



Michael C. Pyryt, Editor

1989

JANUARY-FEBRUARY

The President's Page
I hope your holidays were happy!!! Best wishes for a healthy a prosperous New Year to you and your family. I urge you to stay in shape and run through the bad weather. Your body will thank you in the Spring and Summer.

Congratulations to all runners who won races on November 8. On December 3, 1988, the KVRRC and Executive of West Virginia, Inc. sponsored the annual Almost Heaven Marathon. On behalf of Race Director, Bill O'Dell, I'd like to thank everyone who contributed to another successful race. This year we returned to a three loop course in Kanawha City. We also added three-person relays to increase participation.

The 1988-1989 "Winter Series" is alive and running. The Kanawha City 10K was held on December 18, 1988, with 70+ runners participating in the cold and windy weather. Plan to run The Frosbite 5-Miler in January and Valentine 5K in February.

The Annual Awards Banquet of the Kanawha Valley Road Runners Club will be held on Thursday, March 9th at 5:30 PM at Rose City Cafeteria in South Charleston. On Saturday, March 11, 1989 the KVRRC will conduct the Poca River Run, 9.3 miles of rolling countryside. We are planning to conduct another Kanawha-Teays Biathalon in May. Look for more information from Bill Shultz in future issues of The Runners Sole.

I hope that all race directors have contacted Gary Smith with race information for the 1989 Race Calendar. Support the KVRRC in 1989!!! We are working for You!!! Patrick and I will see you at the races.

Pat Board III

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	President/Treasurer	744-6502
Paul Garrett	Vice President	925-3247
	Membership Chairman	343-9371
Annette Castelle	Secretary	344-4488
Dave Ellis	Director	344-8342
Dennis Hamrick	Director	744-4918
Bill O'Dell	Director	776-5592
Mike Pyryt	Director/Newsletter	768-8472
Bill Shultz	Director	768-9065
Fred Waybright	Director	
Gary Smith	Alternate	757-0817
Dave Fields	Race Calendar	548-4761
	Alternate	

FROM THE EDITOR:

Happy Holidays and best wishes for a prosperous injury-free 1989!!!
 As I review my triumphs of 1988 (completing the New Jersey Waterfront Marathon, completing the Charleston Distance Run and Regatta Swim, hosting a successful Pocca River Party, making some people laugh, and editing The Runners Sole, I must also acknowledge my failures. Last December, I set three goals:
 1. To run in at least 10 West Virginia Counties that I hadn't run in before.
 2. To run at least three marathons.
 3. To break 50 minutes again in the 10K.

I only ran in three more counties, Taylor, Mercer and Greenbrier. I only ran 1 marathon. I only broke 50 minutes for races 5 miles or less. Were my goals unrealistic? Perhaps!! The hardest goal is the first. It's hard to get information on races outside the Kanawha Valley. Many require significant travel and compete with races that I enjoy. The second goal is not unrealistic but requires more significant training than I've managed to put in. It also requires wise choices of the marathons to make it possible. I need a race with at least 1000 runners, a decent course, at least 15 aid stations, and plenty of encouragement upon achieving objectives necessary to accomplish the second. By confidently attempt a marathon. The third goal is contingent increasing my training mileage, I should lose some weight and begin to run faster. My own calculations suggest that each additional pound adds 30 seconds to my 10K time. My New's Resolution is to run more, hoping to average 35-40 miles a week up from my current 15 miles on a good week. If so I'll accomplish goals two and three. I will be grateful for every new county I run in and am looking forward to the Governor's Cup Series. I pray that the Lost River 10K in Hardy County doesn't conflict with the New Jersey Waterfront Marathon.

Go For Your Goals in 1989!!! See you at the Races!!!

Mike Pyryt

**ATTENTION
 RACE DIRECTORS
 NEW AD POLICY FOR
 THE RUNNERS SOLE**

**ALL ADS MUST BE ON
 WHITE PAPER
 SIZE 8 1/2" X 11"**

**OTHERWISE
 FULL PAGE FEE
 \$50.00**

**KVRRRC PRESENTS
WINTER SERIES 88/89**

**KANAWHA CITY 10K
12/18/88
FROSTBITE 5-MILER
1/15/89
VALENTINE 5K
2/12/89
WVU MEDICAL BLDG
CAMC-MEMORIAL**

**2:00 PM
\$2.00/\$3.00**

**Schedule of Events
January-February**

January 15, 1989
Sunday
Frostbite 5-Miler
RT: 1:00 PM
ST: 2:00 PM
SP: WVU MEDICAL BLDG, CAMC-Memorial
EF: \$2.00/\$3.00
RD: KVRRRC 744-6502

January 21, 1989
Saturday
The Snowflake Chasers
(5M, 10M, Half-Marathon)
RT: 9:30 AM
ST: 10:30 AM
SP: Big Run State Park
Westernport, MD
EF:
RD: Tom Morris (301/359-3770)

**2nd of WINTER SERIES
SEE AD THIS ISSUE**

February 11, 1989
Saturday
Carolina Marathon also 10K & 5K
RT: BY 2/1/89 for 26.2/10K 9:00 5K
ST: 9:00 AM/9:15 AM/9:30 AM
SP: Columbia, SC
EF: \$12.00/\$7.00/\$7.00
RD: Rick Noble (803/254-9727)

February 26, 1989
Sunday
Colonial Half Marathon
RT: 12:00 PM
ST: 1:00 PM
SP: William & Mary
Williamsburg, VA
EF: \$8.00/\$10.00
RD: Rick Platt (804/229-7375)

Looking Ahead

March 9, 1989 KVRRRC AWARDS Banquet 5:30PM Rose City Cafeteria
March 11, 1989 Poca River Run (15K) SEE AD THIS ISSUE

Race Directors should immediately contact
the KVRRRC regarding the cancellation or
rescheduling of events to:

Gary Smith
170 Washington Circle
Hurricane, West Virginia, 25526
(757-0817 after 6 PM)

February 12, 1989
Sunday
Valentine 5K
RT: 1:00 PM
ST: 2:00 PM
SP: WVU MED BLDG, CAMC
EF: \$2.00/\$3.00
RD: KVRRRC (744-6502)
3rd of WINTER SERIES
SEE AD THIS ISSUE

December 18, 1988: Kanawha City 10K RESULTS

PLACE	NAME	AGE/SEX	TIME
1	Bubby Dent	22M	31:19
2	Chris Jagers	27M	32:49
3	Chris Parsons	28M	33:32
4	Don Wilson	35M	34:09
5	David Duncan	34M	34:25
6	Glenn Baldwin	30M	34:44
7	John Maher	34M	34:49
8	Pat McGinnis	35M	35:13
9	Bill Belcher	27M	35:23
10	Harold Edwards	34M	35:30
11	Bill Shultz	34M	35:45
12	Gwain Noga	38M	36:17
13	Gary Brown	40M	36:34
14	James Shock	17M	36:43
15	Tim Caudill	24M	37:11
16	Scott Swann	17M	37:28
17	K. Kringle	40M	38:03
18	Mike Blake	32M	38:23
19	Glenn Morris	28M	38:38
20	Roger Arthur	41M	38:46
21	Jack Sanders	40M	39:03
22	David Daniels	34M	39:13
23	Mike Hunt	33M	39:36
24	Don Meza	46M	40:02
25	Debbie Carmichael	32F	40:14
26	Joe Dress	40M	40:22
27	Chris Bowman	17M	40:39
28	Tom Percy	39M	40:51
29	Terry Carmichael	50M	41:01
30	Dennis Hamrick	30M	41:45
31	Gabriel Szego	48M	41:50
32	Richard Comer	38M	42:00
33	Winston Gregory	41M	42:01
34	Guy Skeens	42M	42:08
35	Lee Cabel	36M	42:13
36	Jeff Seaman	33M	42:13
37	Joe Neckorane	35M	42:15
38	Jack Adkins	52M	42:16
39	Eileen Abbott	26F	42:28
40	Todd Owens	26M	42:39
41	Galland Phillips	11M	43:32
42	Roger Hager	34M	43:59
43	Linda Detrick	27F	44:06
44	Sonny Phillips	41M	44:14
45	Bucky Starr	45M	44:48
46	Sid Platt	35M	44:53
47	Dan Kendra	47M	45:06
48	George Castelle	40M	45:07
49	Diana Morris	38F	45:09
50	Pam Berman	26F	45:12
51	Lionel North	55M	45:19
52	Kevin Austin	31M	45:41

Kanawha City 10K Results (Continued)

PLACE	NAME	AGE/SEX	TIME
53	Melinda Skaggs	39F	45:52
54	Jeff Stratton	32M	46:55
55	Sharon Jones	33F	47:26
56	Hank Glass	33M	47:27
57	Ven Acharya	40M	48:06
58	Tom Neal	37M	49:10
59	Ellen Szego	42F	49:27
60	Phil Radford	56M	49:37
61	Terry Defazio	34F	49:37
62	Connie Pfister	24F	51:46
63	Bonnie Lamb	36F	52:09
64	James Cox	23M	52:35
65	Ken Mann	45M	52:35
66	G. Paul Wright	42M	52:42
67	Hansel Robertson	57M	53:03
68	Ruth Heidenreich	52F	53:36
69	Bill Ramsey	41M	53:41
70	Burman Caton	71M	55:56
71	Jean Arthur	39F	54:12
72	Patricia Issac	36F	54:25
73	Steve Bock	43M	55:00
74	Rosemary Platt	34F	57:37
75	Vijay Jain	48M	59:34
76	Mike Pyryt	35M	63:14
77	Jerry Herndon	50M	63:15

LET'S HELP EACH OTHER

In an effort to assist our flock locate running partners, we have initiated a free personal ad service. If you are looking for a jog-jogging partner, if you are seeking for one or more partners to run with on a regular schedule, please send

- (1) Days of the week
- (2) Time of day
- (3) Area of town - meeting place
- (4) Pace, distance
- (5) Name
- (6) Telephone Number

to KVR, Box 2282, Charleston, WV 25328

Out of Town Races

If you are interested in car pooling or sharing accommodations for out-of-town races with other running fools, please contact Mike Pyryt.....

If you want to go to marathons, write:

Jerry Herndon, Box 384, Cabin Creek, WV 25035

KVRRRC PRESENTS
POCA RIVER RUN

15K



MARCH 11, 1989

DOC BAILEY/POCA RIVER

10:00 AM

TO BE AWARDED
AT KVRRRC BANQUET
MOST DAYS 1988
MOST MILES 1988
MOST RACES 1988
SEND TOTALS TO:

PAUL GARRETT 925-3247
BY 2/15/89

KVRRRC 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: _____ RENEWING MEMBERS
1. _____ Date of Birth: _____ 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

