



BLUEgrass Runner's Club Singlets, Wicking Ts, and Women's cut Ts printed with our new logo are now available. Singlets are Asics Propel, available in men's sizes S to XL and women's sizes S to L. \$20 each. Wicking T's are 100% polyester standard cut t-shirts that can be worn as a regular t or for training, available S to XL. \$15 each. Women's Cut T's are a 100% polyester short-sleeved women's cut running top, available sizes S to L. \$15 each. Please note that BGR apparel will be made available through the website in our Online Store at <http://bluegrassrunners.org/> or Call Martin Bess at 859-361-0071.



July 15 & Aug 19, 2010 – 7 p.m. – Club Meeting – Good Foods Co-op Community Room, 455 Southland Drive

Come join us for the Sunday BGR club runs at 6 PM. **start at Bluegrass Community & Technical College – Commonwealth Stadium Parking lot at 6 PM. This is a 5-mile course.**

Potlucks are held once a month after the run – Starting



About 7 PM.

POTLUCKS

July 18

Aug 22

Sept 19

Oct 24

Welcome New Members To BLUEgrass Runners

CLUB OFFICERS

Martin Bess
President
859-361-0071
mbessky@aol.com

Rana Johnson
Vice President

Louise Hensley
Treasurer

Debbie Jackson
Secretary

BOARD MEMBERS

Melynda Jamison

Leo McMillen

Shannan Gabe

Mike Lesshafft

Website & Club
Communications
Shannan Gabe, Chris
Grecco, Michael Lesshafft,
& Matt Reno
bgrwebsite@gmail.com

Tricia Irene Bass, Keeana Sajadi
Boarman, Rebecca Alice Brooker,
Brenna Campbell, Donna M England,
Jessica & Jeff Ensor, Brian Jones ,
Heather Jordan, Allison Layland,
Geraldine McIntosh, Anne-Frances
Miller, Jeanelle Rasmussen, Tyler
Schnieders, Quinto Tatro, Meg Wallace

**BLUEGrass Runners Club meetings are on
the third Thursday of the month at Good
Foods Coop located at 455 Southland Drive,
Lexington**



Thanks to this issues
contributors: Jim Jackson, Ed
Gabe, Michael Lesshafft
Shannan Gabe, Chris Grecco,
Terry Foody, Deborah Jackson,
Larry Steur, Matt Reno, &
Bruce Carey.

BLUEGRASS
RUNNERS
PRESIDENTS
PAST AND
PRESENT
Martin Bess 2008-10
Tom Hackney 2007
2006 Lisa Dahl
2005 Martin Bess
2004 Leo McMillen
2002-03 Martin Bess
2001 Louise Bieschke
2000 Chuck Griffis
1999 Chuck Griffis
1998 Leo McMillen
1997 Leo McMillen
1996 Patrick and
Louise Bieschke
1995 Betty Nigoff
1994 Larry Steur
1993 Alan Miles
1992 Brian Crumbo
1991 John Lathrop
1990 Dave Winters
1989 Dave Winters
1988 Larry and Celia
Wheeler
1987 Dick Jefferies
(Vice
President/Acting
President)
1986 Bruce Carey
1985 Jim Sutton
(resigned due to
family illness)
John Culbertson (Vice
President served
remainder of term)
1984 Robbie Robinson
1983 Robbie Robinson

NEWSLETTER Editor

Martin Bess
277-4218 (h)
361-0071 (cell.)
E-mail:
MBessky@aol.com
Mail: 860 Overview Drive
Lexington KY 40514



Message from the President's Desk

Dear Bluegrass Runners: This is your club, so please become active.



July is here! It has been hot. Please slow down and remember to drink. Congratulations on your running just going out there and running or walking puts you ahead of the game.

I want to thank the BGR web masters – Shannan Gabe, Chris Grecco, Matt Reno, & Mike Lesshafft - they are doing an excellent job of keeping our information updated and sending out monthly e-news letter. We now have pictures on the web site and also information/pictures out on Facebook. Thanks to the four of you of taking this task on. I am still making contact with the hard copy newsletter and by mail/phone when needed.

The one item that the website has allowed is to increase BGR membership and allow present and past members easier access to renew.

Member we still need your articles, pictures, & if you ran a race that is not on John's Web site send us information on the race or a web site address.

The Lexington Half Marathon has come and gone. Thanks to all the volunteers who helped out in various jobs the weekend of March 27 and 28. About next year's Lexington Half-Marathon see letter from John's Run Walk Shop website that I printed in this newsletter.

I want to thank Debbie Jackson and Melynda Milburn Jamison for becoming part of the social committee with Mary Nagle & Bruce Carey. Thanks to Melynda for the hike at Red River Gorge. They had a lot of fun!! They walked about 7 miles altogether, and 12 people attended. The lunch afterwards at Miguel's Pizza was great, too. Thanks to Deb Jackson for the karaoke social on April 30. All had a great time, and one possible club member showed up to get info on the club!! Also thanks to Deb setting up a gathering downtown at Cheapside Park Pavilion on June 10 the featured band was the Johnson Brothers. She set up the Bowling Social at Southland Lanes, June 19, 2010. – 10 members attended - There was a great time had by all.

I want to thank Leo McMillen for putting together the Solstice celebration. We started Monday, June 21st at 6:00 am with a run beginning at the Lexington Public Library in Beaumont Center. Enjoy the sunrise as we run for one hour and follow it up by going out for breakfast at the Waffle House. That evening at 7:00 pm, we celebrated with an ice cream social at Leo & Sue McMillen's watching the sunset from their house (thanks for opening up your house to us). It was a fun way to celebrate the longest day of the year.

Finally I want to thank Mike Lesshafft for all his work on chairing the Executive committee to bring new life to the BLUEgrass Runner's Club. Also thanks to Leo McMillen, Rana Johnson, Shannan Gabe, Melynda Milburn, Louise Hensley and Deborah Jackson for all their impute and work. We have added new club runs, socials, and added ideas to improve our club such as setting up Club Goals, set up more BGR group runs, increase membership, more outside social activities, put on more road races, Club Award/Point System, Guidelines for Support of Running Community, and Bus Trips.

I want to thank Shannan for the work on getting the new BGR logo clothes – they are nice. Thanks to Jim Jackson, Ed Gabe and Larry Steur for taking pictures at the Bluegrass 10K.

Fall is coming soon I will appoint a nominating committee to work on next year's slate of officers. I hope when they call upon you that you will be receptive to putting your hat in the ring and running for office of the BLUEgrass Runner's. Officers' are President, Vice-President, Secretary, Treasurer, and two directors for two-year terms.

A high on life whether it is running or singing but have a natural high.

Live on life and helping others.

Martin Bess, President BGR

859-361-0071 or email at mbessky@aol.com

<http://bluegrassrunners.org/>



Passed on the April 15, 2010 BLUEgrass Runner's Club meeting

BGR Club Goals:

- 1. Promote the club to increase membership;**
 - a. Contact prior members
 - b. Utilize club website and Facebook
 - c. Club visibility at local races
 - d. Increase social opportunities
 - 2. Get members more involved;**
 - a. Club point system
 - b. More club group runs
 - c. New member welcome kit
 - d. Annual club running trip
 - 3. Increase Support of Running Community;**
 - a. Donate money support local running-focused groups
 - b. Support youth running groups
 - c. Encourage BGR members to represent the organization through volunteering
 - d. Sponsor members in races as BGR teams
 - e. Club sponsor / organize more races
-

BGR Photo Gallery Now Online! We have lots of club photos from the past few years, and we've started an online photo album that everyone can link to from the BGR website. Send your running-related photos to bgrwebsite@gmail.com to share them with the club. (If you've submitted photos in 2010, we will have them posted in the near future.)

Sunday Evening Potluck - July 18 & Aug 19 - The potlucks are getting bigger every month. Don't miss out! Whether or not you want to join in the 5-mile club run at 6pm, bring a dish and picnic with other members following the Sunday run. The potluck will start around 7pm in the Commonwealth Stadium parking lot near KET. Family members welcome!

Help Spread the Word about BLUEgrass Runners. We have recently published a one-page color flyer to help promote the club to potential members. If you're volunteering or assisting with a local running event and would like a stack of BGR flyers to distribute, please contact Shannan at bgrwebsite@gmail.com

Running together is a great way to meet other runners while getting your miles in. Join us for these weekly group runs:

Saturday Mornings

6:30 AM (new summer starting time to beat the heat), Bethany Baptist Church, 4710 Parkers Mill Rd

Various distances, ranging from 4 to 20 miles, through scenic horse country. Rolling hills, water/recovery drinks often provided on the course.

Sunday Evenings, April through October

6:00 pm, Commonwealth Stadium parking lot, near KET

5-mile run through scenic residential area out Lakewood Drive.

Variety of paces, walkers welcome. On the Sunday following the third Thursday of each month, a potluck dinner will immediately follow the run.

(November through March, the Sunday club run starts at 4pm at John's Run/Walk Shop on S. Ashland Ave)

Wednesday Evening Track Workouts, Spring & Summer

Approximately 6:00 pm, University of Kentucky Track off Cooper Drive near the baseball stadium

Interval workouts to build speed. Variety of paces, and no experience needed!

For more info, send an email to bgrwebsite@gmail.com

Looking for a group run at another time or location? We are trying to start up more weekly group runs throughout the Bluegrass. Send an email to bgrwebsite@gmail.com and let us know where and when you'd like to run with a group, and we'll help get you started.

Or call Martin Bess 859-361-0071



A group of BLUEgrass Runners preparing for the Sunday run.

Donna England is now Kentucky State Rep. to the Road Runners' Club of America.
kentucky@rrca.org



Donna England lives in Auburn, Kentucky, with her husband and two children. She is a member of the Bowling Green Road Runners as well as the Nashville Striders, and recently received her RRCA coaching certification. She is currently studying to obtain her license for Massage Therapy.



Donna has enjoyed running for many years. She has run several 5Ks, 1/2 marathons and other distances, and is currently training for her first full marathon. She looks forward to doing more volunteer work this year, and wants to focus on getting a running or walking program started for the local elementary schools in her community to stress the importance of exercise and good health. She is eager to learn about our "Kids Run the Nation" program and how to incorporate it into her program, and has also considered starting a program for older runners and walkers. Last but not the least she is looking forward to learning as much as she can about RRCA and her new State Rep appointment.



Are you looking to take your recreational running to the next level and train for a full or half marathon or even a century cycle ride or triathlon? Whatever your skill level, learn how Team In Training can help you reach your goals for your big event and make a huge difference in the lives of blood cancer patients! Check out the Team In Training website at: www.TeamInTraining.org/ky to learn more about the program, our events and to sign up for an information meeting convenient to your schedule! Don't wait... Run, Walk, Cycle or Tri and SAVE LIVES today!

All members of the BLUEgrass Runners are also a member of ROAD RUNNERS CLUB OF AMERICA

Over 980 Clubs and 195,000 Members

Founded in 1958 The Road Runners Club of America is a non-profit organization The RRCA chapters organize races, have training runs, provide safety guidelines, promote children's and masters fitness running programs, and have social programs. We encourage everyone to visit the RRCA website <http://www.rrca.org/>

Please remember to pay your dues. They are \$20 for individual membership and \$25 for family membership. Martin Bess,

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2100 Nicholasville Road, Lexington, Kentucky 40503

BGR Monthly Points Program Starts July 1.

Membership has its privileges. All BGR members in good standing (i.e., your dues have been paid) are eligible to enter the club's new monthly points program, which begins July 1, 2010. Each month, members who submit a list of their club- and running-related activities for the month will be assigned a point for each activity. For each point received, the member's name will be entered into a rewards pool one time. One member from the monthly pool will be randomly selected to receive a \$10 John's Run/Walk Shop gift card. For example, run two races, attend the monthly potluck and come to a BGR track workout, and get four points, or four chances to win the gift card. It's that simple.

How to Get Points (one point each unless otherwise noted)

- Attend a monthly club meeting.
- Participate in an organized club run. (Currently there are 3 each week.
- Run or walk any organized race or run/walk event. One point per event, regardless of distance. Get a second point for wearing BGR apparel during the event.
- Attend an organized club social event.
- Attend a BGR monthly Sunday potluck.
- Submit an article or photo for the club website or e-newsletter. (One point per month maximum)
- Refer a new member (One point per each new membership).
- Work tent set-up and/or maintenance for the BGR 'meeting spot' at a local race or event.
- Organize a new club group run (Five points).
- Work as a volunteer at a local race the club is sponsoring or supporting.

How to Enter

- Each time you participate in one of the activities listed above, send an email to bgrpoints@hotmail.com, or keep a list and send it in at the end of the month. Entries may also be submitted by mail to Debbie Jackson, 1011 Forest Lake Drive, Lexington KY 40515. Deadline for receipt of entries for the prior month is midnight on the 5th of each month.
- Be sure to include the date and name or brief description of each activity you submit. Points may only accrue for the month in progress. No points awarded for activities in past months.
- At the monthly club meeting, a member will be randomly selected from all entries to receive the monthly reward, a \$10 John's Run/Walk Shop gift card. The winner does not have to be present.

The BGR Board of Directors reserves the right to revise the number of points earned for a particular activity at any time; and any revisions as such will be posted on the website and made known to club members.

May

1 John Sensenig
3 Larry Steur
11 Don Stanford
11 Leah Bond
14 Stephanie Jetson
16 Peggy Wheeler
17 Ellen Gould
19 Lowell Nigoff
21 Danny Place
21 Rob Slocum
22 Marian Arias
23 Leroy Sanborn
26 Natasa Pajic

HAPPY BIRTHDAY

June

3 Linda Sanborn
9 Leslie Anthony
10 Karla Fields
10 Robert Green
10 Mike Murrell
11 Louise Bieschke
20 Kimberly Stigers

**Additions or
corrections send
to Bruce Carey
859/266-3756**

July

2 Nick Pedicini
4 Walt Bower
8 Annette Manlief
14 Kim Hackney
14 Ralph Mullins
20 Stan Miles
21 Rana Johnson
22 Chuck Craycraft
25 Kristen Allen
30 Zanne Jefferies
31 Brenda Burton

August

2 Chris Grecco
5 Melynda Milburn Jamison
8 Stan Briggs
12 Ed Everett
24 Jim Hillman
28 Timothy Bivins
21 Andrew McCann
28 Timothy Bivins
28 N. T. Ricker
29 Barry Bertram
31 Martin Bess

Dear Runners,

We are not sure what is happening with the 2011 Lexington Half Marathon, but we would like to clear up a few points on our end that are directly related to the race. They are as follows:

- John's Run/Walk Shop, Blue Grass Farms Charity, and Fasig-Tipton will not be involved with this race or with any race managed by or associated with Dean Reinke or the Reinke Sports Group.
- Mr. Reinke will not be allowed to use the Fasig-Tipton facility and the Kentucky Horse Park, both of which were major features of this year's course.
- There is also some question as to whether Mr. Reinke will be able to obtain the proper legal permits from local officials to close the roads in the way it was done for this year's race.

If Mr. Reinke is again able to organize a half marathon in Lexington it would seem to be a much different event than this year's race. Before committing any money to Mr. Reinke it might be wise to request complete information about details specifically related to the race, such as:

- What is the race route?
- Who will supply volunteers and professional support?
- What is the refund policy should this race not meet the runners' expected standards?

We wish Mr. Reinke well in organizing the 2011 Lexington Half Marathon, but we feel the runners deserve more details and specifics on next year's edition of the race.

Sincerely,
John Sensenig
Owner – John's Run/Walk Shop
Lexington, KY

BLUEgrass Runners celebrated the longest day of the year getting together for an ice cream social.

Thanks to Sue & Leo McMillen



BLUEGrass Runner's hiked the Red River Gorge
Thanks to Melynda Jamison for organizing the trip.



Bluegrass 10K

Valdis Zeps	35:51 1 st Master	Jeanelle Rasmussen	54:40
Jesse Frost	37:58 3 rd Age	Jim Moore	55:12
C.J. Ryan	38:00	Stan Briggs	55:23 1 st Age
Walt Bower	38:17 3 rd Age	Annette Manlief	55:47
Betsy Laski	38:20 3 rd female	Lew Bowling	56:16
George Van Meter Jr	40:13 3 rd Age	Tim Bailey	56:42
Roberta Meyer	40:41 1 st Age	Billy Squires	56:56
Amy Carwile	40:56 2 nd age	John Toher	57:16
Jason Porter	41:06	Brenda Burton	57:52 2 nd age
Jim Pierce	41:08	Marta Roller	57:55
Bill Sparks	43:35	Mary Henson	58:13
George Rogers	43:57	Lynn Coe	58:34
Larry Wheeler	45:03	Rob Slocum	58:54
Steve Wilson	45:04	Quint Tatro	59:03
Kimberly Stigers	45:15 2 nd Age	Analy Scorsone	59:38 3 rd Age
David Nelson	45:44	Victoria Slocum	1:00:57
David Kjelby	47:20	N.T. Ricker	1:01:09
Stephanie Jetson	49:25	Karen Nelson	1:01:13
Bruce Carey	50:43 2 nd Age	Franklin Loy	1:01:50
Chuck Craycraft	50:53	Martin Bess	1:02:33
Deborah Jackson	50:56	Daniel Wells	1:03:36
John Sensenig	51:11 1 st Age	Rick Detty	1:06:06
Shannon Gabe	51:13	Terry Foody	1:08:14
Bill Frohoff	52:04	Harold Love	1:08:49 2 nd Age
Jorge Arias	52:29	Jessica Ensor	1:10:21
Robert Green	52:35	Andrea Wilson	1:11:31
Mike Lesshafft	52:54	Brenna Campbell	1:12:13
Bill Bond	53:25	Leah Bond	1:14:44 2 nd Age
Mary Nagle	53:54 1 st Age	Bernie Cornett	1:15:36
Louise Hensley	54	Allison Layland	1:16:46
Meg Wallace	54:37	Larry Steur	1:45:23



Jessica Ensor & Shannan Gabe



Lew Bowling, Deb & Jim Jackson, Stephanie Jetson, and Steve Wilson hang out after the race.

Race Results

Jennie Carol Memorial Mother's Day 5k

Kevin Perkins 26:44.0
Lew Bowling 27:11.0

ProActive 5K for Life

Frankfort
6 / 1 1 / 2 0 1 0

Stephanie Jetson 23:58.02 1st age
Patrick Jeffries 25:12.85
Nancy Stephens 27:52.98
Mary Henson 28:10.47
Billy Squires 28:57.30
Rick Detty 32:19.55
Terry Foody 34:01.56
Trish Squires 36:16.00

KY Childrens Hospital 5K

Walt Bower 19:21
Danny Place 24:28
Karen Nelson 30:31
Terry Foody 33:19
Harold Love 33:43
Bernie Cornett 34:18

Chick-fil-A Spicy 5K

Betsy Laski 18:37
Brenda Burton 28:13
Karen Nelson 29:35
Leo McMillen 35:95

Woodford Wag 5K

Leslie Anthony 26:46
Terry Foody 36:22

Sharks On The Run 5K

Morgan Daulton 29:36.3

Thin Mint Sprint Lexington

Danny Place 24:11
Deborah Jackson 24:18
Suzane Traske 26:08
Jim Moore 26:27
Kimberley Risner 31:22

St. Elizabeth Ann Seton 5K Run for the Nun

2 Betsy Laski 18:54 1st female
3 Walt Bower 19:23 2nd male
9 Virgil Johnson 20:42
11 Lauren Crosby 20:46 3rd female
56 Danny Place 24:35 1st Age
57 Bruce Carey 24:37 1st Age
58 Deborah Jackson 24:39 1st Age
87 Bill Bond 26:44 2nd Age
94 Mary Nagle 26:59 1st Age
114 Lew Bowling 28:00 3rd Age
121 Jeff Franklin 28:26
130 Sarah Hackney 29:05
136 Lynn Coe 29:38
158 Rick Detty 31:18
163 David Borden 31:53
173 Terry Foody 33:03
176 Bernie Cornett 33:36
182 Jessica Ensor 34:21
188 Harold Love 34:54
197 Leah Bond 36:29

Beef Festival 5K

Carwile Amy 20:07 1st Female

Haggin Hospital 5K Race-Walk at Pleasant Hill

Rick Detty 33:36
Terry Foody 34:33



Run For the Nun

Race Results

Run For Glory 5K Lexington, 6/12/2010

Bernie Cornett 34:56

Young Friends of BGC's Farmland 5K - Midway, 6/12/2010

Matt Reno 26:21
Jim Moore 27:02
Billy Squires 28:49
Trish Squires 35:28

Run for the Brass 5K June 12, 2010

Millennium Park, Danville

Amy Carwile 19:55 1st
female
David Nelson 21:37
Deborah Jackson 24:32
Mary Nagle 26:41
Victoria Slocum 28:19
Lew Bowling 28:27
Rob Slocum 28:42
Karen Nelson 29:31

The Great Buffalo Chase 5K Run, Frankfort, KY July 3, 2010

Rana Johnson 21:42
LeRoy Sandborn 25:32
Kevin Perkins 26:45
Stacy Durham 29:44
Anne Durham 30:42
Donna Back 31:43
Heather Jordan 38:19
Geraldine McIntosh 38:20
James Pelfrey 39:32

Kentucky USATF Fern Creek, KY June 19, 2010

Terry Foody 1500 meters, 8:25.64 (1st age)
800 meters, 4:13.54 (1st age)

Hatfield & McCoy Marathon June 12 2010

Mike Lesshafft 4:41:28
Lynn Phillips 4:57:39
Daniel Wells 5:32:17

Girls On The Run 5K

Betsy Laski 18:39 1st
Larry Wheeler 22:04
Danny Place 24:06
Linda Sanborn 34:36
Delores Farmer 48:23

YukoEn Garden Gallop 5K

Stan Briggs 25:44:00

2010 PRC 5K Run/Walk

May 15, 2010
Millennium Park – Danville KY
Lynn Coe 27:58 2nd Age

McDowell Wellness 10k

Amy Carwile 41.30
Danny Place 48.28



Matt Reno

I understand that the "BLUEgrass Runners" is a nonprofit running club organized to foster safety and promote excellence for runners and walkers of all ages, levels and abilities in the Bluegrass area. As a BLUEgrass Runner, I subscribe to the above purpose and agree to abide by the club's constitution, by-laws and rules. I also agree to hold harmless the BLUEgrass from any liability for any injury incurred while participating in any activity organized or sponsored by the BLUEgrass Runners. Annual dues in the BLUEgrass Runners Club are \$20-single and \$25-family.

MEMBERSHIP APPLICATION

Name _____ Birth date _____ Age _____

Address _____

No. Street (P.O. BOX) State Zip
Phone (home) _____ Fax _____ T-shirt size _____ Gender _____

Phone (work) _____ E-mail _____

Signature _____ Date _____

Mail dues and application to: BLUEgrass Runners ****Referred by: _____
P.O. 23551 (BLUEgrass Runners Member)
Lexington KY 40523

Now you can join, pay and get the latest news on line at:

<http://bluegrassrunners.org/>



BLUEgrass
runners

P.O. Box 23551 Lexington, KY 40523

"The oldest running club in Kentucky"

