

## THEY'RE BAAAACK



Milford Chronicle/Jamie-Leigh Bissett

The defending state champion Milford High football team took the field on Saturday, along with other fall sports team, to begin their 2009 season. For more pictures, turn to Page 15.



Head coach Mike Tkach goes over the day's lesson with the squad before ending practice on Saturday. The team will be unable to defend its Division II title from a year ago, but will make a run at winning a Division I title this year.

# Watson brothers race to speedy success

By Jamie-Leigh Bissett  
Milford Chronicle

MILFORD — They may drive fast on the half mile track at Delaware International Speedway, but that is nothing compared to the speed at which the Watson boys of Milford have risen to success in the Big Block Modified division in 2009.

In only their second full year on the moist clay oval in Delmar, Jordan, 21, and Joseph, 19, have already secured their first racing wins, and are sitting pretty in the four (Joseph) and five (Jordan) slots in the overall points standings behind seasoned veterans Matt Jester of Lincoln, H.J. Bunting of Milford and Jamie Mills of Milford, who also happens to be their uncle.

Jordan and Joseph are the two youngest

drivers at Delmar and are technically new to the Big Block division. But even so, the Watson boys probably know more about the sport than some of the drivers who have been competing at the speedway for years, thanks to their long and storied family history.

In addition to being the nephews of Jamie Mills, who has had much success at Delmar over the years, their grandfather, Eugene Mills has been a member of the Delaware racing family for decades as a driver, owner and now consultant. Another relative, Judd Mills, has also been an involved racer at Delmar for numerous years.

Because of the family connections, both boys said they spent a good majority

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Submitted photo/Glenn Watson

Jordan and Joseph Watson recruit several of their friends and family members to help work on their cars to get them ready to race at Delaware International Speedway. Shown here from left are Jamie Watson, Joey Leyanna, Jordan Watson, Scott Millman, Cody Killen, Kyle Leyanna and Joseph Watson.

# Without shoes, Milford man off and running

By Jamie-Leigh Bissett  
Milford Chronicle

MILFORD — It's not unusual to see David Vezmar of Milford running around the Elks Lodge Road corridor, Shawnee Acres and Eastman Heights preparing for his next 5K or 10K race.

But what might be a bit bizarre, especially for those who have seen him training recently, is watching a 36-year-old man run around on the hot, rough, dirty pavement

barefoot.

Surely he must be out of his mind, right?

Not according to Vezmar and his learning guide runningbarefoot.org. Though Nike, Adidas and Reebok might try to convince you otherwise, the above Web site, as well forums on the Runner's World Web site, argue that running without shoes is "the way humans are made to run," especially those with naturally flat feet like Vezmar.

"I have very flat feet so conventional wisdom says that I need a running shoe that has motion control and is supportive, which makes for a fairly large shoe. Add to that my size 12 feet and I was doing a lot of clomping around," he said.

"In the spring I found a forum on the Runner's World web site dedicated to barefoot running. There was a ton of info... about the benefits of running how your feet were naturally designed. The more I read about barefoot running the more it started

to make sense.

"The way I see it, my feet are flat — that's how God designed my feet. Why do I need \$100 running shoes to correct my "problem"?"

Vezmar said he ran his first 5K barefoot on Aug. 8 at the Rusty Ruddy called the Classic Catering 5K, which is part of the Seven Sisters & Two Brothers Road Racing series in Dewey Beach.

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