. Spectators lining the street cheered and clapped as he turned his wheels toward downtown.

At the finish, he was greeted with

an ice bag and a trip to the first-aid tent. A proud mother choked back tears and said what everybody already was feeling. "He's a real inspiration," she said.

And, by the way, Glenn Mumford won the wheelchair division.

Even if there had been competition, there never was any doubt.

Roommates are double winners

Bradbury sets women's record

By Chris Hughes
The Macon Telegraph

The winners of the 1995 Labor Day Road Race in the 5K share much in common. Both were winners in their first Labor Day race Monday, both are natives of England, both attend Life College in Marietta, and both share an apartment.

Malcolm Campbell, 24, finished in 14:40, and Sarah Bradbury, 22, of Winchester, England, finished with a personal best 16:28.

Bradbury set a women's record in the 5K, which was run for the 11th time. Marcia Wentworth set the old mark of 16:58 in 1989.

Marty Flynn holds the men's record of 14:19, set in 1989. Campbell equaled the second-fastest time.

For Campbell and Bradbury the race was really just a tuneup for the upcoming cross country season set to start in two weeks, but both were quite happy to come out winners.

"It's a good course, it definitely went well today," Campbell said. "It's just nice to finish your last race of the preseason, you finish your last of your tuneups and now it's time for the real stuff."

"I didn't really think it was that fast," Bradbury said. "It felt pretty good all the way down, but I didn't realize I broke my record. It was a really good run."

Campbell, a senior who finished 1:06 ahead of the next runner, broke away from the back in the

5K top finishers

No.	Name	Time
MEN		
1.	Malcolm Campbell	14:40
2.	Alvin Nelson	15:46
3.	Jason Barker	16:03
4.	Alfie Cronin	16:06
5.	Jeff Rigdon	16:07
6.	Lee Fidler	16:09
7.	Jose Balli	16:19
8.	Myron Farist	16:24
9.	William Brooks	16:26
10.	Billy Skinner	16:29
WOMEN		
1.	Sarah Bradbury	16:27
2.	Susan McWhorter	17:33
3.	Carolyn Mather	18:58
4.	Lori Nowaczyk	19:45
5.	Patti Patterson	19:52
6.	Bonnie Haygood	20:15
7.	Denise Cravey	20:22
8.	Meg Burch	20:33
9.	Ashley Williams	20:39
10.	Kathy Woodard	20:43

first half mile and only looked back once.

"I looked behind me at about a half mile and I had gotten away," Campbell said. "After that I was able to relax and run my own race. But, you never know who's behind you. So I had to just watch out

Please see BRADBURY, 6D ➔

Bradbury sets 5K record

Continued from page 1D

what I was doing. You can kind of feel the energy of who's there and who's not."

Bradbury, who will be a freshman and has only been in the U.S. one month, also ran away from any competitor early and then found some extra motivation during the course of the race.

"You just get into a pace and if someone's with you it's even bet-

ter," Bradbury said in between chuckles. "One of the guys, I took him and then he, I don't think he liked getting beat by a woman, so he stayed a pace in front. That was really good for me, so I stayed in there. I hate men sometimes, but it was good."

One last thing the roommates had in common was their desire to return next year.

"This course is excellent, I'm definitely going to do it next year," Bradbury said.

Pilot honored at race

By C. Jemal Horton
The Macon Telegraph

At the post-race awards ceremony, **Curtis Durham**, the Southeast Regional Director of the U.S. Olympic Committee, called for a moment of silence in honor of ASA pilot **Ed Gannaway** of Dublin.

Gannaway, who ran in last year's Olympic Labor Day Road Race, was among three people killed on Aug. 21, when his plane crashed in a hay field near Carrollton.

YOUTHFUL ENTHUSIASM: Running in his first 10K race, 8-year-old **Kasey McGee**, was the youngest competitor in that event. McGee, a third-grader at Stratford, has run in three 5K races, but he wasn't overly impressed with the 10K.

"It was hard," said McGee, who finished in 1:16.52. "I got tired of jogging."

• Six-year-old **Katy Borek**, of Warner Robins, was the youngest runner in the Labor Day race. She ran the 5K and finished in 47:30.

• Macon native **Ed Morgan** won the 70-and-over category of the 10K and was also the oldest in that race, finishing in 1:07.58.

• Dublin's **Gene Tomlinson** was the oldest runner at age 74, finishing the 5K in 40:33.

Fun Run winners

Name	Age
7-9 BOYS	
Jonquavis Green	7
Dallas Long	9
Timothy Duncan	9
7-9 GIRLS	
Cierra Brown	
Jennifer Taylor	9
Paige Jones	
10-12 BOYS	
Timothy Parker	12
Alex Brer	11
David Hoch	11
10-12 GIRLS	
Ashley Manthei	11
Brittany Keiser	11
Stephanie Manthei	10