



ARBUCKLES TO ARDMORE RACE FOR MERCY

Stansloski: Defending his crown

First A2A winner returning in 2011

Stansloski's personal bests

- Mile — 5 min.
- 5K — 14:40
- 10K — 30:20
- Half-marathon — 68:20
- Marathon — 2:25:19

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Joel Stansloski was not sure what to expect when he ran in the first Arbucksles to Ardmore Race for Mercy last year.

He won the Bar Nothin' Marathon handily after pursuing another runner for most of the event. With that in mind, he is looking forward to returning to compete in the second edition of the race, set for March 20.

"It was their first race and in a smaller town, and that intrigued me," Stansloski said. "I was really

surprised at how well it was run, how nice it was."

In last year's race, Stansloski trailed Kenyan Kip Chemirmir until about a mile left, where he pulled away to win by more than 1 minute. Chemirmir was ahead of Stansloski by 3 minutes at the nine-mile mark and appeared in control of the race. Stomach ailments forced Chemirmir to slow down, giving Stansloski the break he needed.

From his office in Tulsa he said he was really lucky to have someone in front of him most of the way. That gave him a goal to chase while running.

He knows what to expect this time. His goal of course is to win again, but that isn't always the case. Later this year, Stansloski will be running for a better time.

His personal best in a marathon is 2 hours, 25 minutes and 19 seconds. His winning time at the A2A last year was 2:27.23.

Stansloski is no stranger to running. He started at about the age of 7 in his native home of Wooster, Ohio, and hasn't slowed down since. He ran for the University of Tulsa from 2004-2008 and won 10 letters

See A2A, 4C

SUBMITTED PHOTO

Former University of Tulsa runner Joel Stansloski, pictured here in the Cleveland Marathon in 2009, was the first winner of last year's inaugural A2A Bar Nothin' Marathon.

