

# Smaller field hurts times, runners say

## No records are set in 1991 Labor Day Road Race

### 10K top 10

MEN'S		
No.	Name, Hometown	Time
1.	Adam Pinkston, Asheville, N.C.	31:32
2.	Herb Willis, Tallahassee, Fla.	32:17
3.	Sammy Roark, Stockbridge	32:36
4.	Bill Causey, Macon	34:43
5.	Cosmo Calzadilla, College Park	34:59
6.	Rusty Jones, Valdosta	35:19
7.	Douglas Berling, Columbus	35:27
8.	Perry Doyle, Warner Robins	35:52
9.	Tracy Peugh, Macon	35:53
10.	Willie Wright, Macon	36:28
WOMEN'S		
1.	Jean Long, Macon	38:20
2.	Tracey Harrell, Tucker	38:43
3.	Nancy Thomas, Cincinnati, Ohio	32:53
4.	Suni Heaton, Macon	40:03
5.	Julie Bork, Macon	40:32
6.	Susan White, Montezuma	41:23
7.	Deb Baker, Macon	41:29
8.	Susan Johnson McCor, Atlanta	41:33
9.	Gwen Vorhes, Macon	41:44
10.	Sally Gray, Macon	43:01

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By Kamon Simpson  
The Macon Telegraph

There were 921 registered runners in Monday's Labor Day Road Race in Macon. But the 15th annual race may be remembered more for those who didn't register.

The increased entry fee, from \$12 to \$20, seemed to have an affect on those who did and did not run. The number of runners was just 55 percent of last year's field (1,640).

"I ran this race under protest," said Macon native Jean Long, who captured the 10-kilometer (6.2 mile) championship with a time of 38:20. "Unfortunately, the fee for this race is not in line with any other race. It's just way out of whack. This is the last year I'll run here unless they lower the fee."

Only two of the five winners from last year — women's 5K champ Lynn Elam

and wheelchair champ Darryl Francis — signed up this time. Elam finished third and Francis was second.

Last year's 10K winners, Tallahassee training mates David Keen and Vikki Saga, did not make the trip from Florida. Shelly Cranford of Cochran, the defending men's 5K champ, was also absent.

"I was hoping Shelly Cranford would be here because we have similar abilities and we push each other," said Andy Blackburn, the men's 5K (3.1 mile) winner in 15:16. "I wanted to see how he handled this course and what his strategy would be for it. Raising the cost to \$20, that's way up there. That's on the upper end of road racing fees. But I'll be back next year, I can tell you that."

Race coordinator Lidell Rimes of *The Macon Telegraph* said she was pleased with the outcome of the race despite the smaller field.

"Everything went well," Rimes said. "A lot of people complained about the entry fee, but a lot of people showed up, too."

"We were concerned about unregistered

"Unfortunately, the fee for this race is not in line with any other race. It's just way out of whack. This is the last year I'll run here unless they lower the fee."

— 10K women's winner Jean Long

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— 5K men's winner  
Andy Blackburn

runners, but we didn't see too many."

Adam Pinkston, who grew up in Macon but now lives in Asheville, N.C., won the most prestigious race, the men's 10K, with a time of 31:32. It was the second victory for Pinkston and his first since 1986, when he won in 30:02. He had finished in the top five each of the past five years, including second behind Keen last year.

But even in the words of Pinkston it was "a strange race." Times were up. Participation was down. The absence of quality as well as quantity hurt the front-runners.

More than one winner complained about the lack of competition to force better times.

"I know the turnout was low because they raised the price so much," Blackburn said. His time was only nine seconds off the slowest winning mark, set by Ron Albea in the first men's 5K in 1985.

"A lot of people stayed away from it this year because of that, and the competition wasn't quite as good as I expected."

Please see WEATHER, 8C ➡



# Weather cloudy, but humidity high

## Stiff head wind also slows the runners down in 10K race

Continued from page 1C

Of course, weather conditions didn't help. Although Monday's race took place under cloudy skies and temperatures stayed pleasantly in the mid-70s, the humidity was typically oppressive.

"The temperature was almost exactly what I expected," Pinkston said. "I was hoping the humidity would give me a break. In Asheville, 70 percent humidity is a lot. You come down here and 70 percent is nothing. It's like running with a plastic bag over your head."

More importantly, runners were forced to battle a stiff head wind most of the way. The winds were not as strong at 7:15 a.m., the day's earliest starting time, for the 5K races. In fact, the cool breeze offered unexpected refreshment.

"I thought the race conditions were pretty good," said Susan McWhorter, who captured the women's 5K title in 17:51. "The head wind really helped and kept me cooled down. I thought it would be a lot hotter than it was. You always hear how Macon is the hottest place in the state."

But the winds started to pick up and swirl by 7:45 a.m., the start of the 10K. By the time the race was under way, wind had become a factor that would affect both winners.

"The race started out a lot slower than usual this time," Pinkston said. "The head wind was against

us pretty much all the way. About the only time we didn't feel it was for the final mile or half a mile when we came into the city and the buildings blocked it."

And, as usual, wind was a much bigger deal to the men closest to the ground, the wheelchair racers. Jimmy Green of Snellville captured the race in 24:10, matching the course-record he set in 1989 and outdistancing last year's winner, Darryl Francis, by 1:49.

"We had a lot of head wind," Green said. "That hurts us a lot more than the runners. I think it would have been a closer race between me and Eric (Maxwell, 26:09 in third) and Darryl if it hadn't been for the head wind. I got a lead on the first hill and just extended it from there."

The wheelchair racers agreed that this year's later start, at 7:30 a.m., was a welcome change. In years past, the wheelchairs started just after the 5K started, leaving the racers to maneuver through the 5K stragglers.

Green could not match his personal best time of 22:30, set at this year's Peachtree Road Race in Atlanta, despite the obstacle-free course. But even so, he took command on the first of two major hills on the course and caught a break when Maxwell blew a tire.

The race was never that close for Long, even though her time was the second-slowest of any winner. Only Joylen Garverick, who finished with a 41:47 in the first race

in 1977, had a slower winning time. But Long still led easily and was never seriously challenged.

"I wasn't aware of anyone coming up from behind to chase me," Long said. "It was like running in a vacuum. It didn't seem like there was anyone close to me. I had it in mind to run in a mid-37. I thought that was realistic, but it didn't work out that way. I'm pleased with winning. I don't want to sound like I'm complaining about that."

The men's 5K was also never in much doubt after Blackman took the lead. The track and cross country coach at West Rome High School had never run the course and his only research of it came from a map in Sunday's *Macon Telegraph*. But he said his training routine in Rome didn't hurt.

"We have a lot of hills in Rome. This course here, at least the 5K portion, you have one moderate hill, but that's about it. I'm sure that was a factor for me. I pressed on the hill and pushed my lead a little bit there."

There were a couple of competitive races, however. Pinkston's 10K win offered the most drama, for at least half the race anyway. Pinkston and Herb Willis, a winner in 1979 and 1981, dueled for more than half the distance. Then Willis made his move.

Just past the halfway mark at the Vineville Baptist Church, Willis tried to pull away from Pinkston and gained about a 15-yard lead. But after Pinkston reeled Willis

back in, the race was all but decided.

"After I pulled him in and we reached Clisby Avenue (the 3.5-mile mark), I put my head down and really got away from him," Pinkston said. "I was expecting him to make another move, but he just seemed to fall back from there."

And then there was McWhorter, who wound up in the right place at the right time when she tagged along with Nancy Victoria and Lynn Elam. The three provided the day's most heated finish, with McWhorter staying behind until the final mile.

"The first thing I knew, there was a group of three of us out in front," McWhorter said. "I was behind them until a little less than a mile to go. If they hadn't been in front of me, I don't know if I would have run it the way I did. I got to the train tracks and I knew I only had a half-mile to go."

"I knew I could sprint a half a mile if I had to, and I had to."

The 10K race (6.2 miles) started near the Dairy Queen on Forsyth Road and traveled on Vineville Avenue to Second Street, turned right on Walnut Street, went to Seventh Street and finished in Central City Park.

The 5K race (3.1 miles) followed the same route but started at the Vineville Baptist Church on Vineville Avenue.



# Two first-time participants capture 5K Labor Day races

By Pierce W. Huff  
The Macon Telegraph

Andy Blackburn of Rome and Susan McWhorter of Marietta outraced the pack and benefited from gray skies and cool 75 degree temperatures to win the men's and women's 5K in the 15th annual Labor Day Road Race on Monday.

For Blackburn, the tired smile on his face said it all after he finished in 15:16.

"It's a downhill course, which means that's conducive for fast times, and I needed this win for an ego boost," said Blackburn, the boys track and cross country coach at West Rome High School. "The only problem I had was with the humidity, but other than that I thought it was perfect for Labor Day."

McWhorter, who won the women's 5K with a time of 17:51, almost didn't run, but changed her mind at the last minute.

"I came to Macon because I had a friend running in the race," McWhorter said. "But then I was thinking that since I was here, I might as well run in the race. I was just hoping I could finish in the top five, because I was going to treat this race as a training run for the Manufacture's Hanover Corporate Challenge in Atlanta (Sept. 11)."

Blackburn, 34, said he had never run in the Labor Day Road Race, was unfamiliar with the course and was unable to develop a strategy.

"I didn't have a race strategy because I didn't know who my competition was," Blackburn said. "I was hoping that Shelly Cranford (last year's men's winner) was going to show up, because I really wanted to run with him."

Blackburn's time was 57 seconds off the record of 14:19 set by Marty Flynn in 1989 and just nine seconds faster than the slowest time of 15:25 set by Ron Albea in the first year (1985).

He got the lead after the first mile, but was forced to slow down at the two-mile mark because of his unfamiliarity with the 3.1-mile course.

"I got lazy and backed off after the two-mile mark, because I really didn't know the course," said Blackburn, who finished ahead of John Kirksey of Norcross. "I wanted to run the course in 15 minutes, but the 15:16 is OK."

Blackburn said didn't think training with the Chieftans cross country and track teams in the North Georgia moun-

Please see BLACKBURN, 7C ➔

## 5K top 10

MEN'S		
No.	Name, Hometown	Time
1.	Andy Blackburn, Rome	15:16
2.	John Kirksey, Norcross	15:22
3.	Jason Barker, Warner Robins	15:32
4.	Eric Collins, Macon	15:45
5.	Jim Westmoreland, Santa Fe, N.M.	15:57
6.	Peter Heldbreder, Dunwoody	16:00
7.	Chris Carter, Lawrenceville	16:10
8.	Joe Carter, Lawrenceville	16:11
9.	Robbie Pennington, Lilburn	16:18
10.	Dan Laseeter, Lilburn	16:22
WOMEN'S		
1.	Susan McWhorter, Marietta	17:50
2.	Nancy Vitoria, Snellville	17:57
3.	Lynn Elam, Norcross	18:01
4.	Beth Byerly, Lilburn	19:06
5.	Lisa Hudson, Griffin	19:08
6.	did not turn in card	
7.	Amy Smith, Pinehurst	20:02
8.	Jodie Tillman, Forsyth	20:21
9.	Danise Lundeen, Lawrenceville	20:55
10.	Jessica Crows, Eatonton	20:59

## Blackburn says training in hills could have helped

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tains surrounding Rome gave him much of an advantage, but he also didn't rule it out.

"We have some modest hills in Rome," Blackburn said. "And what you do is press up the hill and try to go to the lead. I don't know if it helped me or not, but it probably made a difference."

McWhorter, 27, also had never run in the race, but she had a simple strategy and took the lead on the final mile stretch.

"I just knew that I wanted to take it easy on the first hill (up Forsyth Street)," said Whorter, who is a manager of packaging and marketing for Coca-Cola. "I thought I could try to run real hard up the second hill (at College Street) and relax. I knew I could sprint the last quarter mile."

McWhorter's time tied Lynn Elam's winning time of 17:51 last

year and was 53 seconds off Marcia Wentworth's record time of 16:58 in 1989.

Elam, who lives in Norcross, finished third behind second-place finisher Nancy Victoria of Snellville.

McWhorter finished 43rd in this year's Peachtree Road Race in Atlanta. She said both races have similar starts, but different strategies.

"The pushing at the beginning of this race is the same as at the Peachtree," McWhorter said. "But at the Peachtree you just try to find a group and run with them. Here I think you run more to win."

The reduced field of runners — there were 921 compared with 1,640 last year — did not affect the way McWhorter ran.

"I think you run the same way in a bigger field," McWhorter said, "because eventually you get the same kind of pace, but in a smaller field the race becomes more mental."



## 1991 Labor Day Road Race

# Long's time is not her best, but it's good enough

By Kamon Simpson  
The Macon Telegraph

In between having children twice in the past three years, Macon's Jean Long has had time to compete in her fair share of races. This year, for instance, she expects the total to reach 20.

But before Monday, she never had won a Labor Day Road Race. She had just run well enough the other times she was here to take the title.

"So much depends on who shows up," she said. "My third-place time in 1988 (37:32) was good enough to win it in 1987, 1989 or 1990. So I thought it was a realistic

goal to win this time."

Winning turned out to be more than just a goal for Long, who outdistanced this year's 10K women's field with a 38:32. In fact, she was never seriously challenged, leading wire to wire.

"I've dreamed about winning this race," Long said. "When I'm out running every day to keep in shape, I try to envision it. I focus on it and use it as a motivational tool for my training."

She had good reason to believe she could win. She missed races in 1987, 1989 and 1990 because of the birth of Holly, her 3-year-old daughter, and Buddy, her 17-month-old son.

When she ran in 1986 and 1988, she finished third each time. That third-place time of 37:32 in 1988 was overshadowed by Kim Bird's course-record run of 35:24. Bird also won the 1986 race with a 38:37. But Long's third-place mark in 1988 would have been good enough to win eight of the 15 races so far. In 1979, Laura Ledbetter won with a 37:32.

The 38:32 was the second-slowest winning mark ever, only beating out Joylen Garverick's 41:47 in 1977, the first women's 10K.

"This winning time is fairly slow," Long said. "I ran a minute behind my best time on this course and won. My best time ever is 37:04, so I was way off that pace. But I

like this course. There's enough hills to challenge you. The hills help break up your leg motions. You can get fatigued by using the same leg motions for an entire race."

Long, 31, has been running for 12 years and has lived in Macon for the past eight. She moved here from Asheville, N.C. The men's 10K winner, Adam Pinkston, moved to Asheville from Macon six years ago, and the two know each other.

"Yeah, we see each other a lot at the different races," she said.

She even had a theme for this race: Run with a cause. As a past president for the Macon Tracks Running Club — a

group that is responsible for the Labor Day Road Race timing, start and finish lines, official results and awards — she has been an outspoken critic of the increased entry fee from \$12 to \$20.

"Considering what we do to help bring this race off every year, you would think we would have a say in it. We were never consulted. That's what's upsetting. A lot of these people come in here from out of town. They view this as a Macon Tracks event. This reflects negatively on us.

"This race means a lot to Macon, for both the recreational and the competitive runners. I'm glad I won because I get to voice my opinion on the matter."

# Pinkston fourth two-time winner

By Kamon Simpson  
The Macon Telegraph

Many athletes call winning an event "special." For Adam Pinkston winning the 10K men's race in the 15th annual Labor Day Road Race meant more than just a victory.

"It's just a special race for me," he said. "If my parents didn't live here, if I wasn't from here, it's still the first race I ever ran. Now, I run anywhere from 20 to 25 races a year. One year I did as many as 50 races. But this was the first race I ever won."

Pinkston's parents are from Macon and so is he, although he's spent the past six years living in Asheville, N.C., a move he said was made in part to escape Macon's overwhelming summer heat. But he always returns at least once a year for the Labor Day Road Race.

He's raced in 14 of the 15 races, finishing in the top 10 more times than anyone can remember, including top five finishes each of the past five years and a second-place finish last year.

And in 1986 Pinkston won with an impressive 30:02. (The record is 29:46 by Kevin Moats in 1982). At the time, he had no idea so much time would pass before the second victory.

"It has been a long time," he said. "I'm only 29, but the last couple of years I thought, maybe since I had been running for such a long time, this wasn't for me. I thought maybe I couldn't win here again."

Pinkston became the fourth two-time winner since the race was started in 1977, joining Herb Willis (1979, 81), Tony Bateman (1983-84) and Steve Venable (1987-88). But winning twice in a six-year span is unprecedented.

Pinkston has been running for 15 years, more

than half his life, and he credits this race with helping to get him started. Now, perhaps, he can credit this victory with his rejuvenated interest in the sport.

When the year started, he decided to rededicate himself to marathon training, determined to spend more time and effort than ever before. Now, he calls running — once a favorite hobby — his "full-time job."

"I have a clear goal in mind," Pinkston said. "I want to try to qualify for the Olympic trials. There was a time when I would have said, 'I'm not good enough.' But not anymore."

Pinkston says that in order to make it to the Olympic Marathon Trials in Columbus, Ohio, in April, he'll have to run a 26-mile qualifying time under two hours and 20 minutes in either December or January. Until then, he just wants to remain healthy.



# Green outduels field, wind to capture wheelchair 10K

By James Mays Jr.  
The Macon Telegraph

The wind on Monday may have been the only thing standing between Jimmy Green and a personal best in a 10K wheelchair race. The weather for Monday's 15th annual Labor Day Road Race was cool, cloudy and windy — ideal conditions for a runner.

But for Green, the winner of the wheelchair 10K with a time of 24:10, the wind was unpleasant at times.

"The only obstacle I had this year was the head wind," Green said. "The head wind bothers us (wheelchair racers) a lot more than it does the runners. Going up the hills it really slows us down, and we just don't coast as much as the runners can."

Green sported a modified racing wheelchair with three wheels that allows the rider to sit in a crouched position while riding. Although much faster than a upright four-wheel chair, it has its problems as well.

"Because of the position we're in, it slows us down a lot more than it does your runners. I did 24:10 here two years ago and I did the same thing today. If it hadn't been for the wind we would have gotten close to 22 (minutes). I did 22:30 in the Peachtree this year. 22:30 in a 10K is the best I've ever had."

Green, 36, of Loganville says he competed in the Labor Day Road Race in preparation for the 1992 Paralympics, which will be held after the Summer Olympics in Barcelona, Spain.

"I've been in a wheelchair now for a little over 13 years" said Green. "I was hurt in a car accident drinking and driving. I got into it and then I got back out of it. I love the sport and I just got back into competing."

"Two weeks ago I competed over in England and in Spain. I competed in the stadium where they're going to have the Olympics next year. I been picked to be in

the Olympics next year so I'm just training for that. I'm going to be in Barcelona and the top wheelchair athletes from all over the world will be there."

Last year's winner, Darryl Francis of Marietta, fell into the No. 2 position on Monday. In only his second competition in Macon he finished with a time of 25:59.

Eric Maxwell of Peachtree City finished third in last year's race and equalled his performance on Monday. Maxwell, a recent graduate of the Mercer University Law School, finished with a time of 26:09.

In fourth place was Glenn Mumford of Macon. Mumford, who hasn't competed in the Labor Day race since 1983, says he'll compete from now on. He finished with a time of 1:05:49.

And last but certainly not least was Tina Hopper of Macon. Not only was Hopper the only female athlete competing in the wheelchair race, but she also was the first ever, according to race officials. Hopper finished with a time of 1:27:19.

Although the time was not incredible, the finish was. At the finish line word began to circulate that Hopper had dropped out of the race. Four of the five wheelchair racers had already turned in their times. No one had heard from or seen Hopper. But with only one or two racers left behind her Hopper came out of the distance to cross the finish line.

"It's the first time," Hopper said. "It was tiring. Going up the hills was the worst part but other than that it was fine. I plan on being better prepared next time."

Hopper was the only racer beside Mumford to ride in a four-wheel upright chair.

"If I can afford it I'm gonna get another wheelchair," she said. "I did it just to get the feel of it. It was just something to do. I just decided to enter it just for fun."

## Gaughf may have run in last race

### 66-year-old has run in all 15

By John DeShazier  
The Macon Telegraph

As he crossed the finish line in Central City Park wearing a 1987 Labor Day Road Race shirt, Turner Gaughf let loose with several attention-grabbing whoops and hollers and another announcement that could change the look of future races.

"This might be my last one," the 66-year-old said.

Coming from any of the other 800 runners in Monday's race, such a statement would have been ignored. But coming from Gaughf — well, that's another matter.

It was the 15th annual Labor Day Road Race, and "Ageless Turner," as one person called him, never has missed one.

And some think he never will.

"See you next year," a friend told Gaughf as soon as he announced he may not be back.

Then again, maybe not.

More than anything Monday, he was displeased with his time in the 10K race. In finishing the 6.2-mile race in 1:15, Gaughf said he likely posted his worst time.

Macon's Adam Pinkston won the race with a time of 31:33.

"I get slower and slower every year," he said, with a smile. "I walked it in last year. I ran this one all the way through, but I believe I could have increased my time if I had walked the hills."

"There was a 77-year-old guy who passed me. And the funny thing about it was, he looked like he was running slower than me."

"I said, 'How old are you?' He said, 'I'm 77,'" said Gaughf, imitating his conqueror's running style, which was more of a shuffle than a run.

"They say I bounce too much when I run, that I don't glide. I'm not built to run. I'm 200 pounds, 5-foot-10. I'm built to wrestle."

And there also is the fact that he sees the Labor Day Road Race as a dying race. This year's field was a little more than half of last year's, primarily because of a rise in the cost of the race. Last year's entry

fee was \$12. This year's rose to \$20.

"What's the cost for the Peachtree (Road Race in Atlanta)?" Gaughf asked a fellow runner. "Is it still \$12? And the participation increases every year."

Then, there is the 5K race, which began in 1985.

"I don't know if the spectators are sure of what they're seeing," Gaughf said. "Some of them leave after the 5K race, and most of the 5K runners don't stay around for the award ceremonies at the end."

"When I first started, we all ran the 10K and most of our times were like mine (Monday), but we didn't mind so much. I think the 5K race was added hoping to attract more runners, but instead, it might have taken runners from the 10K."

Despite his objections, no runner has wrestled with the Labor Day Road Race course as much as Gaughf. He never has won. But, then, no winner is more recognizable than Gaughf. And no winner has enjoyed the race as much as he has.

"Determination, perseverance and tenacity have brought me out to the race for 15 years," he said. "Everything I do involves those things."

He retired from the Bibb County school system last year after 41 years, the longest run in the system. And this year, he finished as the state's No. 2 singles tennis player in the 50s division. In two of the last five years, he has won the 50s division.

"I've always said if you could run the race and go out and play a tennis match, and average the two together, that I'd have a chance to win," he said.

Gaughf proudly states that he is not ready for a rocking chair, and that running has helped him stay that way. But will he return to cross the finish line at the Labor Day Road Race in 1992?

"Probably not. But knowing me, if I say no for 360 days and when it gets five days from the race, I might say, 'What the heck?'"