



KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

Gary C. Smith, Editor

1985

January - February

THE PRESIDENT'S PAGE

I can remember when I would run 26.2 miles just to get a T-shirt. I've decided, however, that a much easier way is to be an active 1985 member of the KVRRC, and attend the annual dinner in March. We are offering one T-shirt per single membership and two T-shirts per family membership free for the giving to all active members of the KVRRC. (Active is designated as those members who have renewed or began membership in the KVRRC for 1985). The banquet will be at Rose City Cafeteria in South Charleston on March 8 at 5:30. The guest speaker will be addressing some medical aspects of running, so if you don't need a new T-shirt come for the wealth of knowledge being offered.

Speaking of days to red-letter in your running diary, I almost had one. On November 5, I was on my comeback trail. Starting out for a long 3-miler, I noticed two runners in the distance. I hadn't seen either one in local races, looking closer, one looked a little like Willie Nelson, but what would Willie Nelson be doing running on the back streets of Charleston? Not being in the shape I should be, I didn't join them and struggled on alone with my run. Lo and behold, the next day I discovered that Willie Nelson had indeed been in Charleston for a concert with Kris Kristofferson and that they were "on the road again" in Charleston. Just because I could write "ran with Willie and Kris" in my diary, don't forget to put KVRRC banquet (Fun, Food and T-shirt) on your calendar for March 8th. See you then!

Bill O'Dell

SHERMAN  
MEMO NEAR MAN

925-6148

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Bill O'Dell . . . . .	President	744-4918
Carol Clark . . . . .	Vice President	727-6786
Connie Perry . . . . .	Secretary	768-3177
JoAnn Dawson . . . . .	Treasurer	342-3082
Paul Garrett . . . . .	Membership Chairman	925-3247
Pat Board, III . . . . .	Publicity, Equipment, Race Calendar	744-0575
David Copeland . . . . .	Director	744-1634
Bill Ripley . . . . .	Director	343-0463
Winston Gregory . . . . .	Director	757-6435
Barbara Theierl . . . . .	Alternate	925-9342
Gary Smith . . . . .	Newsletter	744-1099

FROM THE EDITOR:

I ran in the Nationwide/Bank One Marathon in Columbus recently and it changed many of my feelings about running and myself. I've run for almost 12 years now and have completed in my share of races, including the Charleston Distance Run 11 times, but I had never raced over 30K or run over 15 miles in a training run. However, I had run Charleston at a six minute pace before, and I had a plan. I envisioned it thus:

I would start out at a seven minute per mile pace and I would run loosely, comfortably for 18 miles or so, then if I still felt whole, I would shift to a 6:40 pace and try for a respectable finish. If I felt tired, I would coast in at a 7:20 pace and still have a satisfactory finish. Reality was different, it went like this:

Standing in the drizzle 20 minutes before the start, a lady came up to me and offered a plastic garbage can liner for use as a poncho. I had seen them used before but never realized the extent of their utility. Even though it was only thin plastic it did a very good job of keeping me warm and dry -- one size fits all and they are disposable -- no need to make arrangements for someone to take your warmups seconds before the start -- you simply drop it in the trashcan, assuming there is one near the starting line.

My Dad and my girlfriend were there to see me off. I waved to them then shuffled along as the gun went off. Broad Street is aptly named and though it took 15 to 30 seconds to cross the starting line, within a half mile the pack was sufficiently spread out along and across Broad Street to allow my pace to be unhindered.

The first mile took about 7:30, but I made that up by running the next two at 6:45. After the third mile, I had to make a conscious effort to keep my pace at seven minutes, I wanted to go faster. For the first seven miles I was chomping at the bit. We were running through Bexley, one of Columbus' nicer residential areas when, at about seven miles, Jerry Herndon passed me. That boosted my spirits some -- seeing someone from the valley.

Mile nine brought us back into downtown Columbus and it was about here that I felt the first twinge of soreness in my achilles, other than that felt good but I didn't push any harder, not wanting to aggravate it. At mile 15 my time was 1:45 and I thought I could maintain my 7:00 pace and still entertained thoughts of running a sub-7:00 final mile.

Miles 16 to 19 brought pain, aches and hunger as I struggled to maintain a 7:00 min. pace. Actually, my best mile here was 7:05 or 7:10. My knees, calves, feet and even thighs ached alternately or in unison with my achilles. Food seemed a good idea and I'm sure I would have eaten at least part of the sub sandwich I dreamed of if someone had come and handed it to me. Although my feet were sore there was no blistering.

Miles 20-24 were a kind of blur, my pace dropped drastically, I found myself very hungry, very thirsty and very tired. I was surprised at my thirst since I had been drinking at every opportunity (approximately every mile) and it was overcast and cool. During this stretch of the race I would drink at least two glasses of liquids at every water stop and still felt as if I was dehydrating. My lips and throat were dry, and I was a little dizzy. I stopped and walked 2 or 3 times for a total of at least three quarters of a mile. I think it was at 22 miles that I started seeing people handing out apple and orange slices -- I took 3 or 4 each time I had the opportunity and I think this is what brought me back into the race and allowed me to run the last mile without stopping. It also helped when at 24 miles the course looped back past the 18 mile mark. Seeing those runners who still had eight+ miles to go gave me the courage to finish my last two. My legs were very stiff and very tired but the extra water and the fruit helped and the rest of me felt okay.

Miles 25-26, if Roger Stauback had asked, I'd spell relief F-I-N-I-S-H-I-N-G. There were two things I wanted to do at the finish line, stop moving and eat. I was at mile 25 at 3:18:40, I figured I had a sub 3:30 in the bag. I didn't walk any that last mile point two. In the final blocks I saw Dee and Dad and that gave me a boost that helped me pick up the pace. As I turned the final corner I heard the announcer telling someone in front of me to hurry to beat 3:30. I hurried as fast as I could. I finished with a time of 3:30:17. As I finished and for at least a week after I was convinced I would not do this again. But now I'm only convinced that I can do it better. Never say never.

Gary Smith

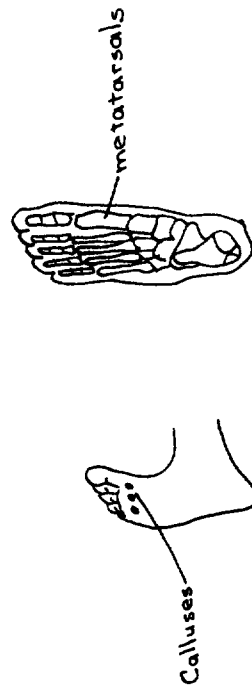
EXERCISE TO PREVENT CALLUSES

by Peggy L. Kiser, D.C.

Calluses are often found on the soles of the feet of distance runners. Individual calluses, in a linear formation on the "ball" of the foot, often indicate that a bone, known as a metatarsal, has "dropped" out of its normal position. (See diagram.) These calluses are accompanied by pain and excessive pronation. To avoid and/or alleviate this problem, the following exercises are recommended.

- \*1. Place ten marbles on the floor. Using the toes, pick the marbles up, one at a time, and place them in another area, approximately twelve inches away. Repeat the exercise with the other foot.
- \*2. Place a cylindrically shaped object, such as a "pop" bottle on a carpeted floor. Using the sole of the foot, roll the object back and fourth over a distance of about twelve inches. Repeat 15 - 20 times.
3. Standing with the knees slightly bent, rock back and forth from the heels to the balls of the feet 15 - 20 times. Be sure to hold on to a door knob or well-secured chair to stabilize yourself while performing this exercise.

\*These exercises may be done sitting or standing. If done while standing, be sure to prevent losing your balance, by holding on to a stable object, such as a door knob.



LETTERS TO THE EDITOR

Dear Gary:

If you can use a bit of personal trivia for inclusion in the Runner's Sole, here's one such item. The National Running Data Center of Tucson, Ariz., each year publishes the U. S. Masters' Distance Running Records in races from 8K to 100 miles, including age groups from 35 to 90. In the 1984 Edition, covering 1983 races, a dozen or so West Virginians are among the 14,000 estimated names listed.

Among those known to local runners are: Carl Hatfield (35-39) of Clarksburg, probably the best W. Va. distance runner during the past decade, is listed three times. He is ranked No. 12 in the 10K, No. 13 in the 20K, and No. 4 in the 25K. Alton Childers, a retired school teacher from West Union, and Nate Hefner of Parkersburg, also receive multiple listings. Childers (70-74) is ranked No. 79 in the 10K and No. 8 in the 20K. Hefner (70-74) is listed as No. 13 in the 10K and No. 9 in the Marathon. John Pianfetti (75-79) of Charleston, is ranked No. 6 in the 15K. Campbell Neel (60-64) of Huntington, is ranked No. 46 in the 10 mile run. Also Pianfetti is ranked 9th on the All-Time list in the 15K, and Hatfield No. 13 in the 25K.

The number of West Virginians who make these U. S. Rankings would undoubtedly be much greater if more of the local courses were certified, and if the Race Directors were more diligent in submitting results to the Running Center. Perhaps the KVRR should take the lead in improving this situation.

Regards, John A. Pianfetti

The advertisement features a stylized illustration of a hand holding a pen. The text is arranged in a circular pattern around the hand. At the top, it reads 'CREATIONS GALORE, INC.' followed by '1326 OHIO AVE. DUNBAR, W. VA 25064' and '1 (304) 768-3923'. The main text, 'FAST SHIRTS PRINTERS', is written in large, bold, block letters. Below this, '6 COPY TORS' is written in a smaller font.

SCHEDULE OF EVENTS  
January - February 1985

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

January 20, 1985

Sunday

Frostbite 5 Miler

RT: 1:00 P.M.

ST: 2:00 P.M.

SP: WVU Medical Building  
CAMC Memorial Division  
31st St. - Kanawha City  
EF: \$1.00 members/\$2.00 non-  
members

RD: KVRRC

Paul Garrett 925-3247

Second of the Winter Series

February 4, 1985

Monday

KVRRC Board of Directors Meeting

RT:

ST: 7:00 P.M.

SP: Jo Ann Dawson's House  
73/722 Churchill Drive  
Charleston

February 10, 1985

Sunday

Valentine 5K

RT: 1:00 P.M.

ST: 2:00 P.M.

SP: WVU Medical Building  
CAMC Memorial Division  
31st St. - Kanawha City  
EF: \$1.00 members/\$2.00 non-  
members

RD: KVRRC

Jo Ann Dawson 342-3082

Third of the Winter Series

March 4, 1985

Monday

KVRRC Board of Directors Meeting

RT:

ST: 7:00 P.M.

SP: Jo Ann Dawson's House  
73/722 Churchill Drive  
Charleston

March 8, 1985

Friday

KVRR Annual Banquet

RT:

ST: 5:30 P.M.

SP: Rose City Cafeteria, So. Chas.  
EF: Dutch Treat  
RD: KVRRC

ADD'L INFO: Long-sleeve shirts to

all club members

March 9, 1985

Saturday

Poca River 15K

RT: 9:00 A.M.

ST: 10:00 A.M.

SP: Doc Bailey Road/Poca River  
EF: \$3.00 members/\$5.00 non-  
members

RD: KVRRC

March 16, 1985

Saturday

Food & Fitness Fair 5K

RT: 8:30 A.M.

ST: 9:30 A.M.

SP: Clendenin & Washington Sts.  
Charleston Marriott  
EF: \$5.00/\$7.00

RD: KVRRC

Award inside Town Center  
following race.

LOOKING AHEAD

March & April - Coonskin 10K  
- Carbide 10K  
- COGS 10K

Race directors should immediately contact  
the KVRRC regarding cancellation or re-  
scheduling of events. Please provide race  
information to:

Gary Smith  
250 F Street  
So. Charleston, WV 25303  
744-1099 (after 6:00 p.m.  
or weekends)

CLUB NEWS

**NOMINATIONS** At the March 8 Banquet we will be voting on the Board  
of Directors for 1985-86. Nine members and one alternate will be  
selected. If you want to nominate yourself or anyone else, please  
call any present board member by February 3. Nominations will be  
open at the banquet but only those nominated by February 3 will be  
printed on the ballot. Involvement by a greater number of people  
in this process is encouraged.

**1984 AWARDS** We will again give the following awards at the annual  
banquet. Entries must be mailed to the Club P.O. Box by February 1:

- 1) Most miles run in 1984
- 2) Most days run in 1984 (at least one mile each day)
- 3) Most races run in 1984
- 4) Most races run in 1984 without winning an award  
or trophy.

**MEMBERSHIPS** All memberships (except those who joined after  
October 1 last year) expired December 31, 1984. Please renew now  
so that you can get your T-shirt at the banquet and save on entry  
fees on Winter Series and Poca races. The March newsletter will  
be the last one sent to 1984 members who have not renewed for 1985.

**TRIATHLETE** Leonard Hager of South Charleston finished second  
in the Portsmouth Tri-state Triathlon (5 mile swim/26 mile bike/  
10K run). Congratulations.

12-16-84 KANAWHA CITY 10K

PLACE	NAME	TIME	DIVISION
001	Roger Boothe	31:10.0	*M Wheelchair
002	Greg Imhoff	31:17.9	M 15-23
003	Carl Hatfield	32:04.2	*M 33-41
004	Frank Lewis	32:44.9	*M 24-32
005	Mike Hunt	35:53.2	M 24-32
006	Bill Belcher	36:00.0	*M 15-23
007	Glenn Baldwin	36:03.9	M 24-32
008	Tom Eckel	36:06.5	M 24-32
009	Mike Mayes	36:21.0	M 33-41
010	Chuck Mallory	36:22.9	M 24-32
011	Jim Fisher	36:25.1	M 33-41
012	Dave Myers	36:28.0	M 33-41
013	Scott Myers	37:00.1	M 15-23
014	Dennie Asbury	37:23.7	M 33-41
015	Steve Fox	37:31.7	M 33-41
016	James Miller	37:51.3	M 24-32
017		38:15.6	
018	Terry Carmichael	38:36.3	*M 42-50
019	Steve Taylor	38:37.0	M 24-32
020	Ralph Myers	39:26.1	M 33-41
021	Bill Lokey	39:46.5	M 24-32
022	Mitch Caplan	39:54.4	M 24-32
023	Gary Baker	40:12.6	M 42-50
024	Ron McKinnon	40:43.1	M 33-41
025	Robert Weidner	40:52.7	M 15-23
026	Fred Potter	40:53.3	M 33-41
027	Scott MacDiarmid	40:53.9	M 15-23
028	Gary Craig	41:04.6	M 33-41
029	Rick Bird	41:09.6	M 33-41
030	Patrick Board, III	41:14.4	*M 14-under
031	Tom Dawson	41:27.7	M 42-50
032	Lionel North	42:33.0	*M 51-59
033	Bruce Greybonds	42:37.4	M 24-32
034	Ted Philyaw	43:00.0	M 33-41
035	Al Boch	43:11.9	M 24-32
036	Eddie Long	43:25.8	M 24-32
037		43:53.8	
038		44:05.8	
039	Bill Hayes	44:36.3	M 42-50
040	Carroll Young	45:03.8	M 42-50
041	Joe Burgess	45:11.0	M 42-50
042	Betty Young	45:20.7	F 42-50
043	Phil Radford	45:53.3	M 51-59
044		46:15.0	
045	Art Johnson	46:16.0	M 51-59
046	Pat Brown	48:59.6	M 42-50
047	Diane Russell	49:03.3	*F Wheelchair
	Barrie Kaufman	49:47.0	*F 24-32
		50:01.1	

048	John Stanton	50:35.7	M 33-41
049	Larry Ballard	51:23.9	M 42-50
050	Chuck Pitzer	54:48.7	M 15-23
051	Gene Fuller	55:18.1	M 42-50
052	JO Ann Burka	56:41.4	*F 15-23
053	Betty Stanton	57:16.2	*F 33-41
054	JO Ann Dawson	57:47.4	*F 42-50
055	Janet Graber	59:11.3	F 24-32
056	Mike Pyryt	59:39.7	M 24-32
057	Rosane Branham	1:01:49.5	F 24-32
058	Jerry Branham	1:01:50.1	M 33-41

\*Age group first place winners.

"THE PURPLE RUNNER"

book review by Gary Smith

Paul Christman is a runner who is familiar with international running, having lived and run in England, New Zealand and the United States. His novel follows the running of several characters from these three countries who are drawn to the Highgate area of London by different aspirations and circumstances. This is a running novel to the extreme. Of the main characters, during the time of the story, none work and the only non-running activities we see or hear of are drinking and sex.

I like his descriptions of Auckland, of the English, English weather and of the heaths where much of the running takes place. But I feel his character's development lacks something I can only describe as reality. Christman seems to me to have fallen into the trap that television situation comedies so often plunge into -- putting too much emphasis on the situation. If you can suspend your belief for awhile this is an interesting tale.

I find that reading running stories helps to strengthen my resolve during times when I might otherwise back off drastically in my running. This entertaining, if not totally believable story may be just the thing for the runner/reader this winter. "The Purple Runner" is available at \$5.95 plus \$1.00 postage and packaging, from: Highgate Lane Press, 1310 College Avenue, Box 1081, Boulder, CO 80302.

11-18-84 ALMOST HEAVEN MARATHON

PLACE	NAME	TIME	DIVISION
001	Tim Coffman	2:45:51.5	M 30-39
002	Chuck Mallory	2:47:02.6	M 20-29
003	Leonard Hall	2:47:28.7	M 30-39
004	Joe Barker	2:49:05.8	M 20-29
005	John Maher	2:56:42.2	M 30-39
006	Alan Doss	2:59:03.1	M 20-29
007	Ed Sams	3:00:28.6	M 30-39
008	Billy Chandler	3:02:08.2	M 19-under
009	Edward Debbie	3:03:36.4	M 50-59
010	Robin Hines	3:09:24.1	M 40-49
011	Paul Matususaka	3:10:22.2	M 20-29
012	Mike Hunt	3:13:49.5	M 20-29
013	Steve Robinson	3:14:44.9	M 40-49
014	Rick Brown	3:18:15.9	M 40-49
015	Leo Runyan	3:26:56.5	M 50-59
016	Gary Craig	3:31:58.7	M 30-39
017	Lee Cabell	3:34:30.9	M 30-39
018	Vic Ware	3:35:46.5	M 40-49
019	Dan Archer	3:42:03.5	M 30-39
020	Harold A. Coleman	3:43:21.8	M 40-49
021	Kenneth Doss	3:45:58.8	M 50-59
022	John Skees	3:46:59.1	M 20-29
023	Albert Anson, III	3:48:13.4	M 40-49
024	Stephen Lundin	3:55:25.2	M 40-49
025		3:55:25.9	
026	Arthur Johnson	3:56:31.6	M 50-59
027	Notermann	4:03:19.3	M 30-39
028	Linda Dillow	4:03:43.4	F 30-39
029	Jeff Jarrell	4:06:08.3	M 20-29
030	Gale Proffit	4:08:19.7	F 20-29
031	Bob Marshburn	4:11:29.5	M 40-49
032	John Dillow	4:12:02.6	M 30-39
033	Larry Ballard	4:13:52.7	M 40-49
034		4:19:22.9	
035	Adolfo Torres	4:26:50.0	M 30-39
036	Carol Graham	4:27:13.2	F 20-29
037	John Stanton	4:42:06.2	M 30-39
038	Betty Stanton	4:45:47.9	F 30-39

5 women and 54 men started the race in the cold and drizzle,  
4 women and 34 men finished the race in a testament to their  
courage and endurance.

# 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 IN ADDRESS
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

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