



Kanawha Valley Road Runners Official Newsletter

Gary C. Smith, Editor

1983

July - August

THE PRESIDENT'S PAGE

Who says we don't keep our promises? On Tuesday, July 12, at 6:00 p.m. the Kanawha Valley Road Runners will conduct a long-awaited combination speedwork and stretching clinic followed by "Fast/Slow" half-mile relay races at the South Charleston High School Track.

KVRRRC members who are experienced at speedwork will be sharing their experiences and theories on different methods of speedwork.

Kym MacDiarmid, YMCA Dancerobics instructor, will conduct a class on the proper techniques of stretching. Immediately following we will form teams of fast and slow runners to compete in 1/2 mile relay races.

The Fast/Slow relay will work like this: All those participating tell what their best 10K time is, then the fastest runner is paired with the slowest and the second-fastest with the next slowest runner and so on. A two mile race is started with each team mate running either the first and third half mile or the second and final half mile. The team that has the most fun wins.

The Board of Directors is working hard to bring to the membership this clinic as well as additional get-togethers in the future.

To be successful we need your support. Join us for an informative, fun evening.

Bill O'Dell

**THE KENTUCKY DERBY MINI-MARATHON OR
HOW WE COMBINED RUNNING AND SWIMMING IN ONE EASY EVENT**

by Cyron T. Lawson

Louisville, Kentucky, 6:30 a.m., April 30. Four inches of rain since 3:00 a.m. and still falling. "Aw, it'll let up by race time".

"Hey this flooded underpass is on the race course - this'll be a lot of fun an hour from now!" "Tell you what: I'll quit if you will!" (No response, naturally, we being two confirmed macho men.)

"This must be Iroquois Park - look at all the other idiots running around in the rain. Parking lot already full naturally; hope Jerry's Restaurant won't have the car towed." Don't see any other Charleston runners.

"Why are there 5,000 runners lined up at the Porta-Johns on this side of the lot and nobody on the other? Runners are a sociable bunch, I guess."

"Wish I had the Hefty Trash Bag concession for this race! With all this rain, maybe it's the official T-shirt." "Thank God the race is about to start so I can get warm! Let's see, here's the 120 minute starting mark - about my speed."

And they're off and plodding through the park loop; wading overflowing gutters; leaping mud slides at a single-bound. First mile in 11:25; no problem with starting too fast here!

Funny, in West Virginia runners go behind the trees to relieve themselves. Here they stand by the road in front of the trees - maybe we're just too bashful. With all this rain, why bother anyway.

Now the three "hills" - somewhat of a misnomer to anyone who runs in Charleston. Good chance to pass about a hundred "cream puffs." Pack now spreading out. Four miles in 34 minutes; feel great; take off jacket, show the flag for the hometown gang. (KYVR T-shirt).

Mile six. Someone shouts "all downhill from here" (road follows a long gradual rise). Still feel good - "a piece of cake". There's Churchill Downs - too bad the horses didn't come out to cheer us on. (Probably too smart to leave a nice dry stable.)

Awful truth beginning to dawn! 20 miles per week not enough training for 13 miles of racing! Mile 9 - legs beginning to really ache; maybe the old rule is true - don't race more than three times your daily average mileage. Vague memories coming back of my first and only Almost Heaven Marathon - 1980, rain and pain. Why do I keep doing this to myself?

Mile 11 already - time does fly when you mind is burned! Where is that turn-off, been following this straight road downtown since last week. Ah, here it is. Now turn again; home stretch.

Oops, can't slow down now! There's the family - got to strike a determined racing pose for posterity. Turn the corner, men to the right. "Remember your time as you cross the line." Are you kidding - right now I can't remember my name!

It's over! Race and rain both. Good wind blowing for the long cold walk back to the hotel! Get in line for T-shirt; I earned it - get my size, not the kids' - Besides, all those other guys are blocking the wind in the size-L group.

1 hour 50 minutes. Right on target (beat my Charleston Distance Run time anyway!) Do it again, you say? Naturally! I didn't get any smarter in the race.

MEMBERSHIP ANALYSIS

Just who are the people that comprise the membership of the KVRRC? The analysis below, based on membership applications, tell part of the story.

As of May 31 there were 282 paid memberships. 15 Student, 227 Regular and 40 Family (134 family members).

Regular & Student Members:

AGES	MALE	FEMALE	TOTAL
19-under	6	1	7
20-29	41	20	61
30-39	66	17	83
40-49	40	8	48
50-59	19	2	21
60-Over	4	0	4
No Response	15	3	18
	191	51	242

RESIDENCE:

Anstead: 1
Belle: 5
Blue Creek: 1
Cabin Creek: 1
Charleston: 125
Charlton Heights: 1
Chesapeake: 2
Clendenin: 2
Cross Lanes: 9
Dunbar: 10
Elkview: 11
Gassaway: 1
Glasgow: 1
Glen Daniel: 1
Hamlin: 1
Hurricane: 4
Julian: 1
Leet: 1
Madison: 4
Mallory: 1
Montgomery: 2
Morgantown: 2
Mt. Carbon: 1
Nitro: 4
Poca: 4
Pt. Pleasant: 1
Princeton: 1
Quincy: 1
Richwood: 2
St. Albans: 31
Sissonville: 1
Smithers: 1
South Charleston: 40
Spencer: 2
Summersville: 1
Tornado: 1
Uneeda: 1
Winfield: 1
Out of State
Russell, KY: 1
Middletown, OH: 1
Callipolis, OH: 1

OCCUPATIONS:

Accountant/Auditor: 8
Administrator/Exec: 15
Art Therapist: 1
Banking/Finance: 4
Chemical Operator: 4
Chemist: 1
Clerk: 2
Coal Miner: 4
Compensation Spec: 1
Computers: 9
Contract/Elec/Const: 6
Dentist: 3
Designer: 1
Draftsman: 4
Engineer: 27
FBI Agent: 1
Heavy Equipmt Op: 3
Housewife: 4
Industrial Hygenist: 1
Insurance Agent: 3
Judge: 1
Lab Technician: 2
Lawyer: 17
Legal Assistant: 1
Maintenance: 2
Manager/Supervisor: 20
Mechanic: 1
Merchant: 1
Military: 2
Millwright: 1
Minister: 1
Nanny: 1
Nautilus Instructor: 1
Newspaper Carrier: 2
Nurse: 5
Pharmacist: 3
Photographer: 1
Physician: 9
Pilot: 1
Police Officer: 2
Postal Service: 1
Printer: 1
Psychologist: 1
Publications Specialist: 1
Purchasing Agent: 1
Railroad Employee: 2
Real Estate: 2
Records Manager: 1
Retired: 3
Sales/Marketing: 10
Scientist: 1
Secretary: 3
Social Work: 4
Speech Pathologist: 1
Sports Writer: 1
Superintendent: 2
Supply Officer: 1
Surveyor: 1
Teacher/Educator: 21
Technical Writer: 1
Tennis Instructor: 1
Truck Driver: 2
Unemployed: 1
Welder: 1

SCHEDULE OF EVENTS
JULY AND AUGUST 1983

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

July 2, 1983
Saturday
Independence 10K
RT: 7:30 a.m.
ST: 8:30 a.m.
SP: Watt Powell Park
EF: \$6.00 (pre) \$7.00 (race day)
RD: Lisa Ferrato
American Cancer Society
346-3409

July 5, 12, 19, 26, 1983
Tuesday
All-Comers Track Meets
RT: 5:30 p.m.
ST: 6:00 p.m.
SP: Laidley Field
EF: \$1.00 under 20/\$2.00 20
and over
RD: Capital City Striders

July 7, 21, 1983
Thursday
All-Comers Track Meet
RT: 5:30 p.m.
ST: 6:30 p.m.
SP: Hurricane High
EF: \$1.00
RD: Great Teays Running Club
Addtl Info: Ribbons to first 3
places each age group, each event

July 9, 1983
Saturday
Firemans Run
RT:
ST:
SP:
EF:
RD: Teays Valley Vol. Fire Dept.

July 12, 1983
Tuesday
Speedwork Clinic Fast/Slow Relays
RT: N/A
ST: 6:00 p.m.
SP: So. Charleston High School Track
EF: None
RD: KVRRC

July 16, 1983
Saturday
AFC Boys Club 6 Miler
RT: 7:15 a.m.
ST: 8:00 a.m.
SP: St. Albans Urban Renewal Loop
EF: \$5.00/\$6.00
RD: Steve Perdue - AFC Boys Club
115 Swan Lane
St. Albans, WV 25177

July 23, 1983
Saturday
Aracoma Story 10K
RT: 8:00 a.m.
ST: 9:00 a.m.
SP: Chief Logan State Park
Amphitheater
EF: \$5.00 (by July 9) \$6.00 (after)
RD: Gary H. Hylton
P. O. Box 1435
Logan, WV 25601
752-0469

July 23, 1983
Saturday
Great Teays 10K Run
RT: 7:30 - 8:45 a.m.
ST: 9:00 a.m.
SP: Hurricane High School
EF: \$5.00/\$6.00
RD: Great Teays Running Club
340 Green Acres Drive
Hurricane, WV 25526
757-6490

July 30, 1983
Saturday
Diet Pepsi 10K
RT: 6:30 a.m.
ST: 8:00 a.m.
SP: Olde Main Plaza, St. Albans
EF: \$5.00/\$6.00
RD: Diet Pepsi 10K/Mike Farley
P. O. Box 871
Charleston, WV 25323

August 6, 1983
Saturday
(Oak Hill-Fayetteville)
WV 20K Championship
RT:
ST: 8:00 a.m.
SP: Collins Middle School, Jones Ave.
EF: \$5.00 (by July 29) \$10.00 (after)
RD: Fayette Plateau Chamber of
Commerce
214 Main Street
Oak Hill, WV 25901
465-5617 - Doug Maddy

August 13, 1983
Saturday
Ohio River Fest 10K
RT:
ST: 9:55 a.m.
SP: Ravenswood Shopping Plaza
EF: \$5.00/\$6.00
RD: Paul Taylor
Rt. 1, Box 96A
Ravenswood, WV 26164

August 20, 1983
Saturday
Weirton 10 Mile Classic
RT: 7:00 - 8:45 a.m.
ST: 9:00 a.m.
SP: Millsop Community Center
3420 Main Street
Weirton, WV 26062
(Certified Course)

LOOKING AHEAD

September 3 - Charleston Distance Run
September 17 - Belle Invitational
September 24 - Clendenin 7 Mile
October 9 - University City Classic
October 16 - Black Walnut 10K
November 26 - Almost Heaven Marathon
December 31 - New Years Eve 5K

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

Annette Castelle
124 Westview Drive
Charleston, WV 15311
949-6400 (O)
343-9371 (H)

August 20, 1983
Saturday
Nautilus Fitness Run
RT:
ST:
SP:
EF:
RD: Nautilus Fitness Center, Putnam
Village

August 21, 1983
Sunday
Snowshoe Race
RT: 8:30 a.m.
ST: 10:00 a.m.
SP: Snowshoe Entrance
EF: \$6.00
RD: Ed Wootton
Box 10, Snowshoe, WV

August 27, 1983
Saturday
Sternwheel Regatta Bike Ride
RT:
ST:
SP:
EF:
RD: 344-0430/345-4136

RUNNER'S SPOTLIGHT

As members of the KVRRC, we all have a common interest but we don't all know each other, by featuring a member each issue we hope to get the membership to know each other better.

In The Spotlight: From Dunbar, Mark Cottrill

Occupation: CPA, with Ernst & Whinney in Charleston, Mark works principally on the consulting staff.

How Long Have You Been Running? Mark was on track teams in junior high and high school, then after five or six years of exercise consisting mainly of 12 oz. curls, he began running again a year and a half ago.

Why Did You Start? At first to lose weight and get in shape.

Face/Mileage: Runs 25-30 miles per week; races about 6:30 miles with best time being 6:10 miles in a 5K.

Advice: Don't overdo, build up your speed and mileage slowly. Racing every 2-3 weeks seems best, more often is too much but race less than once a month and it's hard to keep your interest up. Run for a PR (personal record) not for a place - compete against yourself. Liqua-Sole (from Charleston Athletic Club) works well in extending shoe life, a pair of shoe soles repaired three months ago are still holding their patch.

What About "Runners High"? "For me it's knowing that you are getting better, knowing you haven't reached your peak yet, the satisfaction of self-improvement."

Mark must be getting better, he won his first trophy at a 10K in Dunbar earlier this spring. And I think he's into running over the long haul, he's already been looking for Nikes for Adam, his son born this May.

1983 ALMOST HEAVEN MARATHON

On the basis of returned questionnaires from the club membership, the board of directors unanimously voted to hold the 1983 Almost Heaven Marathon on Saturday, November 26, 1983, at 11:00 a.m. The new course will start and end at the medical education building of CAMC in Kanawha City, and will follow the general route used by the NAIA marathon in 1982 and 1983.

Questionnaire results:

Location	Date
Elkview:	Late September 1 1/4
Kanawha City:	Early October 2 1/4
NAIA:	Late October 4 1/4
Other:	Early November 5
	Late November 2 1/4
	Early December 9
	No Preference 2

Several of those voting for the NAIA course suggested a modification of the route so that it begins and ends at the CAMC medical education building in Kanawha City rather than at Laidley Field. The board of directors voted for this modification in order (1) to provide an indoor area that would not be available at Laidley Field, (2) to avoid the traffic hazard involved in crossing the Kanawha Boulevard and Washington Street in order to reach Laidley Field, and (3) to avoid the \$500 fee for stadium use.

A large number of volunteers will be required for planning and conducting the race on the new course. Since the Almost Heaven Marathon is the only open marathon in West Virginia, we hope that the entire club membership will contribute the time necessary to help the KVRRC meet its goal of providing a quality marathon for the state of West Virginia.

NEW MEMBERS

February

Mitch Kaplan, Elkview
Paul Robinson, Charleston

March

Mark Acord, Glen Daniel
Richard Boggs, Spencer
Ronald Butler, Charleston
Rebecca Dugman, Dunbar
Fred Doss, St. Albans
Bob Garbacz, Montgomery
Carolyn Gilliland, Glasgow
Bill Hayes, Charleston
Carlett Lee, South Charleston

May

Jerry Branham, Chesapeake
Joe Burgess, South Charleston
Joe Cooper, Madison
Mary Feinberg, Charleston
Laura Heizer, St. Albans
Tom Kincaid, Montgomery
Bill Lokey, South Charleston
Thurman Sargent, Chesapeake
Joseph Weiskircher, St. Albans

April

Ron Asbury, Nitro
Wilma Campbell, Cross Lanes
Chester Cook, Morgantown
Mark Cottrill, Dunbar
Mark Fromm, St. Albans
Margie Hale, Charleston
John Hebb, III, Tornado
John Henry, Charleston
Dwight Kidd, Charleston
Glen Looney, St. Albans
Mike McCutcheon, South Charleston
Chap Richardson, Sissonville
James Smith, Nitro
Dennis Tullloh, Cross Lanes
A. J. Ball, Charleston
Steve Halley, Poca

Contributing

Tod Kaufman, Charleston
James Smith, Nitro
Tom Kincaid, Montgomery
Jerry Branham, Chesapeake

CREATIONS GALORE, INC.
1326 OHIO AVE.
DUNBAR, W. VA 25064
1 (304) 768-3923

FAST SHIRTS PRINTERS
6 COLTORS

PREPARING FOR CHARLESTON

by Dave Fields

I recently received my application for the Charleston Distance Run and, instead of excitement, I had a feeling of resignation. Resigned to the fact that I plan to run, that I'll pay a price that's been too heavy in the past and that I'll have difficulties bettering my time. For some reason, Charleston has always given me trouble even though I'm always fit and capable of handling distance much greater than 15 miles. My first three runs I blamed my bad efforts on hot weather. Last year I couldn't even use that excuse.

Since receiving my application, I've dissected the course, looked at my training and now plan a different approach this year. The course asks the running body to do some outlandish things. You start on the flat, start too fast, die on the bridge, recover and then die again on "the hill." After you top the hill and start your descent, you are physically and mentally relieved. Most runners I talk to place a great deal of emphasis on getting up Oakwood. Very little, if any, attention is paid to getting off the hill. I believe that the down hill is the undoing for most of us average runners because we simply don't train for that kind of running. Mention hill work and we always think "up." I'm convinced the down hill is the reason I can't run once I get back on the flat. Therefore, I plan to train a little differently this year and, hopefully, I will have a better run.

I have selected a hill very comparable to Charleston which is two miles from where I live. I'll use those two miles to get loose and running hard by the time I get to the uphill. I will run the hill hard and place emphasis on the downhill. Once I reach the flat again, I plan to "practice" the pace I feel I should be able to run once back on the flat city street. I intend to do this twice a week. On other days I plan to do specifically hill work but all of it will be down. On the basis of a tip from a very good runner, I will concentrate on keeping my heels "down" and avoid landing on the toes or balls of my feet since I do not routinely train with that type footstrike.

One other "tip" is to do three to four miles on the "down hill" days at or below the pace you feel you can sustain for the entire 15 mile run. These mile repeats can be done on the track or the road but, to judge your pace, the track is better.

I plan to run two minutes faster this year than last but that's no big deal since I always "plan" it that way. To date, I simply have not succeeded and it's possible I won't this year. However, I can at least say that I've tried everything after this year except cheating. So, when you pass me in this year's race, please don't laugh just offer condolences because, if I fail this time, I just may be handing you oranges or gatorade the following year.

Have a good Charleston!

CERTIFIED KVRRC 5K, 5 MILE AND 10K COURSES

In order to offer local runners more opportunities to run on certified courses, the board of directors of the KVRRC has voted to measure and maintain permanently marked, certified courses of 5K, 5 mile, and 10K distances over the traditional routes in Kanawha City. The courses have recently been measured in accordance with TAC National Standards Committee requirements. As soon as certification is received, the courses will be permanently marked and a diagram of the courses printed in the next newsletter.

The KVRRC plans to conduct a number of its annual runs on these courses, particularly during the winter months when the club will hold most of its events in order to fill in otherwise lean periods in the running schedule. Additionally, any other organizations will be welcome to use the certified courses for their races in order that area runners may be afforded more frequent opportunities to time themselves over accurate distances.

Tentative KVRRC plans include a winter series comprised of a certified Holiday 10K in December, a certified Frostbite 5 mile in January, and a certified Varientine 5 K in February. The club will compile and publish on a regular basis a list of course records for each age division.

MARATHON TIMES

Several KVRRC members ran marathons earlier this spring, some setting personal records. We thought they deserved some recognition:

Bing Lance	Boston	2:33	Lois Pfister	Boston	3:34(PR)
Ken Tallman	Boston	2:44	Carol Clark	Athens	3:25(PR)
Bill Ripley	Boston	3:13			



The Kanawha Valley Road Runners (KVRRC) 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:

1. Development of a club run--this run will provide other runners and race directors a "showcase" for how races ought to be conducted.
2. Bi-monthly meetings which will include lectures, discussions, movies, and trade sessions.
3. Development and sharing of training strategies for novice to experienced runners.
4. Bi-monthly mailings of a newsletter which will include upcoming events which receive the KVRRC's endorsement. This mailing also will include race results plus dates, times, and meeting places for training runs and special events.
5. 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, and enclose a check for \$5.00 single membership or \$9.00 family.

KVRRC MEMBERSHIP APPLICATION

(Check One) New Member Yes _____ No _____ Date _____

Type of Membership:

Regular (\$5) _____ Full Time Student (\$3) _____ Family (\$9) _____
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 IN ADDRESS
2. _____
3. _____
4. _____

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

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P. O. Box 2282
Charleston, West Virginia 25328