

THE RUNNERS SOLE

KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

Gary C. Smith, Editor 1986 January - February

THE PRESIDENT'S PAGE

As you receive this edition of the Runners Sole the year 1986 will be a reality and I challenge each member of the KVRRC to be aggressive, go for the "top" in the new year. You can be as good as you want to be.

Today as I write this article the weather outside is snowy, cold, and it gets dark earlier. I'd like to share some conversations Patrick and I have had with you. When you run in the winter use your head as well as your feet. Be sure to dress properly for the weather. Dressing properly means both wearing enough clothing and wearing not more than you need. It is possible to overdress and end up soaking wet and cold. Most runners wear multiple layers to keep warm and to avoid becoming excessively wet. If the shorter days make running in the dark unavoidable, make yourself as visible as possible. Run in lighted areas, wear reflective gear and be aware of foot placement. Also have an escape route, know ahead of time what you will do when a vehicle leaves you no room or swerves at you.

On December 8, 1985 the KVRRC sponsored the 8th annual Almost Heaven Marathon. In my opinion the race was small but was "concreted" with quality and possibly next year we will "come out of the closet" as an established race that is worth putting on your 1986 running schedule. On behalf of the KVRRC members and the runners who ran the race I am issuing congratulations and "a job well done" to race director Bill O'Dall and his volunteers.

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	744-0575
Carroll Young	727-9844
Johann Dawson	342-3082
Paul Garrett	925-3247
Kathy Hastings	348-0170
Gail Proffitt	925-5252
Bill O'Dall	744-4918
David Copeland	744-1634
Don Barnett	744-0816

Mike Provines	Alternate
Dick Conway	Alternate
Gary Smith	Newsletter
	Race Calendar
	744-1099

PRESIDENTS PAGE (Continued)

I have asked editor Gary Smith to publish in this issue the list of road running clubs that I have compiled in an effort to communicate with all of the runners in our area. If you know of any clubs that we left out, let me know. Also race directors for 1986 should contact Gary now so your race can be listed and we will try to avoid having two races on the same day which will benefit everybody.

I want to remind you that your 1986 membership renewal is due now. Try to bring a new runner/member into the club with you.

The 2nd annual "Winter Series" sponsored by KVRRC is alive and running. It's not too late to run race number two, the Frostbite 5-Miler on January 19, 1986. Paul Garrett is the race director. Race number three, the Valentine 5K is scheduled for February 9, 1986. Johann Dawson is the race director. Both of these races start at 2:00 P.M., near the West Virginia University Medical Building, C.A.M.C. Memorial Division in Kanawha City.

Also be aware the KVRRC Annual Awards Banquet will be Friday, March 7, 1986 at 5:30 P.M. at Rose City Cafeteria in South Charleston. We are already planning to have a good time. Bring your family and friends. The next day Saturday, March 8, 1986 is the 15K Poca River Run sponsored by the KVRRC. Don Barnette, 744-0816, is the race director. We are looking for a sponsor to help with this race's expenses. Let us hear from you.

Give the KVRRC your support. We are working for you to improve a sport we love that has been good to all of us. I hope your Holidays were happy. Best wishes for the new year to you and your family.

Patrick and I will see you at the races.

Pat Board III

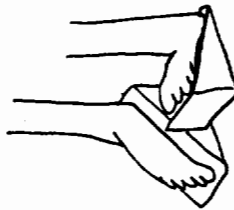
"HEEL TO TOE" DECOMPRESSION EXERCISE

by Dr. Peggy L. Kiser
Chiropractor

This is the first of a series of articles describing "decompression exercises" for the runner. The exercises are designed to increase the strength and flexibility of the runner. Improving the runner's strength and flexibility increases his/her performance and prevents injuries. These exercises are recommended by Dr. Larry Parry, Jr., a chiropractor who was a member of the medical team treating world-class athletes at the Los Angeles International Marathon.

The first exercise is designed primarily for the feet. The runner transfers his weight from the left heel to toe while simultaneously transferring his/her weight on the right toe to heel. Be sure that your weight distribution rocks from the mid-heel through the arch to the second toe, and vice versa. The hips should be level, hands and arms swinging in a pendulum movement, opposite the leg movement (as in walking). A minimum of 100 repetitions is recommended.

An advanced decompression exercise for the feet involves performing the above exercise while standing on wedge-type blocks (see diagram). The blocks are used in an incline/decline opposition. The purpose of the wedges is to create a greater degree of difficulty and stretch. Because the entire overall body-weight distribution is dependent on the feet and because the feet are the body's first level of shock-absorbers, it is very important that the runner perform this exercise routinely, as part of their warm-up exercise program.



LETTER TO THE EDITOR

Recently, (Aug 85) I had a laminectomy of the fourth / fifth lumbar. I have been a runner for years. I have endured more pain than one should and have also been told I may never run again.

I am in an intense therapy program which seems to be successful. I need feedback from other serious runners who have had this particular surgery and returned to running successfully.

If anyone can help me please respond. Running for health and loving it.

Susan Newman
904 Pearl St.
Bluefield, WV 24701

THE ALMOST HEAVEN MARATHON

by Carroll Young

The eighth annual Almost Heaven Marathon, sponsored by the Kanawha Valley Road Runner's Club, began at 10:00 A.M. on December 8, 1985 under overcast skies with the temperature around 40 degrees.

The course begins on 31st street in front of the WU Medical Building at CMC. The first eight miles are in Kanawha City. Then it goes west on MacCorkle Avenue to Patrick Street, over the bridge, east on Kanawha Boulevard to a turnaround at 17 miles, then retraces itself back to CMC for the finish.

The course was extremely well marked with mile markers on wooden stakes and a red cone at every mile. The City of Charleston gave the race their blessing and helped with markers at strategic locations. There were plenty of volunteers to support the runners with water stations traffic control, and words of encouragement. The KVRRC would like to thank everyone who helped.

78 runners and one wheelchair racer started the race as Pat Board fired the gun. Pat had given them instructions, warnings and even a threat or two before sending them off on their 26.2 mile journey. As a spectator I noticed that some sprinted for the lead while others seemed reluctant to leave, as if uncertain about their undertaking.

Most of the spectators at the starting line had volunteered to work somewhere out on the course. As a volunteer myself, I did not get to see much of the race. The runners get very scattered after a few miles. A runner in a marathon this size can feel all alone at times, with very few spectators to cheer him on. The largest pack of runners I saw was six. Most ran alone or in groups of two or three.

The finish line had something new this year. A kettle of hot soup was provided just past the chute for chilled runners. The post-race banquet at 2:30 was provided by the KVRRC and the contributions of many people who brought in containers of prepared food. There was more than enough and nobody should have gone away hungry. JoAnn Dawson and Kathy Hastings did an excellent job coordinating the meal. The awards followed the meal with 54 trophies available for presentation. The first place woman was given a dozen roses. Many trophies in the women's age groups were unclaimed due to the small number of entrants. The complete list of finishers can be found in this issue.

Sy Mah, a runner from Toledo, Ohio, ran this year's race for the first time. He has run 397 Marathons in his lifetime including 43 this year. In an impromptu speech at the awards presentation, he told us that this marathon is one of the best he has run. He complimented the course, the organization, and the food. He feels we should be better known around the country as an excellent race.

There were runners from Ohio, Kentucky, Virginia, Indiana, and Missouri. Some runners who had trained for a marathon in Roanoke, Virginia showed up here due to the cancellation of that race by floods. In my opinion the marathon was a successful endeavor for the KVRRC. I heard many complimentary statements about the improvement in this years race over previous ones. As a first-year member of the Board of Directors, I have a much greater appreciation for the efforts of people preparing for a marathon. Bill O'Dell, the race director, assisted by Pat Board, Paul Garrett and other Board of Directors members worked many hours in the weeks and months prior to the race. It was a job well done.

SCHEDULE OF EVENTS JANUARY - FEBRUARY 1986

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

December 31, 1985
Tuesday
New Year's Eve 5K
RT: None
ST: 11:50 P.M.
SP: Greenbrier & Washington Sts.
EF: None
RD: Kathy Hastings 343-3779

January 13, 1986
Monday
KVRRC Board Meeting
RT:
ST: 7:30 P.M.
SP: JoAnn Dawson's
731 Churchill Drive
Charleston, WV

January 19, 1986
Sunday
Frostbite 5-Miler
RT: 1:00 P.M. Race day only
ST: 2:00 P.M.
SP: CMC - Kanawha City
EF: \$2.00/\$3.00
RD: KVRRC

February 10, 1986
Monday
KVRRC Board Meeting
RT:
ST: 7:30 P.M.
SP: JoAnn Dawson's
731 Churchill Drive
Charleston, WV

Second of the Winter Series
See ad in this issue

February 9, 1986
Sunday
Valentine 5K
RT: 1:00 P.M. Race day only
ST: 2:00 P.M.
SP: CMC - Kanawha City
EF: \$2.00/\$3.00
RD: KVRRC

March 3, 1986
Monday
KVRRC Board Meeting
RT:
ST: 7:30 P.M.
SP: JoAnn Dawson's
731 Churchill Drive
Charleston, WV

Third of the Winter Series
See ad in this issue

March 7, 1986
Friday
KVRRC Banquet
RT:
ST: 5:30 P.M.
SP: Rose City Cafeteria
South Charleston, WV
EF: Dutch Treat
Additional Info: Awards,
Elections, Speakers, Gifts

March 8, 1986
Saturday
Poca River 15K
RT: 9:00 A.M.
ST: 10:00 A.M.
SP: Doc Bailey Road/Poca River
EF:
RD: KVRRC

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

Gary Smith
250 F Street
South Charleston, WV
744-1099 (after 6 PM)

STATE RUNNING CLUBS

Listed below are names and addresses of all WV Running Clubs that we have been able to compile. If anyone knows of any other active clubs, please let us know so that we can get them on our mailing list.

- The Huntington Track Club
P.O. Box 1674
Huntington, WV 25717
Dick Ash, President
- Pioneer Road Runners Club
Ken Ralston
241 Virginia Avenue
Chester, WV 26034
- Pleasants Pacers
D. Michael Taylor
P.O. Box 69
St. Marys, WV 26170
- Southern West Virginia RRC
Box 298
Athens, WV 24712
- Fayette County Ridge Runners
Rogers Roberts
Box 1031
Oak Hill, WV 25901
- W.Va Track Club
712 South Chestnut Street
Clarksburg, WV 26301
- Capital City Striders
209 Vine Street
Charleston, WV 25302
Chip Ferrell, President
- Upspur Moving Company
Buckhannon, WV 26201
- June Hicks Running Club
C/O June Hicks
2525 Lakesview Drive
St. Albans, WV 25177
- Central WV Roadrunners
84 1/2 Harold Route
Sutton, WV 26601
- Ogalsbay County Roaders
P.O. Box 4076
Warwood, WV 26003
- Raleigh County Road Runners
Charlie Williamson
Box 139
Cool Ridge, WV 25825
- River City Runners
1900 20th Street
Parkersburg, WV 26101
- KVRRRC
P.O. Box 2282
Charleston, WV 25328
- Great Teays Running Club
340 Green Acres Drive
Hurricane, WV 25826
- Greenbrier Valley Road Runners
P.O. Box 1292
Lewisburg, WV 24901
Dan Withrow, President
- Moatsville Track Club
Route 1 Box 75
Moatsville, WV 26405
- Tallman Track Club
C/O Ken Tallman
1010 Highland Road
Charleston, WV 25302

12-8-85 ALMOST HEAVEN MARATHON

PLACE	NAME	AGE	HOMETOWN
01	Frank Lewis	33M	Charleston
02	Chip Brand	31M	Twinsburg, Ohio
03	John Maher	31M	Charleston
04	Ralph Lowery	35M	Stow, Ohio
05	Tom Immachue	28M	Ravenswood
06	Lee Lawson	41M	Huntington
07	Tony Harbert	27M	Akron, Ohio
08	Tony Ross	16M	Clendenin
09	Rick Harris	18M	Clendenin
10	David Durcan	31M	Ceredo
11	Ray Dockery	42M	South Charleston
12	Randy Swepton	34M	Laurelville, Ohio
13	David Hatten	34M	Cross Lanes
14	Rick Jackson	39M	Huntington
15	Alan Doss	26M	Mallory
16	Neil Swepton	26M	Chillicothe, Ohio
17	Jim Hamrick	51M	Clendenin
18	Patrick Sizemore	29M	Lanvilla
19	Ronald Lane	36M	Beckley
20	Fred Babet	51M	Lavalette
21	Gary Craig	39M	Buffalo
22	Jesse Skiles	21M	Glenville
23	Rick Brown	41M	Marietta, Ohio
24	Jerry Jenkins	29M	Charleston
25	Donald Robins	56M	Univ. Hgts, Ohio
26			
27	Chap Richardson	46M	Sissonville
28	Vic Ware	50M	Charleston
29	Jack Adkins	49M	Hurricane
30	Mark Swepton	31M	Kingston, Ohio
31	S. Robinson	42M	Marietta, Ohio
32	Bruce Blankenship	32M	Beckley
33	Robert Cole	51M	Lost Creek
34	Robert Cairns	49M	Toledo, Ohio
35	James Rogers	47M	Culloden
36	Russell McGrady	22M	Beckley
37	David Daniels	31M	Elkview
38	Owen Ellison	49M	Beckley
39	David Kovich	35M	West Lafayette, IN
40	Leo Ruyyan	60M	South Charleston
41	Jerry Hamdon	47M	Cabin Creek
42	Arthur Johnson	55M	St Albans
43	Harry Brunner, Jr	37M	Charleston
44	Keith Ratliff	23M	Charleston
45	Bob Mullins	36M	Balle
46	Steve Fuller	37M	N. Kansas City, MO
47	Thad T. Keener	17M	Charleston
48	Paul Boggess	44M	St. Albans
49	Joe Buryess	44M	South Charleston
50	Roger Arthur	38M	Red House
51	Harry Coleman	43M	South Charleston
52			
53	Frances Kennedy	43F	La Grange, Ohio
54	Don Harless	48M	Dunbar
55	Sy Mah	59M	Toledo, Ohio
56	JoAnn Burka Pitzer	24F	Charleston

12-15-85 KANAWHA CITY 10K

PLACE TIME NAME AGE HOME TOWN

PLACE	TIME	NAME	AGE	HOME TOWN
57	51:25	Gary Osborne	42M	Fairmont
58	52:19	Vernon Hess	53M	Charleston
59	53:26	Mary Ann Moore	18F	Charleston
60	53:50	Phil Radford	53M	Scott Depot
61	56:16	Ellen Szego	39F	Scott Depot
62	60:03	Cindy Wintar	31F	Scott Depot
63	60:04	Elain Meadows	33F	Scott Depot
64	60:57	Betty Stanton	37F	Winfield
65	64:43	Eugene Fuller	50M	Winfield

12-8-85 ALMOST HEAVEN MARATHON (Cont.)

57	4:29:01	Shelby Murray	34M	Charleston
58	4:29:48	William Long	40M	Lafayette, IN
59	4:30:43	Sister Gerry Murray	44F	Pocahontas, VA
60	4:30:53	Adolfo Torres	35M	St. Albans
61	4:57:50	Billy Riddle	19M(W)	Charleston
62	6:03:00	Betty Stanton	37F	Winfield
63	6:13:40			

PLACE	TIME	NAME	AGE	HOME TOWN
01	34:27	Tony Russell	18M	Scott Depot
02	34:49	Mike McCutcheon	29M	Cross Lanes
03	35:42	Tom Murphy	26M	Charleston
04	36:19	Lee Lawson	41M	Huntington
05	36:29	Tom Eckel	32M	Elkview
06	36:37	Jeremy Egleston	15M	Moorehead, KY
07	36:39	Jim Miller	33M	Hurricane
08	37:39	Steve Fox	36M	Elkview
09	38:00	Glenn Baldwin	27M	South Charleston
10	38:05	Phillip Yin	16M	Cross Lanes
11	38:09	Terry Carmichael	47M	South Charleston
12	38:34	Gary Peyton	43M	Tad
13	38:36	Billy Belcher	24M	Elkview
14	38:54	Mike Sullivan	38M	Pocatalico
15	38:54	Ray Dockery	43M	South Charleston
16	39:15	Mike Hunt	30M	Hernshaw
17	39:22	Paul Pennington	15M	Princeton
18	39:24	Winston Gregory	38M	Hurricane
19	39:31	Glen Morris	25M	Marmet
20	39:46	Troy Bartley	34M	Vinton, Ohio
21	40:08	Gerald Green	41M	South Charleston
22	40:25	Steve Taylor	28M	South Charleston
23	40:34	Harry Bruner, Jr	37M	Charleston
24	40:42	Charles Boch	28M	Nitro
25	40:53	Chap Richardson	46M	Charleston
26	40:57	Bill O'Dell	34M	South Charleston
27	41:14	Mike Provinca	35M	South Charleston
28	41:16	George Castelle	37M	Charleston
29	41:27	Bruce Duckworth	16M	Cross Lanes
30	41:36	Patrick Board IV	12M	South Charleston
31	41:54	Rick Iutz	35M	Cross Lanes
32	42:03	Kerry Wintars	30M	Winfield
33	42:07			
34	42:44			
35	43:11	Gary Cottrell	35M	Pt. Pleasant
36	43:12	Fred Buchanan	34M	Amherstdale
37	43:49	Linda McCall	39F	St. Albans
38	44:28	Marc Gladney	36M	Princeton
39	45:19			
40	45:20	Joe Buryess	45M	South Charleston
41	45:25	Tom Dawson	51M	South Charleston
42	45:53	Lionel North	52M	St. Albans
43	46:15	Carroll Young	49M	St. Albans
44	46:34	Richard Conway	52M	Charleston
45	47:03	Keith Townsend	42M	St. Albans
46	47:13	Ed Halstead	43M	St. Albans
47	47:28	Marc Stump	28M	Gallipolis, Ohio
48	47:45	Betty Young	48F	St. Albans
49	48:11	Bob Marshburn	41M	Charleston
50	48:36	Sonny Coleman	43M	South Charleston
51	49:18	Arthur Johnson	55M	St. Albans
52	49:37	Charles Baker	35M	Gallipolis, Ohio
53	49:52	Otto Drescher	56M	St. Albans
54	49:58	Carol Graham	29F	South Charleston
55	50:51	Mike Pryyt	32M	Charleston
56	50:52			

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Kanawha Valley ROAD RUNNERS



KANAWHA VALLEY ROAD RUNNERS

000000 WINTER SERIES 00000000

RACE ONE: **KANAWHA CITY 10K**

DECEMBER 15, 1985
RACE DIRECTOR, GARY SMITH, 744-1099

RACE TWO: **FROSTBITTE 5-MILER**

JANUARY 19, 1986
RACE DIRECTOR, PAUL GARRETT, 925-3247

RACE THREE: **VALENTINE 5K**

FEBRUARY 9, 1986
RACE DIRECTOR, JO ANN DA WSON, 342-3082

ALL RACES: CERTIFIED COURSES
SUNDAY, 2:00 PM

STARTING POINT & RACE REGISTRATION:
W.V.U. MEDICAL BUILDING, C.A.M.C. MEMORIAL DIVISION

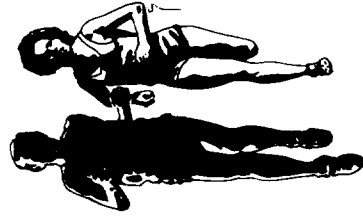
ENTRY FEE: \$2.00 MEMBERS/\$3.00 NON-MEMBERS

AGE GROUPS, UNIFORM, MEN & WOMEN:

14 & UNDER	15-23	24-32
33-41	42-50	51-59
60 & OVER	WHEELCHAIR PARTICIPANTS	

AWARDS: OVERALL & 3 DEEP IN AGE GROUPS AT EACH RACE.
WINTER SERIES: AGE GROUP COMBINED TIME WINNERS.
AWARDS PRESENTED AT K.V.R.R. BANQUET, MARCH 7, 1986.

INFORMATION: PAT BOARD III 347-7013, 744-0475 (HOME).
CARROLL YOUNG 344-7705, 727-9844 (HOME).
BILL ODELL 744-4918 (HOME).



The Kanawha Valley Road Runners (KVRR) invites you to join a growing group of runners. We currently have more than 200 members and offer services which are helpful to all types of runners. Some of the benefits of club membership are:

- o 81-monthly mailings of a newsletter which will include upcoming events throughout West Virginia and in nearby states. This mailing also will include race results plus dates, times, and meeting places for training runs and special events and race entry forms.
- o Reduced entry fees at six KVRR-sponsored runs held each year.
- o Development and sharing of training strategies for novices to experienced runners at the KVRR annual dinner meeting and at other times.
- o Discount to club members from athletic stores.
- o Club shirts and mementos from time to time as income allows.

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

