

## Tradition stampedes ahead in Wyoming (The News Journal)

Buffalo Stampede set for 30th running

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The Great Wyoming Buffalo Stampede has managed to keep a low profile while cornering the market on fitness-related merriment and generosity.

In that regard, it has surely earned its self-anointed title of "Best Little Race in America."

When the 30th annual event, which is actually both 5K and 10K races, is held Saturday, July 19, one of Delaware's greatest and most enduring road-racing traditions continues.

The running begins at 8 a.m. at Wyoming Park in Wyoming, Del., just a few miles south of Dover. The festivities will likely last past noon.

"I think of 95 degrees and 100 percent humidity when I think of the Buffalo Stampede," joked Myles Standish, who has been part of almost every one of the previous 29 and is now one of the Downstate Striders and Riders club race organizers.

"This was the first 10K I ever ran. The course is nice. The post-race party is nice. It's always been well-organized with plenty of food and entertainment. And we get excellent support from the community, such as the fire and police departments."

Unlike most races, which award top-three age-class finishers, Buffalo Stampede awards extend to the top five for the first time this year. Unique wooden trophies in the shape of a buffalo are the norm. They are crafted by Standish.

A \$100 bonus awaits a course-record setter. Present marks in the 10K are 30:32 for men (Frank Sharkey, 1982) and 35:29 for women (Nadine Marks, 2000). The 5K standards are 15:29 for men (Mark Stalling, 2003) and 17:12 for women (Kate Fonshell, 1992).

Festivities include a postrace party at the Camden-Wyoming Moose -- not Buffalo -- Lodge with a live band.

The entry fee is \$17 for Downstate Striders and Riders members and \$20 for others, right through race morning. It includes a T-shirt. About 500 runners are expected.

And, as Standish suggested, so is muggy weather. Two water stations in the 5K and four in the 10K will help runners cope with the conditions. So will the water hoses that sympathetic observers are known to spray in the direction of runners needing a quick cooling off.

### Remembering Mike Clark

The Mike Clark Legacy Foundation, honoring the Wilmington runner and triathlete who died at age 51 from an infection in March, will have an invitation-only kick-off event Thursday that U.S. Sen. Thomas R. Carper and U.S. Rep. Michael N. Castle are expected to attend.

Foundation proceeds will benefit disadvantaged youth in Delaware, particularly programs operated by the Boys and Girls Club of Delaware, where Clark worked. Team DRT/Deep Blue, the cycling group with which Clark competed, is hosting the first such fundraiser, the Mike Clark Memorial Conquer the Hills Ride, on Aug. 9 in Wilmington.

### Elite marathoner to give clinic

Josh Cox, 32, who has run a 2:13:54 marathon (Chicago) and placed seventh at the trials for the 2004 U.S. Olympic team, is giving a running clinic Aug. 9 in the C.T. Chegwin Memorial Gymnasium at First Assembly of God Church in Elkton, Md. Topics will include training, nutrition, discipline, injury prevention and equipment. Call (410) 398-4234 or e-mail [mail@elktonfirst.org](mailto:mail@elktonfirst.org) for more information.