



KANAWHA VALLEY ROAD RUNNERS OFFICAL NEWSLETTER

Gary C. Smith, Editor      1985      July - August

THE PRESIDENT'S PAGE

I am again issuing a public apology to Dick Henderson and the runners of the April 27th, Carbide Fitness 10K for malfunction of the electronic timer.

If you stayed home on May 11, 1985 and did not run the Marmet 5-Miler you missed a class act. Congratulations to race director Paul Coon and the city of Marmet for a good show.

On May 20, 1985 at the Kanawha Valley All-Sports awards banquet, Tim Coffman of Belle received the road runner of the year award. Congratulations Tim, from the KVRRC.

The "Push is On!" The 1985 road racing circuit is blossoming with a mixture of good 5K and 10K races along with some super middle distance races, the Dakhill/Fayetteville 20K on August 3rd, the Charleston distance run (15 miles) on August 31st, and the Virginia 10-Miler on September 28th just to mention a few. Also coming is the marathon season highlighted by the December 7th running of the Almost Heaven Marathon in Charleston sponsored by the KVRRC.

You are invited to get in shape for these longer races with Patrick and I. Every Sunday morning we are at the Charleston Distance Run starting line on Virginia Street East at 7:00 A.M., get up and join us. You can run the distance your body feels on that given day. All I can offer you is a rolling water stop, not much vehicular traffic and some good "B.S." You might be surprised who is already out on Sunday mornings, then you'll know why he or she is doing so well in the races.

Nothing comes easy. It takes work to feel good and have fun.

Patrick and I will see you at the races.

Pat Board III

KANAWHA VALLEY ROAD RUNNERS

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Gary Smith . . . . .	Newsletter	744-1099

Race Calendar

FROM THE EDITOR:

This doesn't concern running but please bear with me and read it anyway.

I've got some complaining to do, and you're probably not going to like it. Everyone knows that health care related jobs are a big part of the economy here in the valley and that the average doctor makes 100,000+. I've got no gripes there, most of those guys work very long hours and have put in a lot of time to get where they are. But with unemployment still very high it doesn't seem right for a local radio station to give them part-time jobs that some unemployed guy really needs.

Of course I'm talking about the "meaty urologists" that do the weather. I guess there might be some relevant connections on the days when it is raining but I find it a little disgusting that these high-paid guys are taking two jobs when a lot of people would be overjoyed to have one.

And the way they are described, gimme a break! I'm not sure if it means that they are fat or weight lifters or what when they are called meaty, but who cares. This is radio, people want to use their imagination. Some girl who likes his voice might want to picture him as tall and thin and some guy sitting at home without a job because some hot-shot doctor is holding down two jobs probably gets a little satisfaction if he can imagine this weather guy as a little pimply-faced wimp.

I don't imagine this will have any affect on the hiring policies at Charleston's radio stations but I feel a little better just getting it off my chest.

Gary Smith

RUNNERS SPOTLIGHT

By Carol Clark

If you walk into the CAMC Nautilus at about four o'clock any weekday afternoon, you're likely to see Mike Province anxiously awaiting the arrival of his running companions. Exuding energy and enthusiasm for his favorite avocation, Mike is a walking testimonial for the benefits of a non-sedentary lifestyle.

The usual reasons of physical fitness and weight loss were what got Mike started running about five years ago, but this thirty-seven year old Charleston native didn't start racing until the Distance Run last year. Since that time he's completed the Almost Heaven Marathon in 3:13 and has a 10K PR of 38:16 to his credit. Mike says he feels that middle distance is his forte as far as racing is concerned and prefers to burn distances of up to a half marathon. He credits Dennis Dean, Bill O'Dell and John Barnette with his racing success and says that it was this trio who took him through the maze of speedwork, hill training and learning racing strategies.

Before he started running Mike was an avid sky diver and has 1800 jumps to his credit. He had his own club, was an instructor and is a jump master (someone who is licensed to put students out of planes). He has twelve hours of free fall, which is quite impressive when you consider that one free fall is only about thirty seconds! Mike also works out regularly at Nautilus and manages to fit a regular work day in between his other activities.

Mike is a physician's assistant for Doctor Romeo Lim at the Eye and Ear Clinic in Charleston. He scrubs for surgery and assists in surgery, suturing, etc., and frees the doctor's time for concentration on the surgery. Before working in Charleston (he's been employed here for eight years) Mike worked in general surgery in Ripley. He attended the University of San Francisco and logically majored in being a physician's assistant.

The medical field not only brings in Mike's paycheck but also brought him his wife Sharon. Sharon works in Medical Records at Charleston General and is quite supportive of Mike's running. She's making tentative moves toward getting into the sport herself and Mike of course is encouraging her to make the jump. They have a nine year old daughter and live in Glasgow.

Those of us who know Mike will be glad to introduce you to him at the next race. You can't help but like this gregarious and dedicated runner who has found a real change of pace through the sport. He's interesting, concerned, and is sure to spark your interest in being dedicated, improving your times or just enjoying running more.

## ACHILLES TENDINITIS

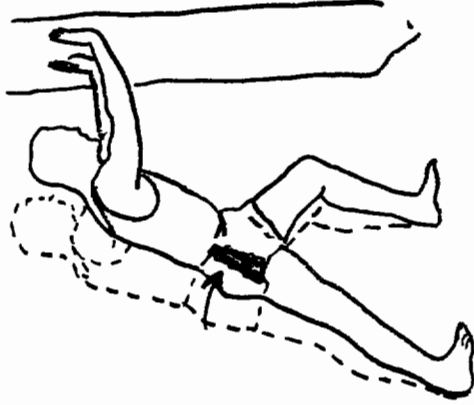
By Dr. Peggy Kiser  
Chiropractic Physician

A painful inflammation, with or without swelling, about the Achilles tendon (see diagram 1) is known as "Achilles tendinitis." The runner with Achilles tendinitis feels a burning pain in the Achilles tendon early in a run, which diminishes during the run, and intensifies after the run. The runner may also experience pain when he/she gets out of bed in the morning but it may gradually lessen during the day. In severe cases, crepitus (crackling sound), swelling and a tender nodule develop.

Achilles tendinitis can be caused by training errors and/or biomechanical problems. Running on hills and wearing shoes with rigid soles can lead to Achilles tendinitis. When the runner is "toeing off" (see diagram 2) going up a hill and his/her shoe is inflexible, extra stress is put on the Achilles tendon and surrounding muscles. When the runner is going down hill in shoes with hard soles (see diagram 2) additional force is put on the Achilles tendon. Biomechanical problems associated with Achilles tendinitis include hyperpronation (duck-footed), walking and/or running excessively on the toes, tight hamstring muscles, and tight calf muscles, and an exaggerated high arch of the foot.

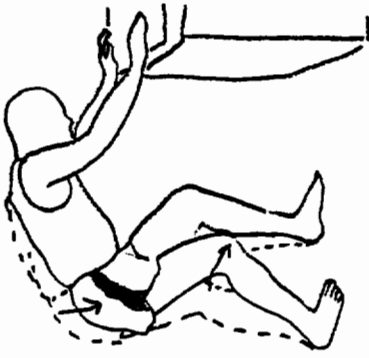
Treatment of the acute symptoms consists of the application of ice. During the first 36-48 hours, ice should be applied for fifteen to twenty-minute intervals every two or three hours. After the acute pain has diminished, gentle straight-leg and bent-knee stretching exercises are recommended (see diagrams 3 & 4). These exercises must be incorporated in the runner's warm-up exercise routine to maintain flexibility in the muscles. Avoiding hills and banked roads is a must as well as decreasing mileage. A running shoe with a flexible sole and well-molded Achilles pad is necessary. A heel lift inserted in to the shoe helps relax the Achilles tendon at heel strike.

If the symptoms persist after five days, the runner should consult a doctor. An orthotic device (a prescribed sole insert for the shoe) or physical therapy may be indicated. "Running through" this condition will make it worse and a nodule may form, in which case, the runner would have to quit running. Chronic injuries may require surgery. Early detection and treatment of Achilles tendinitis can help a runner avoid a painful interruption in his/her training.



Straight-leg Stretch - for hamstrings

Diagram 3



Bent-knee Stretch - for calf muscles and Achilles tendon

Diagram 4

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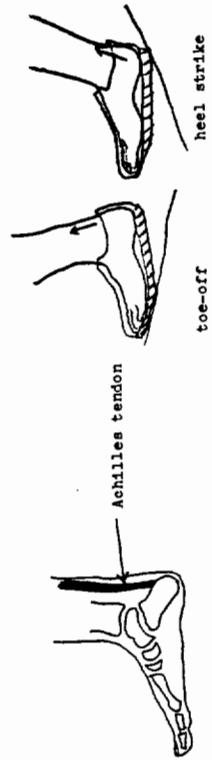


Diagram 1

Diagram 2

SCHEDULE OF EVENTS  
JULY - AUGUST 1985

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

July 2, 9, 16, 23, 30, 1985

Tuesday  
All-Comers Track Meets  
RT: 5:30 P.M.  
ST: 6:00 P.M.  
SP: Laidley Field  
EF: \$6.00/\$7.00  
RD: Chip Ferrell  
Capital City Striders

July 13, 1985

Saturday  
Ridgerunner Marathon (11.3M, 10M)  
RT: 7:00 A.M.  
ST: 9:00 A.M.  
SP: US 50, 20 miles from Parkersburg at Cairo, WV  
EF: \$5.00/\$6.00  
RD: Robert Rogers 643-2931  
Showers, Free Swimming

July 4, 1985

Thursday  
American Cancer Society 10K  
RT: By 8:00 A.M.  
ST: 8:30 A.M.  
SP: Laidley Field  
EF: \$6.00/\$7.00  
RD: American Cancer Society  
Blue Cross/Blue Shield

July 20, 1985

Saturday  
Great Teays 10K  
RT: 7:30 A.M.  
ST: 8:30 A.M.  
SP: Hurricane High School  
EF: \$6.00/\$7.00  
RD: Dave Hatten 747-2098 (W)  
776-6217 (H)  
Great Teays Running Club

July 20, 1985

Saturday  
98&I 10K  
RT: 7:00 A.M.  
ST: 9:00 A.M.  
SP: Fairmont, WV  
EF: \$6.00/\$7.00  
RD: Dick Hawkins  
Box 573  
Fairmont, WV 26555

July 27, 1985

Saturday  
Kanawha Mall MDA 5K  
RT: 7:30 A.M.  
ST: 8:00 A.M.  
SP: Kanawha Mall  
EF: \$6.00/\$7.00  
RD: Linda Coulter 925-4921  
Steve Williams 344-9807  
Random Drawing  
Merchandise - Mall Merch.  
Saturday, August 10, 1985 Aracoma Story 10K, Chief Logan St. Park  
RT: 7:45AM / ST: 8:30AM, \$6.00/\$7.00 RD: Roger 946-6316

August 3, 1985

Saturday  
OakHill - Fayetteville 20K  
RT: 7:00 A.M.  
ST: 8:00 A.M.  
SP: Collins Middle School  
RT 61, OakHill, WV  
EF: \$6.00/\$12.00  
RD: Fayette Plateau Chamber of Commerce

August 25, 1985

Sunday  
CPA Mile  
RT: Noon  
ST: 1:00 P.M.  
SP: Kanawha Blvd near Ruffner Park  
EF: \$5:00  
RD: WV Society of CPA's  
Gary Smith 345-9400

August 31, 1985

Saturday  
Charleston Distance Run  
RT: By August 23, 1985  
ST: 8:00 A.M.  
SP: Virginia & Reynolds Sts.  
EF: \$8.00  
RD: Charleston Distance Run Committee

August 24, 1985

Saturday  
Monza 10K  
RT: 7:00 A.M.  
ST: 9:00 A.M.  
SP: Clarkburg, WV  
EF: \$6.00/\$12.00  
RD: (304) 623-3303

LOOKING AHEAD

September 28 - Virginia 10-Miler  
October 13 - Black Walnut 10K  
October 13 - Columbus, OH BancOne Marathon  
December 7 - Almost Heaven Marathon

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

Gary Smith  
250 F Street  
S. Charleston, WV  
25303  
744-1099 (after  
6 P.M. or weekends)

Almost Heaven Marathon - The board is making a concerted effort to improve and upgrade this race. As part of that effort we need to know how you feel about the course. Please call one of the board members or write to the club P O box to let us know which course you prefer.

1) Last year's course (Kanawha City - MacCorkle Ave. - Patrick St. bridge - Boulevard - past the Capitol - return)  
2) The course used a few years back that consisted of three loops through Kanawha City.

Board of Directors - The next scheduled meetings will be at 7:30 PM at JoAnn Dawson's house on Monday, July 8, 1985 and Monday, August 12, 1985.

Picnic Picnic - Our annual get together will be July 25th (see race calendar for details). Come out and see your friends and enjoy some good food. Last year's picnic was a lot of fun - I'm sure this year's will be also.

Distance Run Tune-up (or Alternative) - The week before the Charleston Distance Run will see the return of a very popular race from last year. Formerly the Kanawha Boulevard Mile, now under new sponsorship, the CPA Mile will offer serious racers a good tune-up for the Distance Run and the not-so-serious racer a shorter alternative to participation in a Regatta event.

MERCY: T-SHIRTS: T-SHIRTS: AND MORE T-SHIRTS

"T-SHIRTS GALORE"

After a few years of the running scene, those T-shirts have a way of coming out of your ears, your closets, suitcases, etc. Your garden scarecrow doesn't need another one. You have folded, refolded, rolled, shoved, battered and cussed, but your T-shirt drawer runneth over. You don't want to put up the money for a T-shirt quilt. You feel ashamed to use them for rags, window cleaners, shoe shiners and nose wipers. They probably don't fit your pets, and you absolutely don't want to try supplying the neighborhood overloaded with kids. Don't give up! Maybe you can do the following:

1. Make a cover for the commode lid. - Note: Marathon shirts make better ornaments for Herculean performances.
2. Break down and accept smaller sizes for the little urchins.
3. Make them fancy by embroidering.
4. Snip off the sleeves and doctor up as a halter top or a tank top. (Girls - The Kroger plastic bags with handles make attractive tops to the man).
5. For a different look, redye. To make a once-in-a-lifetime pattern, tie the shirt into knots before dyeing.
6. Make a stuffed cushion or pillow. Stuff them with other T-shirts. Stitch the sleeves, neck and bottom shut. The more you stuff, the more shirts you can use. Maybe one stuffed shirt will hold a whole year of running.
7. Need a pillow liner? Use a running T-shirt.
8. For that something extra, use them as pillowcases. Enlist your friends for this one. They give you their T-shirts from a race, you give them your shirt the next time in order to acquire a matched set. For king and queen sized beds, get the extra large.
9. Give them to charitable organizations.
10. If you still have problems, put the darn things in the garbage or burn them.
11. Buy a storage building or rent storage space.
12. Well, if you ain't going to wrap garbage in them and if all else fails, don't pick up your T-shirt at the race or maybe just quit running.

May the opposite sex of a goat never catch you,  
 Jerry R. Herndon

# WV 20 KM. CHAMPIONSHIP

sponsored by WOAY-TV

SAT. AUG. 3 8 A.M. OAK HILL TO FAYETTEVILLE

Course will start at Collins Middle School, Jones Ave., (off Rt. 61) in Oak Hill. Runners follow Jones Ave., left onto Main St., through East Oak Hill turning right at the 7-11 onto Salem-Gatewood Rd. This hilly, scenic country road is the major part of the course. It winds into Fayetteville, with the finish line at Pirate Stadium on High Street. Showers available at finish.

PRE-REGISTER BY FRIDAY, JULY 26TH. TO PAY LOW ENTRY FEE OF \$6 WHICH INCLUDES A FREE T-SHIRT AND ADMISSION TO PICNIC AND AWARDS CEREMONY.  
 \* LATE REGISTRATION FEE: \$12 NO EXCEPTIONS \*

Awards	Age Groups	Timed splits at 1,3,5,7,9 mi.
1st 10 finishers	15 & under 35--39	
1st 3 in each age group	16--20 40--49	
1st 5 women finishers	21-24 50 plus	10 water stations
1st woman in each age group	25-29	
1st 5-person official team	30-34	

### PICNIC FOR ALL RUNNERS & GUESTS (\$3) AFTER RACE AWARDS CEREMONY FOLLOWING PICNIC

#### PAST WINNERS AND TIMES

1977 Hillary Tomlin 1:07:02	1978 Elin Nector 1:06:09	1979 Carl McFalls 1:06:27	1980 John Hamilton 1:07:12	1981 The Coffman 1:07:22	1982 David Tabot 1:06:39
1983 Joni Adams 1:09:01	1984 Nancy Anderson 1:02:00	1985 Lynell Pickett 1:02:00	1986 John Taylor 1:07:04	1987 Joni Adams 1:07:27	1988 Joni Adams 1:23:02

#### ENTRY FORM

I HEREBY WAIVE & RELEASE ALL RIGHTS & CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE SPONSORS, MUNICIPALITIES OF OAK HILL & FAYETTEVILLE, & OFFICIALS OF THE 20 KM. RACE ON AUGUST 3, 1984. OF ALL INJURIES SUFFERED BY ME IN SAID EVENT, I VERIFY I AM PHYSICALLY FIT & HAVE SUFFICIENTLY TRAINED FOR THIS EVENT.

SIGNATURE \_\_\_\_\_ (PARENT IF UNDER AGE 18) AGE \_\_\_\_\_ SEX \_\_\_\_\_  
 PRINT NAME \_\_\_\_\_ OCCUPATION \_\_\_\_\_  
 ST. ADDRESS \_\_\_\_\_ CITY, ST., ZIP \_\_\_\_\_  
 TEAM IF ANY \_\_\_\_\_ AWARDS YOU HAVE WON \_\_\_\_\_  
 T-SHIRT SIZE \_\_\_\_\_ WILL YOU ATTEND PICNIC  YES  NO NO. OF GUESTS \_\_\_\_\_  
 INCLUDE \$3 PER GUEST \_\_\_\_\_  
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