

KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

Gary C. Smith, Editor

1984

July - August

The President's Page

If you didn't get fast at the speedwork/stretching clinic in June, you have a chance to get fat at the Kanawha Valley Road Runners' picnic. Bring your family or fantasy and join other Road Runners at Shelter number four at Shawnee Park in Institute from 5:30 until dark on Wednesday, July 18th. The Road Runners will provide drinks (pop and one keg of suds) and cups, plates, silverware and napkins. Members are asked to bring casseroles, desserts, vegetables, salad, watermelon, chocolate chip cookies, brownies, potato salad, etc. and anything else you know runners will devour! There will be room and an opportunity to play volleyball, frisbee and other non-running activities, as well as a chance to meet and greet other runners and their families. You can discuss your race strategy for the Great Teays Run on July 21st, compare your starting number for the Charleston Distance Run and see how your friends look in something other than nylon shorts and Nike shoes. We're anticipating a good turnout, good food and a good time, so come to Shawnee Park on July 18th. See you there!

Another member of the Road Runners had marked his birthday with a birthday run. Running time was one hour and twenty-eight minutes. Fourteen runners started out with him and eight finished. Happy eleventh birthday to Patrick Board!

We will again be providing a room at the starting line of the Distance Run for the convenience of Road Runner members. Runners can cool down, lie down, take a shower, use the bathroom, watch pre-race television, get hydrated or maybe just hide under the bed until the whole thing is over. Specifics as to the room number will be provided the night before when you pick up your race packet.

Best of luck in your training for the distance run. I hope to see you on the 18th at the picnic to eat and to mingle with the membership.

Bill O'Dell

THE KNEE - PART II
by Peggy L. Kiser, D.C.

In "The Knee - Part I" structural problems of the knee that are associated with runners were discussed. Part II focuses on caring for the knee following the first thirty-six hours of an injury and exercises for knee rehabilitation. It is always recommended to consult a physician when trauma is associated with a knee injury or the knee is not "back to normal" after a two-week period of rest.

The prevention of swelling is a primary concern when there is a knee injury. Immediately, the knee should be elevated, packed in ice and a pressure dressing applied. The pressure dressing should not constrict the circulation. Ice packs should be left on the knee for fifteen to twenty minute intervals and reapplied hourly the first day of the injury. Ice applications can be made every two hours the second day following the injury. Resting the knee during this thirty-six hour period is crucial. When it is necessary to walk, during this time, crutches should be used.

How fast and how well you regain knee motion is directly related to your motivation and perseverance. Follow the exercise routine prescribed by your doctor. Gradually increase the frequency of the exercises as your knee becomes stronger. Initially, you may require assistance, but you should soon be able to perform these exercises and stretching maneuvers on your own. You may wish to establish the exercise pattern with your good knee; then switch to the injured one. Swimming is a good form of exercise; many of the following exercises can be more effectively performed with the aid of the water's buoyancy.

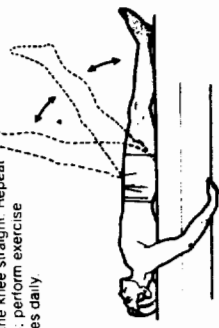
1. Quadriceps Setting.

Sit on a flat surface with legs out straight. Tighten the knee without moving the leg out of position. (To get the idea of this exercise, have someone place his hand behind your knee and push against the hand, attempting to flatten your knee.) Relax and repeat slowly, holding the knee in the tightened position approximately two seconds each time. Repeat this exercise at least 25 times every hour. It can also be performed at odd moments, such as in the auto while waiting for a traffic light, sitting in a chair, etc.



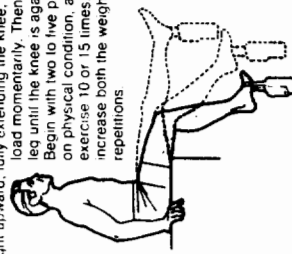
2. Straight Leg Raising.

Lie on your back with your legs out straight, knees unbent. Holding onto the bed frame, lift your heel slowly off the bed. Raise the leg as high as possible. Slowly lower the leg to the bed. Keeping the knee straight. Repeat ten times, perform exercise three times daily.



3. Progressive Resistance Exercises.

Sit on a high table or bench, with legs dangling. Suspend weights from your ankle, using a small bucket, ladies' handbag, or any pouch with a strap. Lift the weight upward, fully extending the knee, and hold the leg until the knee is again bent 90 degrees. Begin with two to five pounds, depending on physical condition, and repeat the exercise 10 or 15 times. Progressively increase both the weight and number of repetitions.



KANAWHA VALLEY ROAD RUNNERS

OFFICERS

- | | | |
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-
- | | | |
|---------------------------|-----------|----------|
| Barbara Theierl | Alternate | 925-9342 |
| Gary Smith | Newletter | 744-1099 |

FROM THE EDITOR:

Either the warm weather or the longer daylight hours brings about a greater desire and resolve to put in more quality running and to fine tune my body into a lean, mean, running machine. It's too hot, most days, to put in long mileage so in order to get the same benefit from a shorter run, it has to be a harder run. There are many variations but in West Virginia you can use one of two major approaches to the lower mileage hard run. You can use speed or hills.

I favor running hills for my hard workouts. Unlike track work, a watch is not needed. Good hills are more plentiful, and for most of us, closer than a good track. Perhaps most important, hard uphill work doesn't pose the same injury risk that flat-out speed does while providing nearly identical cardiovascular benefits.

I ran a 30K in New Brunswick, New Jersey a few years ago where the course consisted of a 10K loop run three times. There was a single short yet steep hill about a mile from the end of the loop. The first two times up weren't too bad, but when I approached it for the final time, I had run 17+ miles and my legs were feeling just a little leaden. Just as I started up the hill I heard footsteps behind me growing closer. I figured I was the only West Virginian in the race and I resolved that state honor would not allow me to let someone pass me on that hill. I'll let him catch me in the flats on that last mile, but not here on the hill - so I reached deep and pushed up the hill. As I ran down the other side, I look over my shoulder and saw that he wasn't going to catch me, the hill had taken it out of him. Then I realized - this guy was on his second loop - I was going to beat him by over six miles! I was especially glad that I was a West Virginian that day.

The upcoming August 4th 20K championship is, in my limited experience, the finest course in the state for those who enjoy our Appalachian topography. A very scenic route with abundant rolling hills runs between Oak Hill and Fayetteville along the Salem-Gatewood road. The race has been in existence for at least eight years. They provide certificates of completion similar to the Charleston Distance Run ones which are nice for those of us keeping a scrapbook.

Here's to the hills we all miss when we've been away from West Virginia very long, one of nature's finest training aids.

Gary Smith

Runner's Spotlight
by Carol Clark

This issue's "Runner's Spotlight" is on Rick Bird, a "road runner" for many years. Rick started running in 1979 for many of the same reasons other runners have begun: weight control, getting in better shape for other sports and hoping to make physical problems (in this case a back) better. Rick said that he just "went out one day and took off" and has been at it ever since. You'll see him on Kanawha Boulevard, MacCorkle Avenue, Kanawha City and frequently up and down the hills on Mt. Alpha.

Rick's first race was "the coldest race I've ever run in" and I wholeheartedly back him up on that statement. The 1979 Frostdbite Hill Climb in Marietta was definitely a hill climb and most runners were a little concerned about frostbite at the end of the six mile run. But undeterred by the elements, Rick continued to race and has since done the Distance Run and in 1982 completed the Columbus Marathon in a respectable time of 3:40 (and it was hot!). Rick races about eight to ten times a year and will "probably run Almost Heaven" this year.

Rick logs about fifty miles a week and does part of this as his transportation home from work. His wife drops him at the office each morning and Rick runs the seven miles home. He's had occasional problems with injuries including shin splints and lower back problems. In Rick's words, "I just get crazy and do too many miles." Rick tries to include a long run of twelve to twenty miles once a week in his schedule and is doing speedwork on a weekly basis.

Blue Cross/Blue Shield takes up Rick's working hours, where he is a programmer analyst. He is a native of St. Albans but presently lives in Kanawha City. He is married and has two children, as well as a dog, cat and tropical fish. Hobbies include racquetball, golf, softball (he plays on a church team), and a couple big aquariums of tropical fish.

Now that you know a little more about Rick Bird, we hope you'll be able to make the acquaintance of this tall, blonde runner with a twinkle in his eye. As can be said of almost all runners you encounter, he's one of the nicest people you'd ever want to meet.

RUNNING PARTNERS

If you like to run with a group, there are a couple of impromptu groups that welcome new faces.

Most any day between 4:00 p.m. and 4:30 p.m. there will be runners leaving CAMC Nautilus in clusters.

On Tuesdays at 8:00 p.m. a group leaves the South Charleston Recreation Center on Jefferson Road and runs to the South Charleston High School Track, that run serves as their warm-up and once at the track they do speedwork. Everyone is invited to join the group either at 8:00 at the recreation center or at 8:15 or so at the track.



Foot Locker.



FOOT LOCKER YOUR STORE FOR RUNNING SHOES

AND GEAR FOR MEN AND WOMEN:

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Present your KVRRC membership card and receive 10% off any running shoe.

ON THE LOWER LEVEL, TOWN CENTER
UNDER NEW MANAGEMENT: RICK WILKINSON, MANAGER
343-6250

HELP!

With the publication of Jerry Herndon's column in this issue, I can say that every article ever submitted by a member has ended up in the Runners Sole. My backlog of material is wiped out. I need new articles. Serious, Medical, Humorous, Informative, Boasting, Exaggerated, Wordy or Terse - I enjoy presenting a new idea, style or approach. Tell a story, expound a theory, draw a cartoon, it doesn't matter - just mail it to me at 250 F Street, So. Charleston, 25303. Get involved, help the club and save me from future issues with blank pages. Thanks.

Editor

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SCHEDULE OF EVENTS
JULY - AUGUST 1984

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

June 20, 1984

Wednesday
Speedwork/Stretch Clinic

RT: N/A
ST: 6:00 p.m.
SP: S.C. High School Track
EF: None
RD: KVR

June 30, 1984

Saturday
Run for MS 10K

RT: 8:00 a.m. ***
ST: 9:00 a.m.
SP: Town Center Mall
EF: \$5.00/\$7.00
RD: Bob Bland 344-3691

June 30, 1984

Saturday
St. Albans Town Fair 5 Miler

RT: 8:00 a.m.
ST: 8:00 a.m.
SP: Urban Renewal Loop
EF: \$5.00/\$6.00
RD: St. Albans Jaycees
Mark Lyons 727-9346
Dusty Shelton 727-5941

July 7, 1984

Saturday
Run Against Cancer 10K, 1M

RT: 7:00 a.m.
ST: 8:30 a.m.
SP: 7th and Ellison St., Parkersburg
EF: \$5.00/\$6.00
RD: MWF 532-8561

August 4, 1984

Saturday
WV 20K Championship

RT: 8:00 a.m.
ST: Collins Middle School, Jones Ave.
SP: Fayette Plateau Chamber of Commerce
Doug Maddy 465-5617

August 18, 1984

Saturday
FMC 5 Miler

RT: 7:00 a.m.
ST: 8:00 a.m.
SP: Ordinance Center
EF: \$6.00/\$7.00
RD: Chuck Malloy 744-1581 ext.395

June 23, 1984

Saturday
Maranatha Fellowship 5K

RT: 7:30 a.m.
ST: 9:00 a.m.
SP: Maranatha Church, Kan. Terrace
EF: \$6.00/\$7.00
RD: Don Hamrick 755-5088
722-6271

June 30, 1984

Saturday
Pleasants Pacers 25M Relay (5)

RT: 9:30 a.m.
ST: Pleasants County Park,
St. Marys
EF: \$15.00
RD: Mike Taylor 684-7522

July 4, 1984

Wednesday
Independence Day 10K Run

RT: BY 8:00 a.m.
ST: 8:30 a.m.
SP: Laidley Field, Charleston
EF: \$6.00/\$7.00
RD: American Cancer Society
346-3409

July 21, 1984

Saturday
Great Teays 10K

RT: 7:30 a.m.
ST: 8:30 a.m.
SP: Hurricane High School
EF: \$6.00/\$7.00
RD: Great Teays Run Club
757-6490

August 18, 1984

Saturday
Weirton 10 Mile Classic

RT: 7:00 a.m.
ST: 9:00 a.m.
SP: Millsop Comm. Center-Main St.
EF: \$5.00/\$7.00
RD: Weirton Board of Parks and Recreation
3420 Main Street
Weirton, WV 26062

August 19, 1984

Sunday
Snowshoe 10K

RT: 8:00 a.m.
ST: 10:00 a.m.
SP: Bottom of Hill - Timberline
Lodge Road
RD: Mark Poore 799-6600

September 1, 1984

Saturday
Charleston Distance Run (15M)

RT: BY 8-17-84
ST: 8:00 a.m.
SP: Virginia St. near Civic Center
EF: \$8.00
RD: Charleston Distance Run Committee
Box 2749
Charleston, WV 25330

September 29, 1984

Saturday
Clendenin 7 Miler

RT: 8:00 a.m.
ST: Downtown Clendenin
EF: \$8.00
RD: Lions Club
Max Simmons 548-6793
Dr. Lloyd Galyean 965-5691

LOOKING AHEAD

August Lilly Reunion 10K
Cherry River 10K
Ohio River Fest 10K
Pike Fest Run
Winecellar Classic
Bank One Marathon
November 24 Almost Heaven Marathon

Beckley
Richwood
Ravenswood
Huntington
Columbus, Ohio
A "Startest" Race

Race directors should immediately contact Paul Garrett the KVRRC regarding cancellation or re-scheduling of events. Please provide race information to:
4206 Venable Avenue
Charleston, WV 25304
925-3247 (After 5 P.M.)

DIGITAL CLOCKS, CHUTES,
PA SYSTEM, ETC. AVAILABLE

JAMES L. RYAN
RACE MANAGER
FINISH LINE ORGANIZATION

105 CASTLE DRIVE
CHARLESTON, WV 25313
13041778-7141



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ATTORNEYS AT LAW
1206 VIRGINIA STREET, EAST
CHARLESTON, WEST VIRGINIA 25301

TOD J. KAUFMAN

TEL. 304/344-2437

BOARD OF DIRECTORS MEETINGS

The July Board of Directors Meeting will be held Wednesday, July 18th at the club picnic at Shawnee Park in Dunbar. The August meeting will be Monday, August 6th at 7:00 p.m. Call any of the Directors to find out the location. Participation by the membership is encouraged at all Board meetings.



Alternatives to Running During Injury

By RRCA Sports Medicine Committee
Charlie Gatti, Chairman

The recent increase in the number of people who have taken up running as a form of exercise, has brought on a vast increase in the number of injuries. At the same time many doctors and podiatrists are beginning to see the light and are treating the cause of the injury rather than the symptoms. This means that many injuries are healed without a halt in training. However, in the cases where running is impossible (so that the injury may be completely healed), more and more runners are turning to alternative exercises.

Two other forms of exercise, cycling and swimming, immediately come to mind. These can be used quite successfully to maintain aerobic condition until running is again possible. Cycling also increases quadriceps strength (those muscles on the front of the thigh). This is important because these muscles are rarely used in running, which results in an imbalance with the strong hamstring muscles. Swimming also improves upper body strength (another area often neglected by runners).

However, there are problems associated with swimming and cycling. If the alternative exercise causes pain in the injured area (as is often the case with swimming and cycling) then it must be discontinued because it is causing further damage. Also, in order to be effective, one must either know how to swim or own a bicycle (not an inexpensive item in these days of inflation). A further alternative to swimming could be walking or running with your legs under water. This increases resistance and greatly decreases the pounding associated with regular running.

Dr. Myles Schneider, D.P.M. reports a form of exercise therapy he has used successfully on some muscular joint injuries. This therapy involves alternating icing the affected area until it is numb, with short periods of exercise until the pain returns. Not only is swelling minimized, but the blood supply to the deeper vessels is increased, which promotes healing. For complete details contact Dr. Schneider direct at 7420 Little River Turnpike, Annandale, Virginia 22003.

A final alternative exercise was researched by Charlie Gatti in 1977, as a requirement for a Master's degree. This involves placing a flotation device around the runner, then having him get into the deep end of the swimming pool in an upright position (the flotation device holds the runner's head above water). The runner is then instructed to move his arms and legs in his normal running motion, i.e., to "run" in the water. The intensity may be varied by increasing the arm and leg motions (in fact, intervals may be done in this manner).

This "water training" as it is called, proved effective in raising the heart rates of the injured runners to an acceptable training level. It was particularly effective with injuries caused by over use or from pounding on hard pavement. However, if this training causes pain to the injured area, it should be discontinued. For more information contact Charlie Gatti at Washington University, Dept. of Athletics, St. Louis, Missouri 63130.

While these are by no means all of the alternative exercises available to injured runners, they are some of the more effective ones. They help to alleviate some of the tensions and frustrations which build up when one is unable to run. Of course, they also help to maintain aerobic conditions so that one may more quickly return to a regular training schedule.

This information sheet is presented as a public service by Dannon Yogurt and the RRCA.

MASTERS CHAMPS

Two of our St. Albanite club members pursued alternate competitive activities recently and walked off with the hardware. Jerry Hicks and Bud Thomas won the masters division of the 1984 Coal River Canoe Marathon. They placed 13th overall, finishing in 5 hours and 6 minutes. It was Jerry's first time in a canoe. Congratulations Jerry and Bud!



HOW TO BUY A PAIR OF RUNNING SHOES

The Indiana University Runners Clinic
Damien Howell

1. Buy a shoe designed for running, a good quality running shoe. Expect to spend between \$30.00 and \$100.00 for a pair of good running shoes. Bear in mind, however, that the most expensive does not necessarily mean the best shoe for you.
2. Find the right store. Choose a specialty sports store, that is one which is owned and operated by a runner. The next best choice is a general sports store which sells a variety of sports equipment. The least appropriate place in which to buy running shoes is a regular shoe store or a department store.
3. Find the right salesperson. Look and ask for a knowledgeable salesperson who has running experience. Avoid salespeople who try to hurry you, or the inexperienced salesclerk.
4. Ask the salesperson for a training shoe, not a racing shoe.
5. When you try on the shoes, wear socks of the thickness that you will wear when running. If you forget to bring your running socks, ask the salesperson for a "loaner" pair of socks.
6. If you have any special problems, describe them to the salesperson and ask for special help. Some examples of problems that the proper shoes can help control are: unusual widths; flat feet; rigid, high arch feet; excess body weight; and toe shape. Avoid shoes with a wedge unless you have an identified need for a wedge.
7. It is wise to look at more than one pair of shoes.
8. Choose a pair of shoes that fits both feet while you are standing. Ask if you can try running in the shoes on a non-carpeted surface. Some stores will allow a short test run.
9. Inspect the shoes closely and carefully for quality control. It is not unusual for at least one shoe in a pair to be poorly constructed, and to be put on the market without proper inspection. Some things you might look for are as follows:
 - a) Place the shoe on a flat surface and examine the heel from behind to see if the heel cup is perpendicular to the sole of the shoe, as it should be.
 - b) Pull on the upper part of the shoe and see if it separates from the sole. It should not.
 - c) Feel the seams inside the shoe to make sure they are uniform, smooth and well-stitched.
 - d) Loose threads or extra glue spots are usually signs of a poorly-constructed shoe.
 - e) If you compare one shoe to another, or one pair to another pair, you can usually find defects.
 - f) If you find a defect, ask for another pair if available. If you cannot find what you want, you can still go to another store.
10. The running shoe industry is changing very rapidly. New technology in shoes is described in fairly objective evaluations found in the October issues of running magazines. Other runners' advice regarding shoe selection can be helpful. But, be careful not to be misled. Body type and running stride may differ.

Service by Dannon Yogurt and the RRCA

MARATHON TIME PREDICTION
by Jerry Herndon

No devised method can accurately determine the completion time for a marathoner. The parameters affecting the results are endless, e.g. wind, weight, food consumed, training programs, shoes, presence of others and other things, aerobic endurance, running efficiency, temperature, course variations, surface friction, clothing worn. However, the following is a "quick and dirty" prediction for those dedicated souls who (1) average about 62 miles a week (2) have weekly average speeds approximately one minute per mile slower than their common marathon pace (3) are gutsy (4) control mind over matter and (5) keep their running club dues paid.

Method

- Determine the average 10K time in minutes and seconds per mile. Say the average completion time for 6.2 miles is 43 min. 24 seconds:

$$\text{Average 10K speed} = \frac{\text{Average Race Time}}{\text{Distance}}$$

$$= \frac{43 \text{ min. } 24 \text{ sec.}}{6.2 \text{ miles}} = \frac{43.4 \text{ minutes}}{6.2 \text{ miles}} = 7 \text{ minutes/miles}$$

- Multiply the average 10K time from (1) by 26.22

$$7 \text{ minutes/mile} \times 26.22 = 183.54 \text{ minutes}$$

- Add a constant of 8 minutes 31 seconds to answer from (2)

$$183.54 \text{ minutes} = 183 + .54 \text{ minutes} \times 60 \text{ seconds/minute}$$

$$= 183 \text{ minutes } 32 \text{ seconds}$$

$$183 \text{ minutes } 32 \text{ seconds plus } 8 \text{ minutes } 31 \text{ seconds}$$

$$\text{equals } 191 \text{ minutes } 63 \text{ seconds}$$

$$\text{equals } 192 \text{ minutes } 3 \text{ seconds}$$

Thus, a 7 minute miler for a 10K race can expect to finish a marathon on a terrain similar to the 10K races in a time of 192 minutes 3 seconds or 3 hours 12 minutes 3 seconds.

Similar calculations indicate the following:

Average Speed for 10K	Predicted Marathon Time
5 min/mile	2 hours 19 minutes 37 seconds
6 min/mile	2 hours 45 minutes 50 seconds
8 min/mile	3 hours 38 minutes 16 seconds
9 min/mile	4 hours 4 minutes 29 seconds
10 min/mile	4 hours 30 minutes 42 seconds
11 min/mile	4 hours 56 minutes 55 seconds
12 min/mile	5 hours 23 minutes 9 seconds

NEW MEMBERS

John Hunsley
Joe Cooper
David Tate
Mike Potterfield
Tonja Horn

Gary Craig
William Sutherland
Tom Lilly
Dennis Snider

Kanawha Valley ROAD RUNNERS

The Kanawha Valley Road Runners (KYRR) 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 meetings of a newsletter which will include upcoming events which receive the KYRR'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

KYRR 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. _____
 2. _____
 3. _____
 4. _____
 NOTE HERE IF CHANGE IN ADDRESS

MAKE CHECK PAYABLE TO:
MAIL TO:

THE KANAWHA VALLEY ROAD RUNNERS CLUB
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Charleston, West Virginia, 25328