

Dog-V - Ken Vendley



Ken Vendley, better known as Dog-V within Hacker circles, began running in the late 70's after his older sister, Chrissy, showed some promise on the track. A small and spindly child, Ken found that his lack of size was an impediment in team sports but not such on the track and roads. Dog-V first showed some potential at age 10 with an 8th overall finish at the Southern California Youth Cross Country Finals, covering a one mile course in 5:50.

One of Dog-V's fondest childhood memories was a match race against his older sister over a 3 mile cross country course. A staged race for family supremacy quickly emerged into a straight sprint from the start until someone broke. Fortunately for the 7th grader, it was his older sister that snapped first allowing the Dog to cruise to an easy victory in just over 19 minutes.

Bringing his 5 foot-nothing frame to Huntington Beach High School, Dog-V turned some more heads by looking like a child among men. However, shrugging off his new nick-name of "Spit Lip", the Dog went on to make the varsity squad and run 16:50 over three miles as a Freddy. With another year of running under his belt the Dog went on to run 16:00 for three miles during his sophomore cross country campaign. While hitting the roads between cross country and track seasons, Dog-V covered a 5k in 15:52 and a 10k in 33:45, both at the age of 15. The Dog's Junior and Senior seasons allowed for a bit more improvement, however, the Dog's attention was being pulled in different directions. Soon he could be found in the gym lifting weights and chasing skirts. The Dog's running days were through.

However, after a long hiatus from running, Dog-V decided to lace up again after the birth of his son Chase. Now in his early thirties, the Dog found that his leg speed was a thing of the distant past and quickly moved from the 5k to longer distances including the marathon. The Dog's "asymmetrical" running gait, goofy cross jab arm swing, and overall basic lack of "vertical play" makes him easy to spot on the running paths and streets of Eugene. His recent bests include:

Mile 4:54 (08)

5k 17:02 (08)

10k 36:12 (06)

Half 1:19:31 (09)

Thon 2:48:32 (06)