

# THE RUNNERS SOLE



Kanawha Valley Road Runners Official Newsletter

Gary C. Smith, Editor

1984

January - February

## THE PRESIDENT'S PAGE

Goodbye 1983 - Hello 1984! Reflecting back on the past year as an officer in the KVRP, I have many fond memories. The club met the challenge of its members by using their suggestions as guidelines for '83. We accomplished most of the goals set at the planning session last spring. We held several informative and fun activities, pulled off an excellent Almost Heaven Marathon, certified 3.1, 5 mile and 10K courses in Kanawha City. We established challenges from other clubs on certain races, increased membership and in general had a very successful and active year.

With the current level of commitment of those presently involved, we can maintain the club in '84, but with the involvement of more members and the willingness of area runners to take an active role in club activities, we can become better and better. By becoming involved, you don't give up anything, you do, however, gain a great deal. You have the chance to meet others with the same ideas and likes as yourself, and you experience a different type of "runners high." Not the high you read about and maybe experience once or twice a year, but the high you get when you hear: - "Thanks, good race"; "nice job"; "I saved \$20.00 at area stores because of KVRP"; "I had a P.R.", and I know the course is correct"; "You really helped me by holding that speed clinic"; or "I met a new runner in town and couldn't wait to get him to join the KVRP."

I would like to thank all of you who helped me obtain my "runners high" and encourage all of you to take a more active role in the club in '84. Board officers will be elected again this year at our March dinner meeting. Don't get involved for me, do it for yourself. Serving on the Board is a very important and rewarding job, we need active and interested people to run the club. Not everyone can or wants to serve on the Board. Just as important if not more so, are the volunteers behind the scenes. I encourage you to join in the effort to make '84 the best year for KVRP yet, as well as the best for yourself. I hope to see you at the March 9th dinner if not before, and remember, anything worthwhile is worth working for.

Bill O'Dell

By Richard A. Conway

I have often wondered why some of us do so well on training runs, but fall somewhat short on a race day. The philosophy of Dr. George Sheehan concerning your obligation to yourself to do your best fell short of a satisfactory explanation for me.

Then, as I was reading Robert Persig's Zen and the Art of Motorcycle Maintenance, one explanation dawned. The main character was on a pilgrimage to a holy mountain in the Himalayas. He never reached the top despite his superior physical strength and intellectual motivation. He was using the climb to broaden his experience and to gain understanding for himself. On the other hand, those successful on the pilgrimage sensed the spirit of the mountain and became part of it.

Perhaps others have expressed the spirit of race day in this manner. The participants need to draw from the spirit of the race itself and thereby enable them to endure more than anything they could take by drawing only from themselves.

Again by analogy to Persig's pilgrim, racers cannot be seeking what is ahead or is somewhere else. They need to experience what is here and now and all around them. Drawing from the collective experience of the race allows greater heights to be reached.

I have tested this philosophical point at several runs and found it to be valid for me. Perhaps this view of "drawing from the race" instead of "from inside" will help others.

MARATHON CAKE

If you baked a chocolate cake for the marathon banquet and did not pick up your pan, please call Annette Castelle at 343-9371 after 6:00 p.m.

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OFFICERS

- Bill O'Dell . . . . . President
- Don Barnett . . . . . Vice President
- Jim Jones . . . . . Secretary
- Annette Castelle . . . . . Membership Chairman
- JoAnn Dawson . . . . . Treasurer

BOARD OF DIRECTORS

- Don Barnett
- Annette Castelle
- JoAnn Dawson
- David Copeland
- Barbara Theierl
- Paul Gerrett
- Jim Jones
- Bill O'Dell
- Gary Smith

FROM THE EDITOR:

It's a familiar scene; 40 to 400 people in shorts, tee-shirts and Nike's leaning forward, nervously eyeing their competitors, ears attentively listening for the starter's signal and one hand held over the opposite wrist ready to start their watch in the same split-second that they take the first step. Later at the finish, hand on wrist again time is stopped as the first foot crosses that critical line.

Or it could be a training run where the runner starts his stop watch and then runs a carefully pre-measured course that usually is some whole number multiple of the mile. When this runner finishes his run, a quick look at his watch tells him if he had a good run or not. Hand-in-hand with the watch is the notebook where miles and times are recorded. These then are the tools of the self-coached runner (and aren't we all?) - watch, notebook and measured course, right?

I beg to differ. I've been running and racing a little over ten years and have not ever owned a wrist-watch. There are specific techniques to running without a watch but with only a little practice, you too could take advantage of this unique system. Let's start with training since no one should race who has not trained sufficiently. First, you need to decide when to run, under this system you do it whenever the urge is strong enough, whenever it is most fun. Second, where to run? Follow your whim - don't be afraid to change your direction half-way through a run. Run down the side-street you've never been down or simply run your favorite course on the other side of the street or by starting where you normally finish to get a new perspective. Third, pace - how do you regulate it without a watch? The plan here is to wait until you are about a mile into your run then ask yourself what seems right today - long or short, fast or slow. Serious training even very fast track work can be done without a watch. If you listen to your body, you will know if you had a successful run by comparing how you felt while you were running and how you felt immediately after. If you felt like an efficient well-oiled machine operating dangerously near peak capacity during a run and didn't hurt as you were walking through your cool-down, you had a very good run. If you left feeling ravenous and came back forty minutes later and found you weren't quite so hungry or if you left feeling listless and maybe slightly depressed and came back early because you suddenly remembered several things you wanted to do and besides you were awfully hungry, then I would say you had a good run. And all without a watch!

Gary Smith

## HISTORY OF THE KVRRC

1984 marks thirteen years since the club that eventually became the Kanawha Valley Road Runners was born. There was no local road running organization, and there were practically no races in the entire state before 1972. Two of the more avid local runners then were John Welch (who in later years ran a 4:17 mile in a Pittsburgh meet) and Don Miller.

In July, 1972 an AAU Track meet was held at West Virginia State College and at the encouragement of Carl Hatfield a meeting was held after the race at the Sport Mart to see if there was sufficient interest to form a local running club. At that meeting the "Kanawha Valley Track Club" was born. Charter members were: Paul Hodges, Buck Dawson, John Welch, Don Miller, Dr. Tom Poole, Jim Jones, John Pianfetti, Paul Cantrell, Roger Backus, and Bob Fretwell.

During the early part of 1973 an 11 run schedule was planned including "Falling Rock", "South Ruffner 3 Mile Distance Run", "Tuppers Creek" and "Haynes Branch". "The Turkey Trot" held November 19th that year had 56 entrants, very large for those days. "Haynes Branch" was Linda Meckfessel's first run and she remembers there were 7 or 8 runners there. This made Linda our first female runner. Since her two children also ran in this run, they also became the first running family.

For several years most runners entering these runs were under 30. Jim Jones remembers being "the oldest runner" on several occasions. . . at this time he was in his early 40's. There were no set age groups and, on those special occasions when trophies were given the winners were decided by how many runners in a particular age group were entered. This, of course, changed with each run and a good turnout was 25 to 30 runners. Most of these runs were 3 miles.

From this beginning the "Kanawha Valley Road Runners" grew. During September, 1974 a meeting was held in the Meckfessel's living room and the club, under the present name, was born. The name was changed to show that the club's emphasis had shifted away from track.

The first officers were: Woody Sharp, President  
Linda Meckfessel, Vice President  
Roger Backus, Treasurer  
Jack Koch, Secretary

On January 1, 1975, an application was sent to "Road Runners Club of America" for "The Kanawha Valley Road Runners Club" to become a member of that national organization.

In addition to the early runs already mentioned, there were several organized by the Bowman family (still a well known name in the area of running circles). According to Bob Fretwell, these runs always started and ended in front of the Alum Creek Funeral Home!! (Wonder how a runner entering his first race felt about this??)

The oldest organized run still being held goes to the "Poca River Run" in the beginning this course - like others - was measured by car only.

By 1975 the club had grown to 57 memberships which included 50 single members and 7 family memberships - many of these members are still active in the club.

In 1976 there were 59 memberships and in 1977 this grew to 85 memberships (total 134 members).

From 1977 to 1980 the growth of the club had been steady with memberships for 1980 being 325 memberships, for a total of 483 members (including 153 family).

## Some significant races and race results for KVRRC members:

- 1974 - Linda Meckfessel placed 15th in women's division of Cherry Blossom 10 miler.
- At the Southeastern Masters Track & Field Championships in Raleigh, North Carolina, Don Miller placed 2nd in the two mile and 3rd in the mile and 880.
- Arden Rollins at 51 (competing against men 30 and over) placed 5th in the 880.
- 1975 - First marathon held in West Virginia (as far as we know) - Tri-State Marathon started at Marshall University Track went through Ohio and Kentucky and ended back at Marshall's Track. Course laid out and race conducted by KVRRC member, Woody Sharp.
- First Dunbar Winecellar Classic 10K.
- U. S. Track & Field Federation National Cross Country Championships held on very rugged course at Coonskin.
- 1976 - KVRRC hosted both regional and state AAU Junior Olympic meets involving approximately 500 kids.
- KVRRC runners carried the Olympic Flame back from Montreal to Charleston, over 1000 miles.
- Carl Hatfield finished 7th at Boston with time of 2:17:26.
- First Poker Card Run was featured in Runner's World magazine. This KVRRC run involved runners receiving a card each mile in a five mile race with the best poker hands winning various merchandise awards.
- 1978 - The tradition of an annual March banquet where club members share a meal and fellowship, swap running stories and elect officers for the coming year is started.

On May 8, 1980, the KVRRC obtained a corporate charter from the State of West Virginia. The first Board of Directors consisted of: David Copeland, Lyndell Patterson, Connie Perry, Carol Clark, Jim Burgess, Pat Lewis, Al Pfister, Jim Jones and Don Barnett. The primary purpose for obtaining the charter was to establish the club as a non-profit organization.

In the early years sporadic newsletters were issued by the club and annual race calendars were put out. Since these calendars were put out in February or March the first races of the year were over before the members were notified and the late fall and winter races often were not listed because dates and times were not finalized yet.

In the fall of 1982 Ray Joens approached the Board of Directors offering to put together a newsletter on a regular basis for the club. Ray, starting with nothing, put together three fine issues and got The Runners Sole off to a very good start. Now with the race calendar being updated every other month and with articles telling members about club events and offering various running tips an important service was being offered to the members.

1983 saw increased activity in the club. Race courses in Kanawha City were certified, our roster with the Road Runners Club of America was updated so that most of our members should be receiving, free, their quarterly publication, Footnotes, a speed-work clinic was held, nine club sponsored races were held during the early spring and late fall when fewer other races are offered, the club sponsored a hospitality room at the Charleston Distance Run.

The club's past is history and it's future is up to you. You can do two things to help shape that future 1) Renew your membership and 2) come to the annual banquet March 9th and get involved in the club.

- Pat Lewis, Don Barnett, Dave Copeland, Jim Jones, and Gary Smith

**SCHEDULE OF EVENTS**  
**JANUARY - FEBRUARY 1984**

RT: Registration Time  
 ST: Starting Time  
 SP: Starting Point  
 EF: Entry Fee  
 RD: Race Director

March 4, 1984

Sunday  
 Third Annual Putnam Spring Run (5M)  
 RT: 12:30 PM  
 ST: 2:00 PM  
 SP: Putnam County Library Hurricane Avenue, Charleston  
 EF: \$1.00 members  
 RD: Teays Valley Running Club  
 Winston Gregory  
 757-6435

February 12, 1984

Sunday  
 Valentine 5K  
 RT: 12:30 PM  
 ST: 2:00 PM  
 SP: CAMC, 31st & Virginia Avenue, Charleston  
 EF: \$1.00 members/\$2.00 non-members  
 RE: KVRRC  
 TAC certified course.  
 Final event in the KVRRC winter series.

**LOOKING AHEAD**

March 9, 1984 - KVRRC Annual Banquet  
 Rose City Cafeteria, So. Charleston  
 6:00 PM Dutch Treat

March 10, 1984 - Poca River 15K  
 March 18, 1984 - Montgomery 10K  
 April 8, 1984 - COGS 10K  
 April 14, 1984 - Cambridge 10K  
 April 28, 1984 - Fun-D Run, University of Charleston  
 May 5, 1984 - Boone County 10K

**MEMBERSHIP DRIVE**

In an effort to try to double our membership in 1984, the Charleston Athletic Club is offering two shirts or tops for the price of one to any new member or current member bringing in a new member.

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**KANAWHA CITY 100**  
 December 18, 1993

In the first leg of the KVRRC winter series over newly certified courses, we had 51 participants. Looking over these names, I see we had a very good field of runners, with seven runners finishing under 34:10!

Place	Name	Time	Division	Award
1	Carl Hatfield	31:57	M 35-39	1st overall
2	Roger Boothe	32:44	Wheelchair	1st
3	Dan Furry	32:48	M 17-19	2nd overall
4	Joe Leroy	33:34	M 30-34	3rd overall
5	Eddie Gannon	33:55	M 13-16	1st
6	Tod Kaufman	34:01	M 30-34	1st
7	Steve Fox	34:06	M 30-34	2nd
8	Harry Bruner	36:48	M 35-39	1st
9	Michael Montgomery	37:08	M 30-34	3rd
10	Terry Carmichael	37:32	M 45-49	1st
11	John Hall	38:47	M 50-54	1st
12	Steve Stewart	38:56	M 25-29	1st
13	Mark Gunderson	39:28	M 25-29	2nd
14	Bill O'Dell	39:28	M 30-34	
15	John Barnette	39:52	M 35-39	2nd
16	Ron Davidson	40:01	M 35-39	3rd
17	Bill Lokey	40:12	M 25-29	3rd
18	Gary Peyton	40:22	M 40-44	1st
19	David Porreca	40:26	M 35-39	
20	George Castelle	40:32	M 35-39	
21	Winston Gregory	41:13	M 35-39	
22	Raleigh Smith	41:57	M 30-34	
23	Jack Burgess	42:30	M 55-59	
24	Pam Dockery	42:31	F 30-34	
25	Joe Taylor	42:35	M 50-54	1st overall
26	John Hebb	42:42	M 13-16	2nd
27	A. J. Ball	42:44	M 35-39	
28	L. L. North	43:18	M 50-54	
29	Bob Fretwell	43:24	M 50-54	3rd
30	Wes Runyon	44:10	M 40-44	
31	Dennis Tullah	44:21	M 30-34	2nd
32	Jack Adkins	44:57	M 45-49	
33	Richard Conway	45:45	M 50-54	
34	Michael Cox	46:05	M 30-34	
35	Jane Furry	46:40	F 17-19	2nd overall
36	Vernon Hess	46:58	M 50-54	
37	David Hamilton	47:44	M 30-34	
38	Sarah Sears	47:44	F 25-29	3rd overall
39	P. Radford	49:18	M 50-54	
40	Mark Burgess	51:35	M 25-29	
41	Larry Ballard	51:42	M 50-54	3rd
42	Dannie Walker	53:56	M 35-39	
43	Terry Woodford	53:57	F 20-24	1st
44	Lois Burgess	54:03	F 55-59	1st
45	Joe Kesselring	54:41	M 60-over	1st
46	Brian Long	54:42	M 30-34	
47	John Dunbar	54:48	M 60-over	2nd
48	JoAnn Dawson	55:50	F 45-49	1st
49	Eugene Fuller	57:22	M 45-49	3rd
50		57:22		
51	Jeanne Duncan	57:38	F 35-39	1st

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1983 ALMOST HEAVEN MARATHON

We had planned to list each volunteer who helped in the race, but there were so many we were afraid we'd leave someone out. To all who helped - giving splits or water, driving cars, cooking, traffic control, course layout, etc. - thank you very much. And for those who ran the certified course through Kanawha City, the West End, Downtown and East End of our beautiful capitol city, here it is - your name in print:

Place	Name	Home Town	Time	Division
1	Leonard Hager	So Charleston, WV	2:44:14	M 30-39
2	Donald Wilson	St Albans, WV	2:45:01	M 20-29
3	John Stroud	Williamsburg, WV	2:45:55	M 30-39
4	Thomas Martin	Toledo, OH	2:48:43	M 20-29
5	Herb Smith	Culloden, WV	2:49:25	M 30-39
6	Patrick Godfrey	Parkersburg, WV	2:53:52	M 20-29
7	Ken Tallman	Charleston, WV	2:54:01	M 40-49
8	Paul Garrett	Charleston, WV	2:56:30	M 30-39
9	Steve Perdue	St Albans, WV	3:02:35	M 30-39
10	Kim Kniseley	Elkins, WV	3:04:29	M 30-39
11	Rick Jackson	Huntington, WV	3:05:08	M 30-39
12	Steve Fox	Elkview, WV	3:07:15	M 20-29
13	Steve Keenan	Gaulcy Bridge, WV	3:07:15	M 20-29
14	David Hatten	Cross Lanes, WV	3:08:17	M 30-39
15	Jim Fisher	Elkview, WV	3:08:23	M 30-39
16	Joni Adams	Charleston, WV	3:10:38	F 20-29
17	Dennie Asbury	Poca, WV	3:12:11	M 30-39
18	Craig Bock	Elkins, WV	3:12:18	M 20-29
19	Steve Ledahawshy	Charleston, WV	3:14:30	M 30-39
20	Billy Chandler	Clendenin, WV	3:14:55	M 19-under
21	Harry Bruner, Jr.	Charleston, WV	3:16:26	M 30-39
22	Marshall Edwards	Indianapolis, IN	3:16:56	M 30-39
23	Steve Robinson	Marietta, OH	3:21:54	M 40-49
24	Kay Smith	Huntington, WV	3:22:20	F 20-29
25	Archie Mullins	Charleston, WV	3:22:36	M 60-over
26	Terry Drennen	Fayetteville, WV	3:27:19	M 30-39
27	Winston Gregory	Teays, WV	3:30:45	M 30-39
28	Liz Ervin	Princeton, WV	3:33:42	F 40-49
29	Ross James	Charlton Heights, WV	3:35:26	M 60-over
30	Robert Cole	Lost Creek, WV	3:38:13	M 40-49
31	Carol Clarke	Charleston, WV	3:39:15	F 30-39
32	John Oldham	Hamlin, WV	3:39:15	M 40-49
33	Andy Woodyard	So Charleston, WV	3:41:04	M 40-49
34	Danny Nagy	Beckley, WV	3:43:49	M 19-under
35	Sonny Coldman	So Charleston, WV	3:43:57	M 40-49
36	Art Altman	So Charleston, WV	3:44:44	M 50-59
37	Dick Young	Aurora, CO	3:45:14	M 40-49
38	Brian Atkinson	Beckley, WV	3:47:12	M 19-under
39	Jerry Herndon	Cabin Creek, WV	3:48:45	M 40-49
40	Mike Hall	St Albans, WV	3:48:45	M 20-29
41	Charlie Williamson	Cool Ridge, WV	3:55:59	M 40-49
42	Dave Furda	Weirton, WV	3:56:34	M 30-39
43	Tom Ballengee	Mineral Wells, WV	3:56:34	M 30-39
44	David Ellis	Charleston, WV	3:58:12	M 40-49
45	Vic Ware	Charleston, WV	4:00:00	M 40-49
46	Arthur Johnson	St Albans, WV	4:02:14	M 50-59
47	Danny Walker	Charleston, WV	4:08:35	M 30-39
48	Wally Herman	Ottawa, Ontario	4:17:19	M 50-59
49	Joe Burgess	So Charleston, WV	4:30:35	M 30-39
50	Adolfo Torres	St Albans, WV	4:30:35	M 30-39
51	Charlie Stark	Charleston, WV	4:57:20	M 50-59
52	Dianna Patton	Cross Lanes, WV	4:59:58	F 20-29
53	Clyde Beal	Barboursville, WV	5:10:21	M 40-49

The 1984 Almost Heaven Marathon is tentatively scheduled for Saturday, November 24, 1984. With more advance notice and publicity for next year's run, we hope to increase participation while retaining the small 'family' atmosphere of this marathon. Please feel free to send us any comments to help us with planning the 1984 run.

We hope you can join us again next year.

1982 ALMOST HEAVEN MARATHON

To give a comparison, and since we didn't publish this list earlier, here are the results of last year's Almost Heaven Marathon run on the certified course at ~~Elkview~~: **Elkview**.

Place	Name	Time	Division
1	Leonard Hager	2:39:35	M 20-29
2	Tod Kaufman	2:43:27	M 30-39
3	Joe Leroy	2:51:10	M 30-39
4	Ken Tallman	2:53:12	M 40-49
5	Ray Dockery	2:59:50	M 30-39
6	Roger Boothe	3:00:33	M 30-39
7	Dale Kincaid	3:01:54	M 30-39
8	Dave Fields	3:07:41	M 40-49
9	Roger Gingras	3:08:40	M 20-29
10	Timothy McClung	3:08:40	M 20-29
11	Rob Jarvis	3:10:47	M 20-29
12	Jack Gwinn	3:12:20	M 30-39
13	Jim Hamrick	3:17:31	M 40-49
14	Bill O'Dell	3:17:43	M 30-39
15	Ralph Myers	3:18:16	M 30-39
16	Joni Adams	3:20:27	F 20-29
17	Paul Garrett	3:23:56	M 30-39
18	Pat Godfrey	3:23:58	M 20-29
19	Tony Green	3:24:14	M 20-29
20	Terry Drennen	3:25:27	M 30-39
21	Rick McDowell	3:29:31	M 30-39
22	Dennie Asbury	3:29:35	M 30-39
23	Chap Richardson	3:30:37	M 30-39
24	Biddle Williams	3:31:44	M 40-49
25	Morris Adkins	3:32:53	M 19-under
26	Thomas Wilcox	3:35:00	M 50-over
27	Jim Cross	3:36:14	M 20-29
28	Jeff Trump	3:37:08	M 20-29
29	William Hutchens	3:39:30	M 19-under
30	Chuck Reese	3:42:56	M 20-29
31	Ken Doss	3:43:00	M 40-49
32	Doug Fike	3:45:01	M 40-49
33	Terry Jones	3:45:48	M 30-39
34	Will Aubry	3:50:16	M 40-49
35	Joe Burgess	3:52:11	M 20-29
36	Robert Gatewood	3:52:12	M 40-49
37	Ron Asbury	3:52:53	M 30-39
38	Charles Garvin	3:54:11	M 30-39
39	Kristina Riddle	3:58:33	M 30-39
40	Vic Ware	4:01:30	F 30-39
41	Mike Hall	4:01:32	M 40-49
42	Nathaniel Hefner	4:05:24	M 20-29
43	Frank Boyer	4:10:41	M 50-over
44	Elizabeth Eagle	4:16:20	M 40-49
45	Leon Ginsberg	4:16:40	F 20-29
46	Jerry Herndon	4:19:13	M 40-49
47	Charlie Stark	4:21:20	M 40-49
48	John Bailey	4:22:13	M 50-over
49	John Lilly	4:26:10	M 30-39
50	Clemente Diaz	4:29:48	M 40-49
51	Barrie Baer	4:31:44	M 50-over
52	John White	4:35:56	F 20-29
53	Bud Thomas	4:40:40	M 20-29
54	Jerry Jones	4:43:30	M 40-49
55	June Hicks	4:48:30	M 30-39
56	Diana Riggs	4:49:59	F 30-39
57	Larry Phillips	4:53:41	F 20-29
58		5:30:00	M 40-49

ANNUAL AWARDS

Remember to submit your entry for the club awards mentioned in our May - June 1983 issue to the club P. O. Box by the end of February if you haven't already done so. For information call Don Barnett (744-0816).

The KVRR's historical research committee has unearthed evidence of what may be the earliest ultramarathon run within the boundaries of present-day West Virginia. On the outskirts of the city of Buchanan is a historical marker which states:

Indian Battle

Near here about 1790, Indians were driven back by border men under Elias Hughes. The settlements were saved by Jacob Reger, Indian fighter and scout, who ran 125 miles from the Ohio River in 24 hours with warning of the savages.



COLD WEATHER RUNNING

The onset of winter needn't bring a seasonal halt to runners' enthusiasm or routines. Actually, it's easier for runners to protect themselves in cold weather than in hot, when heat and humidity reach certain levels that make running difficult or impossible. With some adjustments, running is possible even in the extremes of cold, wind, ice and snow.

Of course, when wearing 5-10 pounds of clothing and running on icy or snowy surfaces, one's pace may have to be adjusted (the added resistance more than compensates for the slower pace). You may have to adjust to running less frequently for a while. However, if you keep the following suggestions in mind, you shouldn't have any trouble.

1. Wear clothing in layers—you can always remove a layer if you get too warm. Also, experiment with different materials—wool works best because it "breathes" (the sweat is taken away from your body, but the material still keeps you warm).
2. If you plan a long run on a cold day when you would be wearing multi-layered clothing, it is advisable to lubricate yourself with petroleum jelly in those areas likely to rub under those conditions (i.e., nipples, underarms and crotch).
3. The fingers and toes are areas with the smallest blood supply, so they must be protected. Gloves or old wool socks (or mittens in extreme conditions) work over the hands. In wet, snowy or extremely cold conditions, it may be advisable to wear two pairs of socks on your feet (if you can do so without causing blisters).
4. A significant (up to 40%) amount of body heat is lost through the head, so wear a stocking cap. In extremes of cold and/or wind, a ski mask may be used to keep the face and nose warm. Coating your face with petroleum jelly will also help keep this area warm and keep the skin from getting chapped and windburned.
5. How much to wear on the legs is a matter of preference, but never more than a pair of long underwear and a pair of sweat-pants (in addition to your regular running shorts) are needed.
6. Wear dark clothes to contrast against snow, unless you are running at night when you would wear light colored clothing.
7. Plan your runs so that you run into the wind during the beginning portions and with the wind behind you in the latter portions. Otherwise, built-up sweat may cause you to become too cold when you turn into the wind.
8. Be extremely cautious of traffic on icy and snowy roads. Also, when running on snow try to pick areas which will not hide uneven terrain.
9. Let someone know where you are going and when you expect to return.

NEW MEMBERS

Mark Burgess, St. Albans  
Janet Graber, South Charleston  
Charlie Miller, Dunbar  
Sharon Murray, Charleston  
Carol Tully, Charleston  
Eddie Jones, Charleston  
Pat Conaway, Madison

David Carper, Left Hand  
Daniel Burdette, Charleston  
Dennis Ryan, Charleston  
Frederick Steele, Chas. (contributing)  
Ken Hamrick, Lancaster, CA  
Hubert Haynes, Charleston  
Michael Montgomery, Charleston  
William Young, Chas. (contributing)

# Kanawha Valley ROAD RUNNERS

The Kanawha Valley Road Runners (KVRR) invite you to join a growing and helping group of runners. We currently have more than 200 members and expect to double this number during the next year by offering services which will be beneficial to all types of runners. Some of the benefits of club membership are:

Development and sharing of training strategies for novice to experienced runners.

Bi-monthly mailings of a newsletter which will include upcoming events which receive the KVRR's endorsement. This mailing also will include race results plus dates, times, and meeting places for training runs and special events.

Discount to club members from athletic stores.

Running has brought to the Kanawha Valley a wide assortment of runners/joggers. Whatever you consider yourself, we believe there is a place for you in our club. Please join with us in promoting running. If you are interested, mail the application below to: P.O. Box 2282, Charleston, WV, 25328

KVRR MEMBERSHIP APPLICATION

(Check One) New Member Yes No Date \_\_\_\_\_

Type of Membership: Regular(\$8) Full Time Student(\$5) Family(\$12) \_\_\_\_\_  
Contributing \_\_\_\_\_ (Includes one of above memberships plus contribution to Club).

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Sex: M: \_\_\_\_\_ F: \_\_\_\_\_ Age: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_  
Home Phone: ( ) \_\_\_\_\_ Office Phone: ( ) \_\_\_\_\_ Zip: \_\_\_\_\_

Occupation: \_\_\_\_\_ Student's School: \_\_\_\_\_

Family Membership Names: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ RENEWING MEMBERS  
1. \_\_\_\_\_ NOTE-HERE IF CHANGE  
2. \_\_\_\_\_ IN ADDRESS  
3. \_\_\_\_\_  
4. \_\_\_\_\_

MAKE CHECK PAYABLE TO: THE KANAWHA VALLEY ROAD RUNNERS CLUB  
MAIL TO: P. O. Box 2282  
Charleston, West Virginia 25328