



Michael C. Pyryt, Editor

1988

January-February

The President's Page

As you receive this edition of The Runners Sole, it's time to set goals to make 1988 a rewarding year. I challenge each member of the KVRRC to be aggressive, to work hard, and to participate and compete to the best of your physical and mental abilities. YOU CAN BE AS GOOD AS YOU WANT TO BE.

The KVRRC sponsored the Ninth Annual Almost Heaven Marathon on November 28, 1987. On behalf of Bill O'Dell, the Race Director, I would like to thank our sponsor, Charlie Dennie of Executive of West Virginia, Inc., the Great Teays Running Club, and the volunteers who helped make the 1987 Almost Heaven Marathon a success. We featured runners from 13 different states and were blessed by excellent weather conditions. Congratulations to Jeff Trump of Beckley, West Virginia, first overall finisher (2:35:50) and to Debbie Young of Summersville, West Virginia, the first female finisher (3:28:46). We are already making plans for the 1988 Almost Heaven Marathon. We are considering a three loop course and a team competition.

The 1987-1988 "Winter Series" is off and running. Eighty-two runners completed the Kanawha City 10K on December 13, 1987. Race Number 2, The Frostbite 5-Miler will be run on January 17, 1988. Race Number 3, the Valentine 5-K, will be run on February 14, 1988. These races are for EVERYONE. Come out, bring your family and friends and have fun with us. (See the "Winter Series" AD in this newsletter.)

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	President/Treasurer	744-0575
Carroll Young	Vice President	727-9844
Annette Castelle	Secretary	343-9371
Paul Garrett	Membership Chairman	925-3247
Bill O'Dell	Director	744-4918
Fred Waybright	Director	768-9065
Mike Pryt	Newsletter	776-5592
Gary Smith	Director	744-1099
Dave Ellis	Race Calendar	344-4488
	Director	

Dave Fields	Alternate	548-4761
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FROM THE EDITOR:

Once again I have the pleasure of serving as the editor of The Runners Sole. I hope to provide a quality product that will be useful to the running community. The product will be greatly enhanced by your contributions. I would like to thank Jerry Herndon for his poetic contributions to this and future issues. I would like to publish any tips for making all aspects of a runner's life more enjoyable. I know that Rex Wilson is interested in finding a palatable recipe for meatless chili. Another runner I've met is interested in finding the best laundry detergent for polypropylene. I'm interested in finding suggestions for laundering vaseline stains as well as a reliable source of round band-aids. I'm soliciting solutions for these items as well as other problems in search of solutions.

I hope to make the race calendar as complete as possible. If you subscribe to racing publications or pick up race applications when traveling to races, send the information to Gary Smith (250 F. Street, South Charleston, WV, 25303). PLEASE SUPPORT OUR ADVERTISERS!! They provide quality services and their support subsidizes the cost of this newsletter.

Now is the time to make your 1988 running resolutions. Some runners I know want to make progress towards having run marathons in all 50 states. I have a more modest goal--to run races in every county in West Virginia. So far I've run races in Cabell, Fayette, Jackson, Kanawha, Lincoln, Logan, Mason, Nicolas, Ohio, Pleasants, Putnam, Raleigh, Ritchie, Summers, Tucker, Wayne, Wood, and Wyoming Counties. I hope that I can run in at least 10 additional counties in 1988. I also hope to run at least 3 marathons in 1988 and break 50 minutes once again in the 10K. Focus for a moment, then write down your goals for 1988. Then close your eyes and visualize yourself succeeding in your goals. I hope that all of you have a prosperous injury-free 1988 and accomplish all of your goals. Let's Toast to PRs in 1988!! I'll see you at the races.

Mike Pryt

President's Page(Continued)

Looking ahead, the KVRRC Annual Awards Banquet and Board of Directors Elections will be held on Friday, March 11, 1988 at 5:30 PM at Rose City Cafeteria in South Charleston. The next day, March 12, 1988, the annual 15-K Poca River Run will take place at 10:00 AM. The start and finish of the race is just past the end of Doc Bailey Road in Cross Lanes. (See the map in this issue). Fred Waybright is the Race Director.

The Kanawha/Teays Biathlon will take place on May 15, 1988. The KVRRC and John's Cyclery of St. Albans are the sponsors. KVRRC member Bill Shultz (768-8472) is the Race Director. (Look for Bill's comments on the biathlon in this newsletter).

A goal of the KVRRC is to act as a racing information center by maintaining an on-going race calendar for runners, sponsors, and race organizers. Since there are an increasing number of road racing and fitness-oriented events, it's becoming harder to avoid scheduling races on the same day or weekend. When planning an event, race organizers should contact Gary Smith (744-1099) about scheduling an event. Our bi-monthly newsletter will be read by 300+ runners in 1988. Your race application or advertisement can be printed in the newsletter. You can contact Mike Pryt (776-5592) for assistance.

The KVRRC Board of Directors is here to serve you. If you have a membership/newsletter mailing problem, give Paul Garrett (925-3247) a call. If you have any questions about the "Winter Series" races, give Carroll Young (727-9844) or the race director for a particular race a call.

Patrick and I will see you at the races.

Pat Board III

KANAWHA-TEAYS BIATHALON

Bill Shultz

As Race Director, I would like to take this opportunity to invite all members to participate in the "Kanawha-Teays Biathlon" which will be held Sunday, May 15, 1988 at 9:00 AM. The event will start and finish at Hurricane High School. It will consist of a 10K Run followed by a 40K Bike Ride. The race is being sponsored by the KVRRC and John's Cyclery of St. Albans. There will be both individual and relay team categories. This is an excellent opportunity to add some variety to your race schedule and supplement your running program with some cross-training. Look for more details in the next issue of The Runners Sole.

STORIES OF A MARATHONER

Rex W. Wilson

Wayne Wilson arrived from Arlington, Virginia and was making an inquiry about registering for the Almost Heaven Marathon. He went to the reception area at the CAMC hospital by the patient section of the hospital and was referred to the outpatient department. He was sent to the 2nd floor of the Doctor's Medical Building. He was then sent to the personnel department and was signed up for the hospital's walking program. (Wayne called "The Charleston Daily Mail" and was referred to the road runner's reporter inquiring about the starting time for the race.) Wayne and a friend, Ester, were dining at a Hot Shoppe one evening. Ester was asked if she qualified for a senior discount. Taking personal offense at that remark, she decided to run the Marine Marathon the next day. Although she was 15 minutes too late for registration, Ester ran the marathon course unofficially and finished in 5 1/2 hours.

Editor's Note: Wayne Wilson had an active November...successfully completing the Marine Corps, Atlantic City, Maryland, and Almost Heaven Marathons on successive weekends.

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November 28, 1987: ALMOST HEAVEN MARATHON

OFFICIAL RESULTS

PLACE	NAME	AGE/SEX	ADDRESS	TIME
1	Jeff Trump	21/M	Beckley, WV	2:35:50
2	Anthony Bruno	22/M	Coraopolis, PA	2:54:49
3	Lee Lawson	43/M	Huntington, WV	2:55:20
4	Tom Lumadue	30/M	Ripley, WV	2:55:43
5	Harold Edwards	33/M	Charleston, WV	2:56:50
6	Don Wilson	33/M	St. Albans, WV	2:57:30
7	Randy Sweptson	36/M	Laureville, OH	2:58:20
8	Jesse Skiles	23/M	Glennville, WV	2:59:18
9	Don Siefers	50/M	Bradfordwood, PA	3:01:43
10	Bill Svod	39/M	Marquette, MI	3:05:36
11	Larry Fielder	38/M	Brighton, MI	3:12:05
12	Stewart Rynklevich	18/M	Benwood, WV	3:12:08
13	Tom Schumacher	40/M	Elkins, WV	3:13:00
14	Ricky Harris	20/M	Falling Rock, WV	3:14:32
15	Steve Robinson	44/M	Marietta, OH	3:16:37
16	Ken Tallman	49/M	Charleston, WV	3:23:12
17	John Thompson	44/M	Harts, WV	3:23:41
18	Ron Rowsey	31/M	Willowood, OH	3:25:18
19	Jim Lemon	34/M	Nitro, WV	3:26:11
20	Debbie Young	34/F	Summersville, WV	3:28:46
21	John Mandeville	52/M	St. Albans, WV	3:32:33
22	Patrick Sizemore	31/M	Lordsville, WV	3:38:22
23	Rufus Dingess	28/M	Logan, WV	3:39:59
24	Liz Irvin	45/F	Princeton, WV	3:42:01
25	Vic Ware	52/M	Charleston, WV	3:49:41
26	John Timberlake	39/M	Cross Lanes, WV	3:51:52
27	Bob Figuli	59/M	Marquette, MI	3:56:53
28	Steve Coe	41/M	Zanesville, OH	3:56:56
29	Rex Wilson	46/M	Arlington, VA	3:56:59
30	Sharon Mordorski	36/F	Roseville, MN	3:57:29
31	Scott Clark	18/M	Elkview, WV	4:00:43
32	Connie Hughart	39/F	Charleston, WV	4:02:38
33	Mike Pollock	41/M	Huntington, WV	4:07:44
34	Charlotte Gerkin	42/F	Mitchell, IN	4:12:21
35	Owen Ellison	51/M	Daniels, WV	4:18:11
36	Clinton Dailey	38/M	St. Albans, WV	4:20:42
37	Randall Hase	40/M	Lorain, OH	4:24:59
38	Lee Duerer	40/M	Green Rock, PA	4:25:14
39	Hal Darr	39/M	York, PA	4:26:28
40	Randy Smith	62/M	Atlanta, GA	4:26:45
41	Billy Joe Peyton	30/M	Morgantown, WV	4:27:46
42	Ken Brown	38/M	Huntington, WV	4:29:23
43	Ed Barreto	50/M	Naples, FL	4:31:24
44	Jerry Herndon	49/M	Cabin Creek, WV	4:31:25
45	June Hicks	44/F	St. Albans, WV	4:37:40
46	John Stanton	41/M	St. Albans, WV	4:42:53
47	Bob Patterson	58/M	Fall Branch, TN	4:51:15
48	Robert Shimmel	58/M	Riverview, MI	4:51:27
49	Samuel Carlson	42/M	Elgin, IN	4:51:38
50	Steve Bock	42/M	Charleston, WV	4:57:08

SCHEDULE OF EVENTS
January-February
 RT: Registration Time
 ST: Starting Time
 SP: Starting Place
 EF: Entry Fee
 RD: Race Director

KANAWHA VALLEY ROAD RUNNERS

*****WINTER SERIES*****

race one: Kanawha City 10K
 December 13, 1987

race two: Frostbite 5-miler
 January 17, 1988
 Annette Castelle 343-9371

race three: Valentine 5K
 February 14, 1988
 David Ellis 344-4488

All races are on certified courses at 2:00 pm. on Sundays.

START & REGISTRATION:
 WVU Medical Building, CAMC Memorial Division

ENTRY FEE:
 \$2.00 for members and \$3.00 for non-members.

CATEGORIES(men and women):
 14&under 15-23 24-32
 33-41 42-50 51-59
 60&over Wheelchair

AWARDS:
 1st overall, 1,3 deep in each category for males and females.
 At the KVRRC banquet, an award will be given for the
 best combined time in all races for each category.

INFORMATION:
 PAT BOARD 744-0575, CARROL YOUNG 727-9844,
 BILL O'DELL 744-4918, PAUL GARRETT 925-3247,
 GARY SMITH 744-1099, MIKE PYRYT 776-5592
 ANNETTE CASTELLE 343-9371, FRED WAYBRIGHT 722-6850

January 1, 1988
 Friday
 New Year's Day Run
 (3.5K)

RT: Noon
 SP: Druthers Resterant
 EF:
 RD: Rick Roberts (606/789-3747)

January 17, 1988
 Sunday
 Frostbite 5-Miler
 (2nd of Winter Series)
 RT: 1:00 PM
 ST: 2:00 PM
 SP: CAMC Memorial-Kanawha City
 EF: \$2.00 members/\$3.00 non-members
 RD: Annette Castelle (343-9371)
 SEE AD THIS ISSUE

February 28, 1988
 Sunday
 Anheuser Busch Colonial
 Half Marathon
 RT: Pre-entry Deadline 2/20/88
 ST: 1:00 PM
 SP: Campus of William & Mary
 Williamsburg, VA
 EF: \$8.00/\$10.00
 RD: Dan Stimson (804/253-4320)

March 11, 1988 KVRRC Annual Awards Banquet
 March 12, 1988 Poca River Run
 May 15, 1988 Kanawha/Teays Biathlon

Race Directors should immediately contact
 the KVRRC regarding cancellation or
 rescheduling of events. Please provide
 race information to:

Gary Smith
 250 F. Street
 South Charleston, West Virginia, 25303
 (744-1099 after 6PM)

January 2, 1988
 Saturday
 Charlotte Observer Marathon
 and 10k
 RT: entries postmarked by 12/8/87
 ST: varies
 SP: Tryon Street, Charlotte
 EF: \$10.00
 RD: Doe Fleck (704/379-6896)

February 14, 1988
 Sunday
 Valentine 5k
 (3rd of Winter Series)
 RT: 1:00 PM
 ST: 2:00 PM
 SP: CAMC Memorial-Kanawha City
 EF: \$2.00/\$3.00
 RD: Dave Ellis (344-4488)
 SEE AD THIS ISSUE

LOOKING AHEAD

December 13, 1987: Kanawha City 10K Official Results

Place	Name	Age/Sex	Time
1	Mickey Grass	27/M	33:12
2	Greg McKinney	27/M	33:24
3	Tim Caudill	23/M	34:57
4	Bill Schultz	33/M	34:58
5	Scott Delepine	27/M	35:20
6	Glen Baldwin	29/M	35:34
7	Joe Pat Young	14/M	36:15
8	James Shock	17/M	36:19
9	Ron Plantz	39/M	36:21
10	Mike Mayes	42/M	36:33
11	Gary Prater	42/M	36:34
12	Lee Lawson	43/M	37:06
13	Dave Daniels	33/M	37:14
14	Harold Edwards	35/M	37:21
15	John Porter	37/M	38:02
16	Mark Robinson	40/M	38:03
17	Roger Arthur	37/M	38:08
18	Joe Young	40/M	38:23
19	Mike Sullivan	40/M	38:23
20	Mike Blake	31/M	38:34
21	Gary Smith	34/M	38:48
22	Gary Peyton	45/M	38:55
23	Patrick Board IV	14/M	38:55
24	Rick Lutz	37/M	39:27
25	Gerald Green	43/M	38:45
26	Jim Hamrick	53/M	40:39
27	John Sheets	43/M	40:49
28	Debbie Young	34/F	40:52
29	Debbie Crites	31/F	41:15
30	Dennis Hamrick	29/M	41:43
31	Robert Cummings	45/M	42:19
32	Lyle North	54/M	42:44
33	Jack Adkins	51/M	42:51
34	Gabriel Szego	47/M	43:20
35	Ray Green	37/M	43:43
36	Buzz Burke	38/M	43:44
37	Steve Zakan	38/M	43:46
38	John Reifsteck	34/M	44:06
39	Ronnie Martin	40/M	44:21
40	John Timberlake	39/M	44:28
41	Mike Swartz	17/M	44:38
42	Ronnie Hull	31/M	44:50
43	Lowell Haga	44/M	44:51
44	Todd Owens	25/M	44:53
45	Venkatesst Acharya	39/M	45:19
46	Pam Bernan	35/F	45:23
47	Bill Willis	33/M	45:27
48	Bob Glancy	41/M	45:31
49	Sharon Jones	30/F	45:32
50	Robert Gray	36/M	45:33
51	Joe Neckorane	33/M	45:41
52	Diana Morris	37/F	45:50

Editors Note: Please let me know if there are any mistakes including spelling in the printed lists. It would be helpful for runners to ensure that their names are spelled correctly on the registration lists.

KVRR ANNUAL AWARDS

MOST MILES IN 1987

MOST DAYS RUNNING IN 1987

MOST RACES IN 1987

TO BE AWARDED AT KVRR BANQUET

SEND YOUR TOTALS BY FEBRUARY 15, 1988 TO ANY KVRR BOARD MEMBER

BALTIMORE MARATHON

JERRY R. HERNDON

I wanted another marathon, another state
My vacation was running out, no more could I wait
A longtime friend agreed to Baltimore
Watch out eagles we can also soar

With my weight and shape only a finish would count
Past injuries were my problems to surmount
To participate is to at least be alive
If one doesn't breathe life, they die

A premeal consisted of spaghetti, potato and rice
Also a little wine as a vice
Before my last two meals the scales read 164
But at this point it didn't matter any more

My previous marathons had left me tired
I felt like my mental computer was unwired
Carbos weren't giving me a lift
Predicted finishing time was due for a down shift

The cutoff for three events was 3,000 bodies
The marathon course was terrible and the shirts shoddy
Registration was at Lord Baltimore
Late entering until nine but preferably before

The parking meter time only permitted 15 minutes
Signing up delays would make one a cynic
The waiting line of people was slow
My impatience only resulted in sending the morale low

Up with the break of dawn
Rapid packing in order to be gone
The vehicle wouldn't start
Either the owner or starter will have to part

Going to the race the open wind was strong
My gut feelings and pains say going is so wrong
Fortunately, there was little prerace traffic to fight
So we didn't have to venture forthe the preceding night

The small car danced across the road
The head wind and small engine couased us to go slow
Probably the only good thing was the car was overheating
Still onward to Baltimore the road was leading

A thousand old excuses came to mind
Regardless of my thoughts there appeared not a decent sigh
Onward we pursued our marathon goals
Even with a promise of more wind and cold

The thought of "I hope I can"
Will lead me to begin
Somewhere another inspiration must appear
If not, a long cold walk ahead, I fear

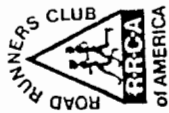
One had to keep moving at the starting line
Since everyone was available why not start before time
My body and its attachments were cold
The weather reports all said so

The running conditions presented a brain drain
Cold to the core of my bones
Wind kept blowing over the traffic cones
The pavement was covered with frozen rain

Before the race we traveled the course
Even then we could feel the wind's force
From this review wehad prerace conceptions
Later, our initial thoughts were misconceptions

Going out the course appeared uphill most of the way
However, the path was uphill coming back the same day
As the dirt track finish became near
I swore, "no more", at least until next year

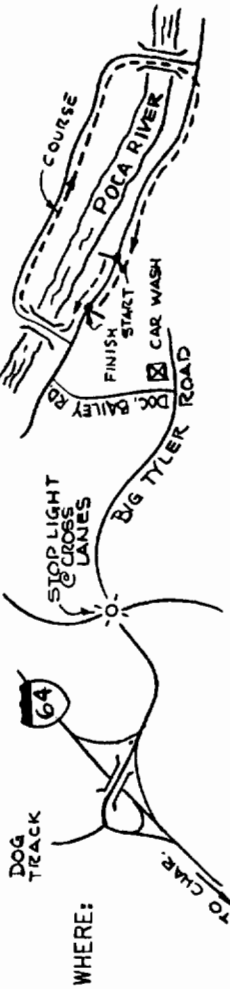
Editor's Note: KVRRC member and poet laureate, Jerry Herndon completed three Marathons: The Maryland Marathon in Baltimore, The Atlanta Marathon, and the Almost Heaven Marathon in the same week.



POCA RIVER RUN

ON SATURDAY MARCH 12, 1988 AT 10:00 AM.

15 KM ROAD RACE



ENTRY FEE: \$5.00 1987 KVRRC MEMBERS
\$6.00 Non-Members

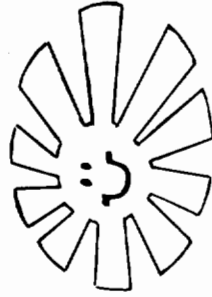
RACE DIRECTOR: FRED WAYBRIGHT (768-9065)



T-Shirt Tributes and Tribulations

Mike Pyryt

My T-shirt collection continues to grow. Although each T-shirt is valuable for the race stories it brings to mind, some shirts have more value because of the quality of the T-shirt rather than the meaning of the race. The main feature that I look for when I pick up my T-shirt is uniqueness. I'm not excited when the only difference between a race T-shirt from one year to the next is the shirt color and race year. This factor is more understandable for races with limited sponsorship. Well-established races should try to be more thoughtful than randomly selecting colors. When same-style shirts are required for financial reasons, I suggest a three-year limit. Races that have attractive logos can follow the lead of the Autumn Gold Classic and vary the size of the logo and style of the shirt (long-sleeve, short-sleeve, singlet) in order to retain the beauty of the design yet add some originality. I commend the Carbide Fitness Run for providing high quality polo shirts to commemorate its tenth anniversary race. I encourage other races having anniversaries to do something special. I share with many runners the preference and use of long-sleeved shirts. Since the benefit to the race sponsor is based on wear, I'd recommend greater usage of long-sleeved shirts although the cost of production is slightly higher. Since color preferences are idiosyncratic (mine being black, white, and red), my only suggestion is to ensure when possible that the color of the T-shirt matches the theme of the event. A Shamrock Classic shirt should be green.



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Kanawha Valley ROAD RUNNERS



PRE BREAKFAST
JERRY R. HERNDON

The runner awoke before dawn
In darkness shoes and socks went on
Although the dull pain was still in the thighs
It was time to go forth for a concrete ride

It hurts to be set free
But the outcome has value for me
Down the road and back is several miles
But the return and shower ends up in smiles

I thought I knew from where I came
Admittedly my ignorance was my blame
With no kind directions from the sun
Tiredness and disgust became part of the long run

Oh how I wished to be back
Sense of humor was a definite lack
The previous small blister throbs in pain
Anyone losing sleep to run is partly insane

Ice has begun to form on my face
If I don't soon return, I'll be a basket case
The ground is slippery to the feet
My tingling toes and fingers need a ray of heat

My previous gay spirit was not around
Gosh how I wish to be homeward bound
Say, that looks like the steeple of a local church
What a relief it is to be out of the lurch

The cheeks are now rosy and warm
The comforts of home make me feel reborn
Since the cold is no longer to the core
Mental dictations say tomorrow I shall resoar

THE KVRRC BOARD OF DIRECTORS CORDIALLY EXTENDS A HAPPY NEW YEAR
TO ALL KVRRC MEMBERS AND BEST WISHES FOR MANY PRS IN 1988!

The Kanawha Valley Road Runners (KVRRC) invite 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 Bi-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 KVRRC-sponsored runs held each year.
- o Development and sharing of training strategies for novice to experienced runners at the KVRRC 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.

KVRRC-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

