

# KANAWHA VALLEY ROAD RUNNERS NEWSLETTER

APRIL 1975

The KVRB is coming along really well and we now have 48 members, however, we need everyone's help to increase this membership. Many runners in the valley could benefit us and themselves by becoming members of our organization. Here is a current listing of our runners.

## STUDENT AND REGULAR MEMBERSHIP

Charles Barr  
Frank Branner  
Orville Brown  
Rev. Leroy Byer  
Al Cheely  
Richard Harper  
Walker Horn  
Jerry Jenkins  
Bill Joerg

Jim Jones  
Douglas McElwee  
Charles Spainhour  
Robert Staats II  
Larry Thornton  
Glen Toler  
Barry Ulbrich  
Dr. Joseph Wright

## FAMILY MEMBERSHIP

Willard Hess Family  
Rich Meckfessel Family  
Robert Medley Family

Leland Sloan Family  
Gardner Stultz Family

The following are Contributing Members, which we would like express our special appreciation, for they paid five dollars for regular membership and contributed an additional five dollars to the club.

Paul Bowman  
Terry Carmichael  
Al Dye  
Bob Fretwell  
Dr. Echols Hansbarger  
Andy Koch  
Jack Koch  
John Lukens

Mike Murrin  
Bob Plott  
Dr. Tom Poole  
Jack Rose  
Woody Sharp  
Worley Stout  
Harold Vealey

## HALL OF FAME MARATHRON

The first marathon race in West Virginia was a big success. On a cool and wet 22nd of March, twenty-six steady-eyed runners started on Marshall University's Tartan track at 10:05 A.M., truckin' through West Virginia, Ohio, Kentucky, and back, ending where it all started, 26 miles, 385 yards later. Twenty-one finished, one runner had to drop out because of a badly twisted ankle, one other with a leg cramp. This was an outstanding completion record. Seventeen of them had qualifying times for the Boston Marathon, the rest had personal best. This was contributed to a (almost) level course and excellent weather for runners (not to good for spectators). All of this would not have been possible without the help of the good people who worked the aid stations, traffic control and the tumers. These people were out on the course for 5 to 6 hours braving the wind, rain, cold and a few stubborn vehicles. All of the competitors praised these volunteers for their great efforts. We made some mistakes, and we would like to apologize for them, but for the first time around it went pretty well. Next year it will be even better. Many thanks for their efforts go to the Sloan, Bowman,

Spainhour, Koch and Sharp families, Orville Brown, Bob Medley, Danny Poole, Worley Stout, Barry Ulbrich, John Pianfetti, Jack Rose, and many others who I am sure I have overlooked. Thanks again.

Craig Harms, the winner in 2:23:23, is the guy who runs 150 plus miles a week and has competed in as many as five marathons in one month. In contrast to this, John Mandeville had an excellent time of 3:18:52 on running only forty mile a week! Congratulations to that veteran marathoner Dr. Tom Poole who did 3:17:29, finally breaking that 3:30 barrier. Doc is going to Boston to run again on the 21st of April in the big one---lots of luck from the KVRB! The most improved runner in this area must be Al Anson, who did 2:55:58 (that's 6:40 something a mile). Remember when Al was happy with 24 minutes for three miles?

NOTE: Bryant Bowman said this made two marathons for him...his first and last.

## SPRING SCHEDULE

Masters and Joggers Miles. As you will note from the schedule we have seven masters and joggers miles included in the local high school track meets. The schools were very cooperative and we are looking for a good turn out for these meets. The masters mile is for runners under seven minutes and the joggers mile is for those over seven. At the time we prepared the schedule we did not have definite times, so check the local newspaper the week before the, or, call one of the club officials.

Walk For Mankind. The Walk For Mankind (Sunday, April 13 at 9:30 A.M.) to start and end at the Kanawha City Medical is 20 miles long. Each prospective walker or runner rounds up as many sponsors as possible who agree to pay him or her a certain sum per each mile. (minimum of 5¢ per mile). Afterward each sponsor is billed by mail for his contribution. The Hall of Fame will receive 20% of the money our club raises. The walk is a tremendous opportunity to involve supporters of the Hall in a worthwhile cause while at the same time receiving in return sufficient funds to support the Hall of Fame project. Our sharing group number is 105. If you need additional sign up forms or other information see Lynda at the Hall.

Armed Forces Day Run. The city of South Charleston has asked the KVRB to conduct road race during the Armed Forces Day Celebration that is held annually. Al Anson is the coordinator and it looks as if a run of 10,000 meters, or six miles, etc., might be it, but, it should have a large number of runners involved and the city will block traffic for it. This should be a real good one.

One hour run. This again will be on Marshalls' Tartan track and will be AAU sponsored for the state of West Virginia. You run for one hour and record your distance. We are expecting some named runners throughout the tri-state area for this meet.

## RACING SHIRTS

The KVRB is looking for a good buy on nylon racing singlets. These are the loose net nylon tank top type shirts, that allows for coolness, comfort and lightweight. We want them lettered KANAWHA VALLEY ROAD RUNNERS and are hoping for a price everyone can afford. We should have a stock of them shortly.

## OLYMPIC TICKET INFORMATION

Montgomery Ward has been named the official and exclusive US ticket agency for the Montreal Olympics. The ordering and distribution of tickets will be handled through the Montgomery Ward Auto Club. Free schedules of events and order forms can be obtained after May 15 at Ward's Auto Club-Olympics, P.O. Box 4000, Taylor, Michigan 48180.

CLUB MEETING

The club had a meeting Sunday, February 23 at the Track & Field Hall of Fame with a good crowd on hand. There were refreshments and Dr. Kenneth Cooper's fine film on Aerobics, courtesy of Jack Rose, Director, Hall of Fame. A lot of interesting topics were discussed, mainly listening to the account of events from each of the marathoners. (Some of them did walk up the steps in an odd manner.) A meeting is planned to be conducted each quarter with the next being in June. Also planned in the future is an annual dinner for all the members and their families, probably some time after the Charleston 15 mile distance run.

BIG THINGS FOR THE KVR

The United States Track and Field Federation (USTFF) has asked the KVR to host the national cross-country championships here in the valley this year. The race will be six miles long and will be held on Wednesday, November 26, the day before Thanksgiving. This is a great opportunity for the club to receive some publicity along with a good race. This, of course, will require a lot of work from some of the members of the club but things like this will help promote the Charleston area as the running mecca of the east. In addition to this, the city of Charleston has asked us to help in the management of the Charleston 15 mile distance run. There is a meeting scheduled shortly between the club officials and the city. We will keep you informed on the progression of these events as they happen.

ANNUAL RRC OF AMERICA MEETING

The Road Runners Club of America, of which we are voting members, is conducting its annual meeting the day before the marathon in Boston this year. That is on April 20 and Dr. Thomas Poole and Jack Rose will represent us. Tom is going to run and Jack is going to watch.

ODDS AND ENDS

Is anyone interested in getting together for some nice long runs early on Sunday mornings? Last year, prior to the Charleston 15, a large number of guys were meeting at the Civic Center around 7 a.m. on Sundays and running the Charleston 15 course. You were done about 9 a.m. in the morning (Still time for church) and had 15 miles under your belt. There was always some one running at the speed you wanted, and of course, you could always stop anytime you wanted. If anyone is interested, let us know.

What do the members think about us publishing a list of members phone numbers? Some have asked about this and it would be a quick reference when you are trying to find some one to run with. Good idea?

Just a closing note:

This year's high school track season should be the best in West Virginia's history for the middle distance events. A lot of these guys have worked hard all winter and attended many of our races. We are looking forward to watching this good, hard competition.

I (Big Deal) am predicting new state records in the AAA & AA Mile and two miles. Also, a sub 9:30 two mile before the state meet even with the bad training weather. If you don't get out there and watch these meets, you will surely miss some great races.

KANAWHA VALLEY ROAD RUNNERS

SPRING SCHEDULE 1975

APRIL 5 SATURDAY	1 p.m.	STONEWALL INVITATIONAL - LAIDLAY FIELD MASTERS MILE - JOGGERS MILE (OVER 7 MINUTES)
APRIL 6 SUNDAY	2 p.m.	MORRIS HARVEY COLLEGE 3 & 7 MILES
APRIL 12 SATURDAY	1 p.m.	DUPOINT INVITATIONAL - LAIDLAY FIELD MASTERS MILE - JOGGERS MILE
APRIL 13 SUNDAY		WALK FOR MANKIND - 20 MILES STARTS & FINISHES AT KANAWHA CITY MEDICAL CENTER. CONTACT HALL OF FAME FOR MORE INFORMATION. KVR MEETING AT THE HALL OF FAME AFTER RUN.
APRIL 19 SATURDAY	1 p.m.	CAPITAL CITY CLASSICS - LAIDLAY FIELD MASTERS MILE - JOGGERS MILE
APRIL 20 SUNDAY	2 p.m.	KANAWHA STATE FOREST 5,000 & 10,000 METERS
APRIL 22 TUESDAY		HURRICANE HIGH SCHOOL - HURRICANE MASTERS MILE - JOGGERS MILE
APRIL 26 SATURDAY	1 p.m.	SOUTH CHARLESTON HIGH INVITATIONAL - LAIDLAY FIELD MASTERS MILE - JOGGERS MILE
APRIL 27 SUNDAY	2 p.m.	RUN FOR FUN - MORRIS HARVEY COLLEGE 1-3-5-7 MILES
APRIL 29 TUESDAY		NITRO INVITATIONAL - NITRO MASTERS MILE - JOGGERS MILE
MAY 3 SATURDAY	1 p.m.	GEORGE WASHINGTON INVITATIONAL - GEORGE WASHINGTON MASTERS MILE - JOGGERS MILE
MAY 10 SATURDAY	3 p.m.	KANAWHA STATE FOREST - PICNIC RUN 5 MILE HANDICAP - RUN FOR FUN 1-2-3-4 MILES, FAMILY GET-TOGETHER
MAY 17 SATURDAY		ARMED FORCES DAY - SOUTH CHARLESTON THIS WILL BE CONDUCTED IN CONJUNCTION WITH THE PARADE. SHOULD BE A BIG ONE. DETAILS FORTHCOMING. AL ANSON, COORDINATOR.
MAY 25 SUNDAY	4 p.m.	ONE HOUR RUN - HUNTINGTON - MARSHALL UNIVERSITY TRACK. BRING YOUR OWN LAP COUNTER, TOWEL & LOCK.



## KANAWHA VALLEY ROAD RUNNERS CLUB SCHEDULE

SUMMER 1975



Our schedule has been coordinated with other clubs and organizations in the area to avoid conflict and insure maximum participation at each run. Sunday "Runs for Fun" have not been scheduled for July and August because most club runners are preparing for the Labor Day weekend "Charleston Distance Run".

Every Sunday  
6:30AM-7:AM

Sunday mornings many of the club members and other runners are meeting at the Civic Center and running all, or a part, of the Charleston 15 Mile Course. You can normally find someone your speed to run with and the distance can be anywhere from 6 to about 15 miles depending on the individual. See You There.

July 13  
Sunday 7:00PM

(To avoid the heat.) National AAU and WVA-AAU One Hour Run. WVU Coliseum Track, Morgantown, WVA. off I-79 at Star City Exit. Age groups 20 and under, 21 - 29, 30 - 39, 40 and over. Sanctioned by WVA. AAU. Bring lap counter with you. Race Contact: Carl Hatfield Box 1397 A-B College, Phillippi, WV 26916 Home Phone: 457-4297 or call A-B College.

July 19  
Saturday 9:AM

10 Mile and 3 Mile - Fraziers Bottom (Hurricane Creek Rd.) Take Winfield Exit off I-64, go north on Route 34 towards Winfield, turn left at Route 35 and proceed 5 miles westbound on Rt. 35. Race starts at intersection of Hurricane Creek Road and Rt. 35. Asphalt road, light traffic, almost level except for one small hill (WVA. Standards), friendly dogs.

July 26

Saturday 10:30AM 6 Miles. Meet at Hurricane High School. Runners will be transported to starting at Adda Baptist Church and run southward on Cow Creek Rd. to Rt. 34 then to Hurricane High School. Entry form required by 24 July. Contact: Michael Ellis, Race Director, P.O. Box 145 Winfield, WVA 25213. Sanctioned by WVA. AAU. Tee-Shirts and trophies to winner and runner-up in each age group men and women.

August 2  
Saturday 10:AM

The Huntington Metric Meet, Marshall University (Tartan) Track. Sanctioned by WVA. AAU 100 Meters thru 10,000. Masters 100 and 1500 Meters. All other open. Race Contact: Rick Jackson, 203 Carper Lane, Barboursville, WVA 25504.

August 3  
Sunday

Starting time unknown at this time, but I will find out. Galion 10KM Run (near Mansfield, Ohio) Carl Hatfield recommends it. Excellent race awards, with nearly 400 entrants last year with many age groups.

August 9  
Saturday 12 Noon

WVA. AAU 15 Kilometer Race, Prickett Creek Rd. An exit near Fairmont off I-79. Traffic free road that has a rolling hill or two. Also 3 Miler for shorter distance racers. Race Contact: Fred Waybright, 214 Guffy St. Fairmont, WVA 26554. Home Phone: 363-8839.

August 15  
Friday 7:00-9:00PM

Hall of Fame All Comers Meet, Laidley Feild, Charleston. This is a Biggie. Meet it at the conclusion of a week long track clinic for Jr. High. Awards for boys and girls 6-7-8 grades - open - masters (over 40 only, everybody else in the open) 100, 220, 440, 880, 1 and 2 Mile. First of an annual affair - Sanctioned - Everyone eligible. By the way Jack Rose says anyone wanting to jog or do timed intervals are welcome by the clinic from 11 thru 15 Aug. 7 to 9 PM. as long as they don't interfere with the classes. This could give you some good sharpening for the Charleston 15.

August 17  
Sunday 1:30PM

2nd Annual Alum Creek Lions Club Heart Fund Run - 5 and 1 Miler - Age Group Awards - Proceeds split between Heart Fund and USA Olympics Fund. Good turn out last year. Race begins at the Fire Station on Rt. 214, Alum Creek.

August 24  
Sunday 1:00PM

Flat Top Lake - Run for Fun - 1 thru 14 Miles. KVRRC Club Members Only Coach and Linda Meckfessel have graciously invite us to beautiful Flat Top Lake, south of Beckley for a wonderful day for Run-For-Fun-and-Sun. RSVP only-call Linda or Rich before the 22nd for directions and what to bring. Plan to eat lunch before arriving, then run will start at 1:00 PM. There will be swimming and water skiing afterwards. Supper at 5:00 PM. This is an absolutely beautiful area and restricted to residents and guests. Elevation is about 4000 feet, cool, asphalt rolling woodlined, forest road around the lake. Enough hills for a workout to start your carbohydrate loading for the Charleston 15. Very little traffic and no dogs. Bring your family and enjoy yourself. (By the way - KVRRC will supply the meat for the picnic) Remember to call Linda or Rich at 342-8332 either early AM or late PM.

August 30  
Saturday 9:00AM

Charleston Distance Run - 15 Miles. "Unofficial North American Road Racing Championship" - Track Clinic - Banquet - Age division awards. Note: The KVRRC will pick its own winner based on age-graded tables developed by Ken Young. It makes it possible to assess the relative merits of a 1:31:54 15 Miler at age 25 to a 1:43:19 at age 55. (The latter is better, 700 points to 600) Girls included also. Club winner will receive a nice award. Better get your application in early, there will be a number limit.

September 7  
Sunday 9:00AM

Run-For-Fun 1-3-5-7 Miles, Morris Harvey College. Times are given but not recorded.

September 13  
Saturday 9:00AM

Poca River 9 miles - 5000 meters, age group awards. Take the Goff Mt./Cross Lanes interchange, go thru the stop light at Cross Lanes for a little over 1 1/2 miles, turn left at the car wash on Doc Bailey Rd. go to the end (about 2 miles) turn right, race starts at the bridge. Nice rolling road thru the woods, along the river with very little traffic.

September 21  
Sunday 2:00PM

Run-For-Fun (Same as Sept. 7).

September 27  
Saturday 9:00AM

10 and 3 Mile - Fraziers Bottom (See instructions on the July 19th race).

September 27  
Sat. Night

The KVRER will have an annual, I hope, dinner, time and place to be announced later. We are planning to have an interesting guest speaker, present awards and have election of officers for the coming year. In addition, comments and suggestions for the Autumn Schedule will be in order. We will have the affair at one of the local restaurant banquet rooms - bring your family - Dutch Treat.

KVRER shirts are now available, they are the nylon net tank top, white with dark blue trim. Across the front in a matching blue lettering is "Kanawha Valley RRC", your last name could be placed on the back if wanted. X-Small, Small, Medium, Large, X-Large. Priced at 5.35 or 5.95 with your name on the back. If you want one let me know. The Sport Center in St. Albans is providing them and would like to letter them all at one time. Like to see you wearing them at the races.

The Sport Center in St. Albans is stocking the Tiger Cortez and Boston; Addis Country and Varsity at the best price in this area. The Cortez and Country are a training shoe (I prefer the Cortez) and the Boston and Varsity are a racing flat. Al Arnett says he has a good supply of Nylon Warm-ups and other training equipment. They give very good service and I have found their prices the best in this area. You might want to check them out.

By now you should have found a few mistakes in this letter as regards to spelling, grammar and typewriting. This was done purposely to see if you were paying attention.

Many thanks to Dr. Poole for inviting us over to his home after the run-for-fun, Sunday 29 June.

Enclosed is a list of all club members, their addresses, work and home phone numbers. If you want someone to run with, give'em a call.

Here's hoping everyone a personal record and a first place in their age group at the "Charleston 15".

